


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 4.29% 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 January 2020

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>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 2 fruits and 2 vegetables.</p>				 <p>Follow Child Nutrition on Twitter, Facebook, and Instagram! @NutritionMCS</p>
<p>6 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Baby Carrots* Crisp Romaine Lettuce* Choice of 2 Fruits* Milk</p>	<p>7 Cheese Quesadilla Taco Fiesta Black Beans* Tossed Mix Salad* Choice of 2 Fruits* Milk</p>	<p>8 Popcorn Chicken w/ Dinner Roll Roasted Green Beans* Red Pepper Strips* Choice of 2 Fruits* Milk</p>	<p>9 <u>Brunch For Lunch</u> French Toast Sticks w/ Turkey Sausage Links Hash Brown Potato Rounds* Spring Mix Salad* Choice of 2 Fruits* Milk</p>	<p>10 Italian Pasta Bar w/ Garlic Breadstick (Sauce Choices include: Beef Meat Sauce, Meatless Sauce & Italian Cheese Sauce & Rosa Sauce) Celery Sticks* Grape Tomatoes* Choice of 2 Fruits* Milk</p>	
<p>13 Toasted Cheese Sandwich Campbell's Tomato Soup* Tater Tots* Choice of 2 Fruits* Milk</p> 	<p>14 Cherry Blossom Chicken w/ Brown Rice & Dinner Roll Roasted Broccoli Florets* Cucumber Slices* Choice of 2 Fruits* Milk</p>	<p>15 Chili Cheese Cones Vegetarian Baked Beans* Hearty Spinach Salad* Choice of 2 Fruits* Milk</p> <p style="text-align: center;"> <u>Domino's Pizza!</u> Cheese & Pepperoni</p>	<p>16 Chicken Strips w/ Waffles Red Pepper Strips* Crisp Romaine Salad* Choice of 2 Fruits* Milk</p>	<p>17 Pepperoni Calzone w/ Marinara Sauce Tossed Mix Salad* Baby Carrots* Choice of 2 Fruits* Milk</p>	
<p>20 No School</p> 	<p>21 Mini Turkey Corn Dogs Falafel Super Tots* w/ Tzatziki sauce  Grape Tomatoes* Choice of 2 Fruits* Milk</p>	<p>22 Popcorn Chicken w/ Corn Muffin Golden Corn* Spinach Salad* Choice of 2 Fruits* Milk</p>	<p>23 <u>Brunch For Lunch</u> French Toast Sticks w/ Turkey Sausage Links Hash Brown Potato Rounds* Tossed Salad Mix * Choice of 2 Fruits* Milk</p>	<p>24 Tyson Breaded Chicken Drumstick w/ Biscuit Cucumber Slices* Baby Carrots* Choice of 2 Fruits* Milk</p>	
<p>27 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Buttered Peas & Carrots* Crisp Romaine Lettuce* Choice of 2 Fruits* Milk</p>	<p>28 Happy Chinese New Year! General Tso's Chicken w/ Brown Rice & Vegetable Eggroll Stir-Fry Vegetables* Red Pepper Strips* Choice of 2 Fruits* Milk</p>	<p>29 Cincinnati Chili & Spaghetti Kidney Beans* Cucumber Slices* Choice of 2 Fruits* Milk</p> <p style="text-align: center;"> <u>Domino's Pizza!</u> Cheese & Pepperoni</p>	<p>30 Goldkist Boneless Chicken Wings w/ Harvest Cheddar Sun Chips Grape Tomatoes* Spring Mix Salad* Choice of 2 Fruits* Milk</p>	<p>31 Pepperoni Calzone w/ Marinara Sauce Tossed Mix Salad* Baby Carrots* Choice of 2 Fruits* Milk</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 **NEW** Seasonal Grilled Chicken Apple 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; Vegetarian Spicy Black Bean Burger **Available on Friday:** Fish Sandwich *Additional fruit and vegetable choices are available daily

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.

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."