

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 Early Childhood Center

Lunch Menu

January 2020

Fuel Up with School Breakfast at MECC!

Pre-K/K-2 Students Welcome
 Served Daily in Cafeteria: 9:05-9:20AM
 Breakfast Meal Price: \$1.70
 See Menu On-Line



Monday

Tuesday

Wednesday

Thursday

Friday

<p>Lunch Price: \$2.70 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 1-3 fruits and vegetables.</p>				 <p>Follow Child Nutrition on Twitter, Facebook, and Instagram! @NutritionMCS</p>	
<p>6 Chicken Tenders w/ Dinner Roll “Bush’s Best” Vegetarian Baked Beans* Grape Tomatoes* Diced Pears* Milk</p>	<p>7 Tony’s Cheese Pizza Cucumber Slices* Tossed Mix Salad* Mandarin Oranges* Milk</p>	<p>8 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Steamed Peas* Celery Sticks* Red Grapes* Milk</p>	<p>9 Mini Pillsbury Pancakes w/ Turkey Sausage Links OR Mini Pillsbury Waffles w/ Turkey Sausage Links Hash Brown Potato Rounds* Crisp Romaine Salad* 100% Apple, Orange or Grape Juice* Milk</p>	<p>10 Macaroni & Cheese w/ Dinner Roll Steamed Broccoli Florets* Baby Carrots* Slushy Cherry & Lime Swirl Juice Cup* Milk</p>			
<p>13 Turkey Hot Dog “Bush’s Best” Vegetarian Baked Beans* Cucumber Slices* Pineapple Tidbits* Milk</p>	<p>14 Tony’s Cheese OR Pork Pepperoni Pizza Celery Sticks* Grape Tomatoes* Orange Smiles* Milk</p>	<p>15 Popcorn Chicken w/ Dinner Roll Golden Corn* Sweet & Juicy Red Pepper Strips* Mixed Berries* Milk</p>	<p>16 French Toast Sticks w/ Scrambled Eggs OR Mini Cinnis w/ Scrambled Eggs Hash Brown Potato Rounds* Hearty Spinach Salad* 100% Apple, Orange or Grape Juice* Milk</p>	<p>17 Mini Turkey Corn Dogs Mini “Night Vision” Carrots* Mini Tater Tots* Mini Diced Pears* Milk Mini Scooby Doo Fruit Snacks w/ the purchase of any Meal!</p>			
<p>20 No School</p>	<p>21 Tony’s Cheese Pizza Grape Tomatoes* Cucumber Slices* Kicking Kiwi* Milk</p>	<p>22 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Steamed Peas* Celery Sticks* Red Grapes* Milk</p>	<p>23 Mini Eggo Confetti Pancakes w/ Turkey Sausage Links OR Mini French Toast Sticks w/ Turkey Sausage Links Tater Tots* Spinach Salad* 100% Apple, Orange or Grape Juice* Milk</p>	<p>24 Chicken Nuggets w/ Dinner Roll “Bush’s Best” Vegetarian Baked Beans* Red Pepper Strips* Fresh Clementine* Milk</p>			
<p>27 Hamburger or Cheeseburger Emoji Potatoes* Cucumber Slices* Pineapple Tidbits* Milk</p> <p>January Happy Birthday Celebration! Mini Ice Cream Sandwich w/ any Meal!</p>	<p>28 Tony’s Cheese Pizza OR Pork Pepperoni Pizza Celery Sticks* Hearty Spinach Salad* Apple Slices* Milk</p>	<p>29 Popcorn Chicken w/ Biscuit Golden Corn* Baby Carrots* Slushy Strawberry Mango Juice Cup* Milk</p>	<p>30 French Toast Sticks w/ Egg & Cheese Omelet OR Apple Filled Frudel w/ Egg & Cheese Omelet Hash Brown Potato Rounds* Green Pepper Strips* 100% Apple, Orange or Grape Juice* Milk</p>	<p>31 Turkey Hot Dog “Bush’s Best” Vegetarian Baked Beans* Grape Tomatoes* Diced Peaches* Milk</p>			

Additional Entrées Served Daily:

- Large Green Salad w/ Cheese, Mini Blueberry Loaf & Goldfish Crackers;
 - Peanut Butter & Jelly Uncrustable w/ String Cheese & Goldfish Crackers;
 - Hummus Meal: Roasted Red Pepper Hummus, Pretzels, Colby Jack Cheese & Mini Blueberry Loaf;
 - Yogurt Meal: Yogurt, String Cheese, Mini Blueberry Loaf & Goldfish Crackers;
- *Additional fruit and vegetable choices are available daily.

Check out Child Nutrition’s Interactive Menus!

Go to mcschildnutrition.com and click on the menu 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 513-336-6526 Located at Mason Central: 211 North East St. Mason, OH 45040

“This institution is an equal opportunity provider.”