

**Four easy ways to pay for meals:**

1. Go to [www.MyPaymentsPlus.com](http://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 Elementary Lunch Menu September 2019

**Fuel Up Each Day with A Healthy Breakfast at ME!**

Breakfast is available in the cafeteria and from a

breakfast cart located by the F wing.

Served Daily: 8:20-8:40 AM

Breakfast Meal Price: \$1.80

Breakfast Items Available Ala Carte

See Menu On-Line



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2 Labor Day – No School</b></p> <p style="text-align: center;"><b>Lunch Price: \$2.70</b> <b>Ala Carte Milk: \$0.55</b> <b>Ala Carte Bottled Water (8oz): \$0.65</b></p>	<p><b>3</b> Tony’s Personal Pan Cheese Pizza Crisp Romaine Salad* Grape Tomatoes* Cinnamon Applesauce Cup* Milk</p>	<p><b>4 Brunch for Lunch</b> Mini Pillsbury Pancakes w/ Scrambled Eggs Hash Brown Potato Rounds* Cucumber Slices* 100% Apple, Orange or Grape Juice* Milk</p>	<p><b>5</b> Chicken Tenders w/ Dinner Roll Green Pepper Strips* Spring Mix Salad* Chilled Peach Cup* Milk</p>	<p><b>6</b> Bosco Cheese Filled Breadsticks w/ Marinara Sauce Tossed Mix Salad* Baby Carrots* Apple Slices* Milk</p>
<p><b>9</b> General Tso’s Chicken w/ Brown Rice Grape Tomatoes* Cucumber Slices* Strawberry Pomegranate Juice Cup* Milk</p>	<p><b>10 Taco Tuesday!</b> Taco Salad w/ Baked Tostitos Chips Golden Corn* Red Pepper Strips* Mixed Berries* Milk</p>	<p><b>11</b> Cincinnati Chili Cheese Dog OR Turkey Hot Dog on Bun “Bush’s Best” Vegetarian Baked Beans* Spinach Salad* Pineapple Chunks* Milk</p>	<p><b>12</b> Popcorn Chicken w/ Dinner Roll Tossed Mix Salad* Celery Sticks* Orange Smiles* Milk</p>	<p><b>13</b> Pepperoni Calzone w/ Marinara Sauce Baby Carrots* Crisp Romaine Salad* Diced Pears* Milk</p>
<p><b>16</b> Toasted Cheese Sandwich “Campbell’s” Tomato Soup* Tater Tots* Granny Smith Apple* Milk</p>	<p><b>17</b>  Cheese Pizza Quesadilla Black Beans* Green Pepper Strips* Diced Mangoes* Milk</p>	<p><b>18 Brunch for Lunch</b> French Toast Sticks w/ Egg &amp; Cheese Omelet  Hash Brown Potato Rounds* Spring Mix Salad* 100% Apple, Orange or Grape Juice* Milk</p>	<p><b>19</b> Chicken Patty Sandwich Cucumber Slices* Baby Carrots* Strawberry Mango Juice Cup* Milk</p>	<p><b>20</b> Bosco Cheese Filled Breadsticks w/ Marinara Sauce Steamed Peas* Crisp Romaine Salad* Mandarin Oranges* Milk</p>
<p> <b>23</b> Teriyaki Chicken w/ Brown Rice Tossed Mix Salad* Grape Tomatoes* Pineapple Chunks* Milk <b>May Happy Birthday Celebration!</b> <b>Mini Birthday Cake Frozen Yogurt Cup w/ any Meal!</b></p>	<p><b>24 Taco Tuesday!</b> Taco Salad w/ Baked Tostitos Chips Golden Corn* Taco Fiesta Black Beans* Kicking Kiwi* Milk </p>	<p><b>25</b> Mini Turkey Corn Dogs Potato Smiles* Baby Carrots* Apple Slices* Milk</p>	<p><b>26</b> Popcorn Chicken w/ Dinner Roll Oven Baked Seasoned Fries* Celery Sticks* Chilled Strawberry Cup* Milk</p>	<p><b>27</b> Pepperoni Calzone w/ Marinara Sauce Cucumber Slices* Crisp Romaine Salad* Mixed Fruit* Milk</p>
<p><b>30</b> Cincinnati Chili Cheese Dog OR Turkey Hot Dog on Bun “Bush’s Best” Vegetarian Baked Beans* Grape Tomatoes* Pineapple Chunks* 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><b><u>Check out Child Nutrition’s Interactive Menus!</u></b> Go to <a href="http://mcschildnutrition.com">mcschildnutrition.com</a> 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>	

**Additional Entrées Served: Offered Daily:**

Large Green or Chef Salad w/ Banana Bread; Yogurt, String Cheese & Banana Bread; Peanut Butter & Jelly Uncrustable w/ String Cheese & Goldfish Crackers; Hamburger/Cheeseburger; Hummus Meal: Roasted Red Pepper Hummus, Cheddar Cheese Cubes, Baby Carrots, Celery Sticks, Grape Tomatoes & Goldfish Crackers;

**Monday, Wednesday, Friday:** Cheese & Beef Pepperoni Pizza; **Tuesday:** Chicken Nuggets w/ Dinner Roll; **Thursday:** Mac & Cheese; **Friday:** Fish Sandwich

\*Additional fruit and vegetable choices are available daily.

**MCS Office of Child Nutrition 513-336-6526 Located at Mason Central: 211 North East St. Mason, OH 45040**

“This institution is an equal opportunity provider.”