

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 Elementary Lunch Menu October 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>Lunch Price: \$2.70 Ala Carte Milk: \$0.55 Ala Carte Bottled Water (8oz): \$0.65</p>	<p>1 Tony's Personal Pan Cheese Pizza Crisp Romaine Salad* Grape Tomatoes* Cinnamon Applesauce Cup* Milk</p>	<p>2 Brunch for Lunch Mini Pillsbury Pancakes w/ Turkey Sausage Links Hash Brown Potato Rounds* Cucumber Slices* 100% Apple, Orange or Grape Juice* Milk</p>	<p>3 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Tossed Mix Salad* Baby Carrots* Apple Slices* Milk</p> 	<p>4 World Smile Day Chicken Tenders w/ Dinner Roll Green Pepper Strips* Potato Smiles* Chilled Peach Cup* Milk</p> 
<p>7 Orange Chicken w/ Brown Rice Grape Tomatoes* Cucumber Slices* Strawberry Pomegranate Juice Cup* Milk</p>	<p>8 Taco Tuesday! Taco Salad w/ Baked Tostitos Chips Golden Corn* Red Pepper Strips* Mixed Berries* Milk</p>	<p>9 Cincinnati Chili Cheese Dog OR Turkey Hot Dog on Bun "Bush's Best" Vegetarian Baked Beans* Spinach Salad* Pineapple Chunks* Milk</p>	<p>10 Popcorn Chicken w/ Dinner Roll Curly Fries* Tossed Mix Salad* Orange Smiles* Milk</p>	<p>11 Pepperoni Calzone w/ Marinara Sauce Baby Carrots* Crisp Romaine Salad* Diced Pears* Milk</p>
<p>14 "Top of the Charts" Toasted Cheese Sandwich "Campbell's Classic" Tomato Soup* "Tuned Up" Tater Tots* Dynamic" Diced Peaches* Milk National School Lunch Week</p> 	<p>15 "Pumpin" Cheese Pizza Quesadilla Chipotle "Remixed" Black Beans* "Groovy" Green Pepper Strips* Diced Mangoes* Milk What's on Your Playlist?</p> 	<p>16 "Get Your Floss Dance On" French Toast Sticks w/ Egg & Cheese Omelet Hash Brown Potato Records* Spring Mix Salad* 100% Apple, Orange or Grape Juice* Milk</p>	<p>17 "Bopping" Chicken Patty Sandwich Cucumber Slices* "Jammin" Baby Carrots* "Twisting" Strawberry Mango Juice Cup* Milk</p> 	<p>18 No School Professional Work Day</p> 
<p>21 General Tso's w/ Brown Rice Tossed Mix Salad* Grape Tomatoes* Chilled Strawberry Cup* Milk Red Ribbon Week</p> 	<p>22 Taco Tuesday! Taco Salad w/ Baked Tostitos Chips Golden Corn* Taco Fiesta Black Beans* Pineapple Chunks* Milk</p> 	<p>23 Mini Turkey Corn Dogs Emoji Potatoes* Baby Carrots* Apple Slices* Milk</p>   	<p>24 Popcorn Chicken w/ Dinner Roll Celery Sticks* Red Pepper Strips* Diced Pears* Milk</p> 	<p>25 Pepperoni Calzone w/ Marinara Sauce Cucumber Slices* Crisp Romaine Salad* Mixed Fruit* Milk</p> 
<p>28 Cincinnati Chili Cheese Dog OR Turkey Hot Dog on Bun "Bush's Best" Vegetarian Baked Beans* Grape Tomatoes* Pineapple Chunks* Milk October Happy Birthday Celebration! Mini Chocolate Sundae w/ any Meal!</p> 	<p>29 Tony's Personal Pan Cheese Pizza Hearty Spinach Salad* Baby Carrots* Cinnamon Applesauce Cup* Milk</p>	<p>30 Brunch for Lunch Mini Pillsbury Pancakes w/ Scrambled Eggs Hash Brown Potato Rounds* Cucumber Slices* 100% Apple, Orange or Grape Juice* Kicking Kiwi* Milk</p> 	<p>31 "Spook-tacular" Chicken Nuggets w/ Dinner Roll "Frightening" French Fries* "Goblin" Green Pepper Strips* "Jack-O-Lantern" Mandarin Oranges* "Mummified" Milk "Oogly Boogly" Orange Sherbet w/ any Meal!</p> 	<p>Follow Child Nutrition on Twitter @NutritionMCS!</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."

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.

Check out Child Nutrition's Interactive Menus!

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.