

Mason Middle School

School Year 2020-2021





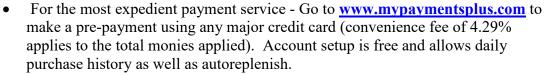
For everyone's safety, all foods including entrees, condiments, utensils, etc. in the cafeteria will be individually wrapped. There will be signs on the floors to keep students socially distanced while in line. There will also be three sided plexiglass shields surrounding the cashiers for added protection.



Breakfast Location and times are under construction. Will update once determined. A complete breakfast consists of a hot or cold entrée, fruit/fruit juice and milk. To make breakfast a meal, students are offered 1 cup of fruit/fruit juice and must select at least ½ cup fruit/fruit juice. Breakfast may be purchased as a meal for \$1.80 or all items are available ala carte.

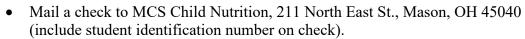
Easy Ways to Pay for Meals!

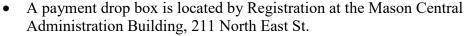




MyPaymentsPlus app is available on the Apple iphone and ipad at https://itunes.apple.com/us/app/mypaymentsplus/id537636060?mt=8.
The Android App can be downloaded from Google Play Store at https://play.google.com/store/search?q=mypaymentsplus.

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• Give a check or cash to the Child Nutrition Worker (include student identification number on check).





Free & Reduced Meal Applications

Information & Application Paperwork is available from www.mcschildnutrition.com
Click on "Apply for Meal Benefits" then the application.
Only one application is needed per family. New applications must be submitted each school year.
Students who qualify for free or reduced lunch also qualify for free or reduced breakfast.

Courtesy Meals

Mason City Schools, per board policy, has a no charging policy. Students who are without funds to purchase lunch will be provided a courtesy meal. Choices include cheese and crackers or peanut butter and jelly sandwich, fruits and vegetables selected by the student, and milk. Parents will be notified via email that a courtesy meal was provided and account funds need replenished.

Nutrition, Ingredient & Allergy Information

You can access nutrition, ingredient and allergy information through our interactive menus that are identified with the icon next to them. As you hover over a food, a window will appear that includes a picture and nutrition, ingredient and allergy information. Does your student have a food allergy? Use the allergen tab at the top and choose from the list of allergies and any food containing that allergen will be crossed out. You can choose more than one allergen at a time. To select menus from over 100 languages, click the translate tab on the top bar.

Mason Middle School Lunch Menu Choices

A complete lunch consists of 5 food components: grains (part of entrée), protein (part of entrée), fruits, vegetables and milk. Under the National School Lunch Program (NSLP) guidelines, students must choose at least 3 of the 5 food components and one must be a fruit or vegetable.

Café Feature Meals

\$2.70

• Featured Entrée of the Day from Monthly Menu

Grab -N'- Go Grille Meals

\$2,70

- Chicken Patty Sandwich/Hot & Spicy Chicken Sandwich (Monday – Friday)
- Hamburger/Cheeseburger (Monday Friday)
- Fish Sandwich (Friday)

Pizza Meals

\$2.95

• Cheese or Pepperoni Pizza

Domino's Pizza (See menu)



South of the Border:

\$2.70

South of the Border Meal

•

- Choice of One of the following:
 - Taco Meat & Cheese in
 - Two Crispy Shells or
 - Two Flour Tortillas
 - Nachos with Cheese or Meat/Cheese

New Grab N' Go Area Located Outside of Cafeteria Serving Area

Salads & Subs

\$2.95

Salads

- Grilled Chicken Salad w/ Crisp Romaine Lettuce, Grape Tomatoes, Baby Carrots & Banana Bread
- Large Green Salad w/ Crisp Romaine Lettuce, Hard Boiled Eggs, Shredded Cheese, Grape Tomatoes, Baby Carrots & Banana Bread

Subs

- Italian
 - o Ham, Salami, Cheese on fresh sub bun
- Turkey & Cheese on fresh sub bun

Sandwich Spot

\$2.70

• PB & J Sandwich (Grape)

Fruit & Vegetable Choices

Fruits & vegetables are included with all meals and are also available ala carte for \$0.85

Vegetable Choices May Include:

• Fresh Vegetables: Baby Carrots, Grape Tomatoes, Cucumber Slices, Variety of Green Salads



Hot Vegetables: Green Beans, Corn,
 Broccoli, Peas, Carrots, Oven Baked Potatoes,
 Baked Beans

Fruit Choices May Include:

- Fresh Fruit: Apples, Oranges, Grapes, Bananas, Kiwi, Strawberries
- Canned Fruit Choices: Applesauce, Diced Pears, Diced Peaches, Pineapple Tidbits, Mixed Fruit, Mandarin Oranges



Ala Carte

Bottled Water 16.9 oz.	\$1.25
Bottled Water 8 oz.	\$0.65
Izze Fruit Juice Drinks 8.4 oz. Can	\$1.45
Rice Krispie Bars	\$1.10
Scooby Fruit Snacks/Fruit Rollup	\$0.70
Frito-Lay Bag Snacks	\$0.85
Kettle Chips	\$1.10
Banana Bread	\$1.35
Milk, ½ Pint	\$0.55
Bakery-Fresh Whole Grain Cookies	\$0.70

(Ala carte prices & products subject to change)

Monthly Lunch & Breakfast menus, nutrition, ingredient and allergy information and the Meal Account & Food Allergy Management Form can be found at www.mcschildnutrition.com.