


**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 4.29% 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 Middle School Lunch Menu January 2020

**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  
**NEW** → Breakfast Cart: 7:10-7:45 AM  
 Breakfast Meal Price: \$1.80  
 Breakfast Items Available Ala Carte



Monday	Tuesday	Wednesday	Thursday	Friday	
<p><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></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 1-3 fruits and vegetables.</p>			<div style="border: 1px solid black; padding: 5px;"> <p><b>Afternoon Snack Cart!</b>                      Located: Cafeteria                      Open: 2:30-2:50</p> </div>	 <p><b>Follow Child Nutrition on Twitter, Facebook, and Instagram!</b>                      @NutritionMCS</p>
<p><b>6</b> Mini Turkey Corn Dogs                      Steamed Peas*                      Baby Carrots*                      Cinnamon Applesauce Cup*                      Milk</p>	<p><b>7</b>  Cheese Quesadilla                      Golden Corn*                      Refried Beans*                      Red Grapes*                      Milk</p>	<p><b>8</b> Bosco Cheese Filled Breadsticks w/ Marinara Sauce                      Spinach Salad*                      Cucumber Slices*                      Apple Slices*                      Milk</p>	<p><b>9</b> Popcorn Chicken w/ Dinner Roll                      Mashed Potatoes w/ Gravy*                      Red Pepper Strips*                      Slushy Cherry &amp; Lime Swirl Juice Cup*                      Milk</p>	<p><b>10</b> Pepperoni Calzone w/ Marinara Sauce                      Crisp Romaine Salad*                      Grape Tomatoes*                      Diced Peaches*                      Milk</p>	
<p><b>13</b> Toasted Cheese Sandwich                      Campbell's Tomato Soup*                      Tater Tots*                      Kicking Kiwi*                      Milk</p>	<p><b>14</b> <u><b>Taco Tuesday</b></u>                      Taco Salad w/ Baked Tostitos Chips                      Golden Corn*                      Refried Beans*                      Mixed Berries*                      Milk</p>	<p><b>15</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</p>	<p><b>16</b> Chicken Tenders w/ Waffles                      Cucumber Slices*                      Grape Tomatoes*                      Chilled Strawberry Cup*                      Milk</p>	<p><b>17</b> Italian Pasta Bar w/ Garlic Breadstick (Sauce Choices include: Beef Meat Sauce, Meatless Sauce &amp; Italian Cheese Sauce)                      Crisp Romaine Salad* Baby Carrots*                      Mandarin Oranges*                      Milk</p>	
<p><b>20</b> <b>No School</b></p> 	<p><b>21</b> Chicken &amp; Cheese Taquitos w/ Enchilada Sauce                      Golden Corn*                      Red Pepper Strips*                      Red Grapes*                      Milk</p>	<p><b>22</b> Bosco Cheese Filled Breadsticks w/ Marinara Sauce                      Spinach Salad*                      Cucumber Slices*                      Slushy Strawberry Pomegranate Juice Cup*                      Milk</p>	<p><b>23</b> Cincinnati Chili Cheese Dog OR Turkey Hot Dog on Bun "Bush's Best"                      Vegetarian Baked Beans*                      Baby Carrots*                      Cinnamon Applesauce Cup*                      Milk</p>	<p><b>24</b> Goldkist Boneless Chicken Wings w/ Harvest Cheddar Sun Chips                      Crisp Romaine Salad*                      Celery Sticks*                      Diced Pears*                      Milk  <b>Buffalo Chicken &amp; Cheese Pizza</b>  <b>No Pepperoni Pizza will be Offered</b></p>	
<p><b>27</b> <u><b>Happy Chinese New Year!</b></u>                      Orange Chicken w/ Vegetable Fried Rice                      Grape Tomatoes*                      Tossed Mix Salad*                      Apple Slices*                      Milk</p>	<p><b>28</b> <u><b>Taco Tuesday</b></u>                      Grab &amp; Go Walking Taco w/ Nacho Cheese Doritos                      Golden Corn*                      Taco Fiesta Black Beans*                      Red Grapes*                      Milk</p>	<p><b>29</b> <u><b>Brunch for Lunch</b></u>                      French Toast Sticks w/ Egg &amp; Cheese Omelet                      Hash Brown Potato Rounds*                      Spring Mix Salad*                      100% Apple, Grape or Orange Juice*                      Milk</p>	<p><b>30</b> Tyson Breaded Chicken Drumstick w/ Biscuit                      Parmesan Herb Baby Baker Potatoes*                      Crisp Romaine Salad*                      Apple Slices*                      Milk</p>	<p><b>31</b> Pepperoni Calzone w/ Marinara Sauce                      Tossed Mix Salad*                      Baby Carrots*                      Mixed Fruit*                      Milk</p>	

**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.

**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."

**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.