



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!



- For the most expedient payment service - Go to www.mypaymentsplus.com to make a pre-payment using any major credit card (convenience fee of 4.29% applies to the total monies applied). Account setup is free and allows daily purchase history as well as autoreplenish.
- 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>.

Sign up for Mobile Push Notification Alerts!



- Mail a check to MCS Child Nutrition, 211 North East St., Mason, OH 45040 (include student identification number on check).
- A payment drop box is located by Registration at the Mason Central Administration Building, 211 North East St.
- 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
<ul style="list-style-type: none"> Featured Entrée of the Day from Monthly Menu 	
Grab –N’- Go Grille Meals	\$2.70
<ul style="list-style-type: none"> Chicken Patty Sandwich/Hot & Spicy Chicken Sandwich (Monday – Friday) Hamburger/Cheeseburger (Monday – Friday) Fish Sandwich (Friday) 	
Pizza Meals	\$2.95
<ul style="list-style-type: none"> Cheese or Pepperoni Pizza Domino’s Pizza (See menu) 	
South of the Border:	\$2.70
South of the Border Meal	
<ul style="list-style-type: none"> Choice of One of the following: <ul style="list-style-type: none"> Taco Meat & Cheese in <ul style="list-style-type: none"> 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	
<ul style="list-style-type: none"> 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	
<ul style="list-style-type: none"> Italian <ul style="list-style-type: none"> Ham, Salami, Cheese on fresh sub bun Turkey & Cheese on fresh sub bun 	
Sandwich Spot	\$2.70
<ul style="list-style-type: none"> PB & J Sandwich (Grape) 	

Fruit & Vegetable Choices	
Fruits & vegetables are included with all meals and are also available ala carte for \$0.85	
<u>Vegetable Choices May Include:</u>	
<ul style="list-style-type: none"> <i>Fresh Vegetables:</i> Baby Carrots, Grape Tomatoes, Cucumber Slices, Variety of Green Salads <i>Hot Vegetables:</i> Green Beans, Corn, Broccoli, Peas, Carrots, Oven Baked Potatoes, Baked Beans 	
<u>Fruit Choices May Include:</u>	
<ul style="list-style-type: none"> <i>Fresh Fruit:</i> Apples, Oranges, Grapes, Bananas, Kiwi, Strawberries <i>Canned Fruit Choices:</i> 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.