

**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 Elementary Lunch Menu January 2020

**Fuel Up Each Day with A Healthy Breakfast at ME!**

Breakfast is available in the cafeteria and from a

breakfast cart located by the F wing.

Served Daily: 8:20-8:40 AM

Breakfast Meal Price: \$1.80

Breakfast Items Available Ala Carte

See Menu On-Line



Monday

Tuesday

Wednesday

Thursday

Friday

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| <p><b>Lunch Price: \$2.70</b><br/> <b>Ala Carte Milk: \$0.55</b><br/> <b>Ala Carte Bottled Water (8oz): \$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> |                                                                                                                                       |                                                                                                                                                                                                                      |  | <br><p><b>Follow Child Nutrition on Twitter, Facebook, and Instagram!</b><br/> <b>@NutritionMCS</b></p> |  |
| <p><b>6</b>  Cherry Blossom Chicken w/ Brown Rice<br/>Steamed Broccoli Florets*<br/>Baby Carrots*<br/>Apple Slices*<br/>Milk</p>                                                                                                                                 | <p><b>7</b> <b>Taco Tuesday!</b><br/>Taco Salad w/ Baked Tostitos Chips<br/>Golden Corn*<br/>Refried Beans*<br/>Mixed Berries*<br/>Milk</p>      | <p><b>8</b> <b>Brunch for Lunch</b><br/>Mini Pillsbury Pancakes w/ Turkey Sausage Links<br/>Hash Brown Potato Rounds*<br/>Cucumber Slices*<br/>100% Apple, Orange or Grape Juice*<br/>Milk</p>                                                                                                                   | <p><b>9</b> Chicken Tenders w/ Dinner Roll<br/>Red Pepper Strips*<br/>Spring Mix Salad*<br/>Chilled Peach Cup*<br/>Milk</p>           | <p><b>10</b> Pepperoni Calzone w/ Marinara Sauce<br/>Grape Tomatoes*<br/>Crisp Romaine Salad*<br/>Diced Pears*<br/>Milk</p>                                                                                          |  |                                                                                                         |  |
| <p><b>13</b> Toasted Cheese Sandwich<br/>"Campbell's" Tomato Soup*<br/>Tater Tots*<br/>Strawberry Pomegranate Juice Cup*<br/>Milk</p>                                                                                                                            | <p><b>14</b> Three Cheese Cavatappi Mac &amp; Cheese <br/>Green Pepper Strips*<br/>Cucumber Slices*<br/>Diced Mangoes*<br/>Milk</p>              | <p><b>15</b> Cincinnati Chili Cheese Dog OR Turkey Hot Dog on Bun "Bush's Best"<br/>Vegetarian Baked Beans*<br/>Spinach Salad*<br/>Pineapple Chunks* Milk</p>                                                                                                                                                    | <p><b>16</b> Popcorn Chicken w/ Dinner Roll<br/>Curly Fries*<br/>Crisp Romaine Salad*<br/>Orange Smiles*<br/>Milk</p>                 | <p><b>17</b> Bosco Cheese Filled Breadsticks w/ Marinara Sauce<br/>Tossed Mix Salad*<br/>Baby Carrots*<br/>Diced Peaches*<br/>Milk</p>                                                                               |  |                                                                                                         |  |
| <p><b>20</b> <b>No School</b><br/></p>                                                                                                                                                                                                                           | <p><b>21</b> Cheese Pizza Quesadilla<br/>Taco Fiesta Black Beans*<br/>Grape Tomatoes*<br/>Apple Slices*<br/>Milk</p>                             | <p><b>22</b> <b>Brunch for Lunch</b><br/>French Toast Sticks w/ Egg &amp; Cheese Omelet<br/>Hash Brown Potato Rounds*<br/>Spring Mix Salad*<br/>100% Apple, Orange or Grape Juice*<br/>Milk</p>                                                                                                                  | <p><b>23</b> Chicken Patty Sandwich<br/>Cucumber Slices*<br/>Emoji Potatoes*<br/>Slushy Cherry &amp; Lime Juice Cup*<br/>Milk </p>    | <p><b>24</b> Italian Pasta Bar w/ Garlic Breadstick (Sauce Choices include: Beef Meat Sauce, Meatless Sauce &amp; Italian Cheese Sauce)<br/>Green Pepper Strips*<br/>Crisp Romaine Salad*<br/>Fresh Clementine* </p> |  |                                                                                                         |  |
| <p><b>27</b> <b>Happy Chinese New Year!</b><br/>General Tso's w/ Vegetable Fried Rice<br/>Baby Carrots*<br/>Tossed Mix Salad*<br/>Pineapple Chunks*<br/>Milk <br/><b>January Happy Birthday Celebration!</b><br/><b>Mini Ice Cream Sandwich w/ any Meal!</b></p> | <p><b>28</b> <b>Taco Tuesday!</b><br/>Taco Salad w/ Baked Tostitos Chips<br/>Golden Corn*<br/>Red Pepper Strips*<br/>Mixed Berries*<br/>Milk</p> | <p><b>29</b> Mini Turkey Corn Dogs<br/>"Bush's Best"<br/>Vegetarian Baked Beans*<br/>Cucumber Slices*<br/>Apple Slices*<br/>Milk</p>                                                                                                                                                                             | <p><b>30</b> Popcorn Chicken w/ Dinner Roll<br/>Mashed Potatoes w/ Gravy*<br/>Celery Sticks*<br/>Chilled Strawberry Cup*<br/>Milk</p> | <p><b>31</b> Pepperoni Calzone w/ Marinara Sauce<br/>Red Pepper Strips*<br/>Crisp Romaine Salad*<br/>Diced Peaches*<br/>Milk</p>                                                                                     |  |                                                                                                         |  |

**Additional Entrées Served: Offered Daily:** Large Green or Chef Salad w/ Banana Bread; Yogurt, String Cheese & Banana Bread; Peanut Butter & Jelly Uncrustable w/ String Cheese & Goldfish Crackers; Hamburger/Cheeseburger; Hummus Meal; Roasted Red Pepper Hummus, Cheddar Cheese Cubes, Baby Carrots, Celery Sticks, Grape Tomatoes & Goldfish Crackers;

**Monday, Wednesday, Friday:** Cheese & Beef Pepperoni Pizza; **Tuesday:** Chicken Nuggets w/ Dinner Roll;

**Thursday:** Mac & Cheese; **Friday:** 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.