

**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 Early Childhood Center

## Lunch Menu

### October 2019

**Fuel Up with School Breakfast at MECC!**

**Pre-K/K-2 Students Welcome**

**Served Daily in Cafeteria: 9:05-9:20AM**

**Breakfast Meal Price: \$1.70**

**See Menu On-Line**



Monday	Tuesday	Wednesday	Thursday	Friday
<p><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>1</b> Tony's Cheese Pizza                      Grape Tomatoes*                      Tossed Mix Salad*                      Mandarin Oranges*                      Milk</p>	<p><b>2</b> Bosco Cheese Filled Breadsticks w/ Marinara Sauce                      Steamed Peas*                      Celery Sticks*                      Red Grapes*                      Milk</p>	<p><b>3</b> Mini Confetti Eggo Pancakes w/ Turkey Sausage Links OR                      Mini Pillsbury Waffles w/ Turkey Sausage Links                      Hash Brown Potato Rounds*                      Crisp Romaine Salad*                      100% Apple, Orange or Grape Juice*                      Milk</p>	<p><b>4</b> <b>World Smile Day</b>                      Chicken Tenders w/ Dinner Roll                      Potato Smiles*                      Baby Carrots*                      Strawberry Kiwi Juice Cup*                      Milk</p> 
<p><b>7</b> Orange Chicken w/ Brown Rice                      Steamed Broccoli Florets*                      Cucumber Slices*                      Pineapple Tidbits*                      Milk</p>	<p><b>8</b> Tony's Cheese OR Pork Pepperoni Pizza                      Chipotle Black Beans*                      Grape Tomatoes*                      Orange Smiles*                      Milk</p> 	<p><b>9</b> Popcorn Chicken w/ Dinner Roll                      Golden Corn*                      Sweet &amp; Juicy Red Pepper Strips*                      Mixed Berries*                      Milk</p>	<p><b>10</b> French Toast Sticks w/ Scrambled Eggs OR                      Mini Cinnis w/ Scrambled Eggs                      Hash Brown Potato Rounds*                      Hearty Spring Salad*                      100% Apple, Orange or Grape Juice*                      Milk</p>	<p><b>11</b> Mini Turkey Corn Dogs                      Mini "Night Vision" Carrots*                      Mini Tater Tots*                      Mini Diced Pears*                      Milk  <b>Mini Scooby Doo Fruit Snacks w/ the purchase of any Meal!</b></p> 
<p><b>14</b> "Top of the Charts" Toasted Cheese Sandwich                      "Campbell's Classic" Tomato Soup*                      Crisp Romaine Salad*                      "Dynamic" Diced Peaches*                      Milk  <b>National School Lunch Week</b></p> 	<p><b>15</b> Tony's Poppin' Cheese Pizza                      "Groovy" Grape Tomatoes*                      Green Pepper Strips*                      Kicking Kiwi*                      Milk</p> 	<p><b>16</b> "Move to the Beat" Bosco Cheese Filled Breadsticks w/ Marinara Sauce                      "Jammin" Celery Sticks*                      Baby Carrots*                      Red Grapes*                      Milk</p>	<p><b>17</b> Mini "Pitch-Perfect" Pillsbury Pancakes w/ Turkey Sausage Links OR                      Mini French Toast Sticks w/ Turkey Sausage Links                      "Tuned Up" Tater Tots* Tossed Mix Salad*                      100% Apple, Orange or Grape Juice*                      Milk</p>	<p><b>18</b> <b>No School Professional Work Day</b></p> 
<p><b>21</b> Hamburger or Cheeseburger                      Emoji Potatoes*                      Cucumber Slices*                      Apple Slices*                      Milk</p>   <p><b>Red Ribbon Week</b></p> 	<p><b>22</b> Tony's Cheese Pizza OR Pork Pepperoni Pizza                      Chipotle Black Beans*                      Hearty Spinach Salad*                      Strawberry Mango Juice Cup*                      Milk</p> 	<p><b>23</b> Popcorn Chicken w/ Biscuit                      Golden Corn*                      Crisp Romaine Salad*                      Chilled Strawberry Cup*                      Milk</p> 	<p><b>24</b> French Toast Sticks w/ Egg &amp; Cheese Omelet OR                      Apple Filled Frudel w/ Egg &amp; Cheese Omelet                      Hash Brown Potato Rounds*                      Red Pepper Strips*                      100% Apple, Orange or Grape Juice*                      Milk</p> 	<p><b>25</b> Macaroni &amp; Cheese w/ Dinner Roll                      Steamed Broccoli Florets*                      Grape Tomatoes*                      Diced Pears*                      Milk</p>  
<p><b>28</b> Turkey Hot Dog                      "Bush's Best" Vegetarian Baked Beans*                      Cucumber Slices*                      Mixed Fruit*                      Milk  <b>October Happy Birthday Celebration!</b>  <b>Mini Chocolate Sundae w/ any Meal!</b></p> 	<p><b>29</b> Tony's Cheese Pizza                      Grape Tomatoes*                      Crisp Romaine Salad*                      Diced Mangoes*                      Milk</p>	<p><b>30</b> Bosco Cheese Filled Breadsticks w/ Marinara Sauce                      Steamed Peas*                      Celery Sticks*                      Red Grapes*                      Milk</p>	<p><b>31</b> "Spook-tacular" Chicken Nuggets w/ Dinner Roll                      "Frightening" French Fries*                      "Goblin" Green Pepper Strips*                      "Jack-O-Lantern" Mandarin Oranges*                      "Mummified" Milk  <b>"Oogly Boogly" Orange Sherbet w/ any Meal!</b></p>  	<p><b>Follow Child Nutrition on Twitter @NutritionMCS!</b></p> 

**Additional Entrées Served Daily:**

Large Green Salad w/ Cheese, Mini Blueberry Loaf & Goldfish Crackers;

Peanut Butter & Jelly Uncrustable w/ String Cheese & Goldfish Crackers;


Hummus Meal: Roasted Red Pepper Hummus, Pretzels, Colby Jack Cheese & Mini Blueberry Loaf;

Yogurt Meal: Yogurt, String Cheese, Mini Blueberry Loaf & Goldfish Crackers;

\*Additional fruit and vegetable choices are available daily.

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](http://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.