









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 High School Lunch Menu October 2019

Fuel Up with School Breakfast at HS!
HS Students - Breakfast is available in the Snack Shop
Served Daily: 7:20-7:40 AM
1st Period Study Hall? Second Chance Breakfast 8:00 AM
Breakfast Meal Price: \$1.80 & Ala Carte
See Menu On-Line



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch Prices: \$2.70, \$3.50 \$3.70 & \$4.50 2nd Entrée: \$2.10, \$2.75 2nd Slice Pizza: \$2.75 Ala Carte Milk: \$0.55 Ala Carte Bottled Water (8oz): \$0.65</p>	<p>1 Mini Turkey Corn Dogs Tossed Mix Salad* Baby Carrots* Choice of 2 Fruits* Milk</p>	<p>2 Popcorn Chicken w/ Cornbread Muffin Celery Sticks* Red Pepper Strips* Choice of 2 Fruits* Milk</p>	<p>3 <i>Brunch For Lunch</i> French Toast Sticks w/ Turkey Sausage Links Hash Brown Potato Rounds* Spring Mix Salad* Choice of 2 Fruits* Milk</p>	<p>4  Cheese Quesadilla Taco Fiesta Black Beans* Crisp Romaine Salad* Choice of 2 Fruits* Milk</p>
<p>7 Toasted Cheese Sandwich Campbell's Tomato Soup* Tater Tots* Choice of 2 Fruits* Milk</p> 	<p>8 General Tso's Chicken w/ Brown Rice & Vegetable Eggroll Roasted Broccoli Florets* Cucumber Slices* Choice of 2 Fruits* Milk</p>	<p>9 Chili Cheese Conneys "Bush's Best" Vegetarian Baked Beans* Hearty Spinach Salad* Choice of 2 Fruits* Milk <u>Domino's Pizza!</u> Cheese & Pepperoni are available!</p> 	<p>10 BBQ Pork Sandwich Baby Carrots* Crisp Romaine Salad* Choice of 2 Fruits* Milk</p>	<p>11 Goldkist Boneless Chicken Wings w/ Harvest Cheddar Sun Chips Grape Tomatoes* Celery Sticks* Choice of 2 Fruits* Milk</p>
<p>14  Bosco Cheese Filled Breadsticks w/ Marinara Sauce Roasted Rosemary Baby Carrots* Crisp Romaine Lettuce* Choice of 2 Fruits* Milk</p>	<p>15 Hot Honey Sloppy Joe Sandwich Savory Sweet Potato Fries* Cucumber Slices* Choice of 2 Fruits* Milk</p> <p style="text-align: center;">National School Lunch Week</p>	<p>16 Popcorn Chicken w/ Dinner Roll Grape Tomatoes* Celery Sticks* Choice of 2 Fruits* Milk</p>	<p>17 <i>Brunch For Lunch</i> French Toast Sticks w/ Turkey Sausage Links Hash Brown Potato Rounds* Spring Mix Salad* Choice of 2 Fruits* Milk</p>	<p>No School Professional Work Day</p>
<p>21 Toasted Cheese Sandwich Campbell's Tomato Soup* Tater Tots* Choice of 2 Fruits* Milk</p>	<p>22 Orange Chicken w/ Brown Rice & Dinner Roll Roasted Green Beans* Red Pepper Strips* Choice of 2 Fruits* Milk</p> 	<p>23 Cincinnati Chili & Spaghetti Kidney Beans* Crisp Romaine Salad* Choice of 2 Fruits* Milk <u>Domino's Pizza!</u> Cheese & Pepperoni are available!</p>	<p>24 Chicken Tenders w/ Waffles Cucumber Slices* Hearty Spinach Salad* Choice of 2 Fruits* Milk</p>	<p>25 Pepperoni Calzone w/ Marinara Sauce Tossed Mix Salad* Baby Carrots* Choice of 2 Fruits* Milk</p>
<p>28 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Roasted Seasoned Asparagus* Grape Tomatoes* Choice of 2 Fruits* Milk</p>	<p>29  Beef Manhattan Open Faced Roast Beef Sandwich Mashed Potatoes & Gravy Baby Carrots* Choice of 2 Fruits* Milk</p>	<p>30 Popcorn Chicken w/ Cornbread Muffin Celery Sticks* Red Pepper Strips* Choice of 2 Fruits* Milk</p>	<p>31 Mini Turkey Corn Dogs "Bush's Best" Vegetarian Baked Beans* Spring Mix Salad* Cucumber Slices* Choice of 2 Fruits* Milk</p>	<p> Follow Child Nutrition on Twitter @NutritionMCS!</p>

Additional Offerings Served: Offered Daily:

Café Feature or South of the Border Tacos, Taco Salad, Walking Tacos (Tuesday Only), Cheese, Pork Pepperoni or Specialty Pizza, Hamburger or Cheeseburger, Breaded or Hot & Spicy Chicken Sandwiches, Specialty Salads: Chef, Cobb, and Seasonal Grilled Chicken Caesar Salad, Deli Subs & Sandwiches, Hummus Meal, Three Cheese Cavatappi (M, W, F) or Regular Mac & Cheese (T, Th) w/ Dinner Roll, Peanut Butter & Jelly Sandwich, Yogurt Parfait w/ Granola; **Available on Friday:** 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."

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

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.