

Four easy ways to pay for meals:






1. Go to www.MyPaymentsPlus.com to make a payment with your MasterCard or Visa; a convenience fee of 4.75% applies.
2. Call 229-FOOD (229-3663) to make a payment with your MasterCard or Visa using the Lunch Phone System, a convenience fee of \$1.25 applies per transaction.
3. Mail a check to MCS Child Nutrition, 211 North East Street, Mason, OH 45040.
4. Give a check or cash to the Child Nutrition Worker.

Mason Middle School Lunch Menu August 2019

Fuel Up Each Day with A Healthy Breakfast at MM!
Breakfast is available in the cafeteria and from a breakfast cart located by the 300 wing where the buses unload.

Cafeteria: 7:20-7:45 AM
Breakfast Cart: 7:30-7:45 AM
Breakfast Meal Price: \$1.80
Breakfast Items Available Ala Carte



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>20 Personal Pan Domino's Pizza (Cheese & Pork Pepperoni) Grape Tomatoes* Tossed Mix Salad* Cinnamon Applesauce Cup* Milk</p> 	<p>21 Chicken Patty Sandwich "Bush's Best" Vegetarian Baked Beans* Cucumber Slices* Diced Peaches* Milk</p>	<p>22 Mini Turkey Corn Dogs Potato Smiles* Celery Sticks* Red Grapes* Milk</p>	<p>23 Pepperoni Calzone w/ Marinara Sauce Crisp Romaine Salad* Baby Carrots* Mandarin Oranges* Milk</p>
<p>26 Tyson Breaded Chicken Drumstick w/ Biscuit Parmesan Herb Baby Baker Potatoes* Tender Green Beans* Apple Slices* Milk</p>	<p>27 <u>Taco Tuesday</u> Taco Salad w/ Baked Tostitos Chips Golden Corn* Refried Beans* Diced Pears* Milk</p>	<p>28 Mac & Cheese w/ Dinner Roll Steamed Broccoli Florets* Red Pepper Strips* Chilled Strawberry Cup* Milk</p>	<p>29 Chili Cheese Coney's Grape Tomatoes* Spinach Salad* Orange Smiles* Milk</p>	<p>30 Goldkist Boneless Chicken Wings w/ Harvest Cheddar Sun Chips Baby Carrots* Celery Sticks* Chilled Strawberry Pomegranate Juice Cup* Milk</p> 
<p>A complete lunch consists of 5 food components-grains (part of entrée), protein (part of entrée), fruits, vegetables and milk. Under National School Lunch guidelines, students must choose 3 of the 5 food components and 1 must be a fruit or vegetable. Students may choose 1-3 fruits and vegetables.</p>			<p style="text-align: center;">Check out Child Nutrition's Interactive Menus!</p> <p>Go to mcschildnutrition.com and click on the menus tab or the "What's for Lunch" picture. The interactive menus are identified with the  icon next to them and provide nutrition, ingredient, and allergy information. To select menus from over 100 languages, click the translate tab on the top bar.</p>	

Lunch Price: \$2.70, \$2.95
Ala Carte Milk: \$0.55
Ala Carte Bottled Water (8 oz): \$0.65

 **Follow Child Nutrition on Twitter @NutritionMCS!** 


**Afterschool Snack Cart
Coming in September!**

Additional Offerings Served:

Offered Daily: Crispy Shell and/or Flour Tortilla Tacos, Nachos w/ Cheese and/or Taco Meat, Cheese or Pepperoni (Beef and Turkey) Pizza, Hamburger or Cheeseburger, Chicken Patty Sandwich, Hot & Spicy Chicken Sandwich; Peanut Butter & Jelly Sandwich; Hummus Meal; and Made to Order Salads and Sandwiches from the Comet Fresh Express.

Available on Fridays: Fish Sandwich

*Additional fruit and vegetable choices are available daily.

MCS Office of Child Nutrition 336-6526 Located at Mason Central: 211 North East St. Mason, OH 45040

"This institution is an equal opportunity provider."