

**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 Middle School Lunch Menu October 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
<b>Lunch Price: \$2.70, \$2.95</b> <b>Ala Carte Milk: \$0.55</b> <b>Ala Carte Bottled Water (8 oz): \$0.65</b>	<b>1</b> <u><b>Taco Tuesday</b></u> Grab & Go Walking Taco w/ Nacho Cheese Doritos Golden Corn* Taco Fiesta Black Beans* Red Delicious Apple* Milk	<b>2</b> Bosco Cheese Filled Breadsticks w/ Marinara Sauce Spinach Salad* Baby Carrots* Diced Mangoes* Milk	<b>3</b> Chicken Tenders w/ Waffles Cucumber Slices* Tossed Mix Salad* Chilled Strawberry Cup* Milk	<b>4</b> <u><b>World Smile Day!</b></u> Mini Turkey Corn Dogs Potato Smiles* Crisp Romaine Salad* Diced Peaches* Milk
<b>7</b> Toasted Cheese Sandwich Campbell's Tomato Soup* Tater Tots* Cinnamon Applesauce Cup* Milk	<b>8</b> <u><b>Taco Tuesday</b></u> Taco Salad w/ Baked Tostitos Chips Golden Corn* Refried Beans* Red Grapes* Milk	<b>9</b> <u><b>Brunch for Lunch</b></u> French Toast Sticks w/ Turkey Sausage Links Hash Brown Potato Rounds* Spring Mix Salad* 100% Apple, Grape or Orange Juice* Milk	<b>10</b> Popcorn Chicken w/ Dinner Roll Celery Sticks* Baby Carrots* Kicking Kiwi* Milk	<b>11</b> Italian Pasta Bar w/ Garlic Texas Toast (Sauce Choices include: Beef Meat Sauce, Meatless Sauce & Italian Cheese Sauce) Crisp Romaine Salad* Cucumber Slices* Mandarin Oranges* Milk
<b>14</b> Teriyaki Chicken w/ Brown Rice Stir-Fry Vegetables* Tossed Mix Salad* Apple Slices* Milk	<b>15</b> <u><b>Taco Tuesday</b></u> Grab & Go Walking Taco w/ Nacho Cheese Doritos Golden Corn* Taco Fiesta Black Beans* Mixed Berries* Milk	<b>16</b> Bosco Cheese Filled Breadsticks w/ Marinara Sauce Spinach Salad* Cucumber Slices* Diced Peaches* Milk	<b>17</b> <u><b>Dance-A-Thon</b></u> Personal Pan Domino's Pizza Grape Tomatoes* Baby Carrots* Cinnamon Applesauce Cup* Milk	<b>18</b> <u><b>No School Professional Work Day</b></u> 
<b>National School Lunch Week - What's on Your Playlist?</b>				
<b>21</b> Mac & Cheese w/ Dinner Roll Steamed Broccoli Florets* Red Pepper Strips* Diced Mangoes* Milk <b>Red Ribbon Week</b>	<b>22</b> <u><b>Taco Tuesday</b></u> Taco Salad w/ Baked Tostitos Chips Golden Corn* Refried Beans* Chilled Strawberry Cup* Milk	<b>23</b> Tyson Breaded Chicken Drumstick w/ Biscuit Roasted Green Beans* Crisp Romaine Salad* Apple Slices* Milk	<b>24</b> Cincinnati Chili Cheese Dog OR Turkey Hot Dog on Bun Grape Tomatoes* Spring Mix Salad* Red Grapes* Milk	<b>25</b> Pepperoni Calzone w/ Marinara Sauce Tossed Mix Salad* Baby Carrots* Slushy Strawberry Mango Juice Cup* Milk <b>Buffalo Chicken &amp; Cheese Pizza</b> <b>No Pepperoni Pizza will be Offered</b>
<b>28</b> Orange Chicken w/ Brown Rice Stir-Fry Vegetables* Crisp Romaine Salad* Pineapple Chunks* Milk	<b>29</b> <u><b>Taco Tuesday</b></u> Grab & Go Walking Taco w/ Nacho Cheese Doritos Golden Corn* Taco Fiesta Black Beans* Diced Pears* Milk	<b>30</b> Bosco Cheese Filled Breadsticks w/ Marinara Sauce Spinach Salad* Baby Carrots* Apple Slices* Milk	<b>31</b> Chicken Tenders w/ Waffles Cucumber Slices* Tossed Mix Salad* Mandarin Oranges* Milk	 <b>Follow Child Nutrition on Twitter</b> <b>@NutritionMCS!</b>

**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.

**Afternoon  
Snack Cart!**

Located: Cafeteria  
Open: 2:30-2:50

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.