

# Eating Breakfast & Lunch at Early Childhood

## School Year 2020-2021



### Watch our Video to See What Makes a Meal!

Fruits and vegetables are the “star” attraction of our nutritious meals. A complete lunch consists of 5 food components: grains (part of entrée), protein (part of entrée), fruits, vegetables and milk. Under National School Lunch Program guidelines, students must choose at least 3 of the 5 listed food components and one must be a fruit or vegetable. **For more information, go to [www.mcschildnutrition.com](http://www.mcschildnutrition.com). Click on the “Let’s All Go to the Lunchroom Video” link towards the bottom of the home page.**

**NEW** For everyone’s safety, all foods including entrees, condiments, utensils, etc. in the cafeteria will be individually wrapped. Signs are also on the floors to keep students socially distanced while in line.

#### Daily Entrée Choices Include:

- Café Feature (Hot Entrée Listed Daily)
- PB&J Sandwich w/ String Cheese & Goldfish Crackers
- Yogurt w/ String Cheese, Mini Blueberry Loaf & Goldfish Crackers

#### Lunch Prices

- Lunch Price: **FREE\*\*** (Includes Milk)
- 2<sup>nd</sup> Entrée: **\$2.10**
- Milk: **\$0.55**
- Bottled Water, 8 oz (Ala Carte): **\$0.65**

**\*\*USDA Waiver: 1 free breakfast & 1 free lunch daily for Mason students until the last day of school unless Federal funds are no longer available.**

#### Meal Account & Allergy Management Form

If you wish to mark your child’s student meal account with a special alert you must fill out this form each year. These forms are available online at [www.mcschildnutrition.com](http://www.mcschildnutrition.com) at the bottom of the home page.

#### Alerts are categorized as:

- Awareness- Life Threatening Allergies
- Action- Spending limits and guidelines, milk substitution for lactose intolerance by parent/guardian or medical authority, special diets, etc.
- Advisory- Reference information such as other allergies or health issues



### Fuel Up with Breakfast!

**Breakfast Served Daily 9:05 AM – 9:20 AM**  
**Breakfast Price: FREE\*\***

**\*\*USDA Waiver: 1 free breakfast & 1 free lunch daily for Mason students until the last day of school unless Federal funds are no longer available.**


A complete breakfast consists of a hot or cold entrée, fruit/fruit juice and milk. **Students are offered 1 cup of fruit/fruit juice as part of the meal and must select at least ½ cup fruit/fruit juice.** See the breakfast menu online at [www.mcschildnutrition.com](http://www.mcschildnutrition.com) for additional choices. Students may go to class first, notify their teacher, and go to the cafeteria!

### Lunch Account = Student ID #

Every Mason student has a meal account that is their student identification (SID) number. To remove a highly frequent touchpoint, cashiers will look students up by their last name or homeroom to avoid using the keypads. There will be three sided plexiglass shields surrounding the cashiers for added protection.



### Monthly Menus

Monthly Menus are distributed via e-mail and at school the last day of the prior month. Menus can also be found at [www.mcschildnutrition.com](http://www.mcschildnutrition.com). Check out the interactive menus. They 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.

### Courtesy Meals/E-mail Reminders

Mason City Schools, per board policy, has a no charging policy. Courtesy meals are temporarily suspended as a result of the USDA waiver that allows students to eat one free breakfast meal and one free lunch meal during school days. A la carte purchases (second entrees, extra milk, additional fruits/vegetables, etc) will be charged to student meal accounts as usual.

SchoolMessenger emails to families will continue when:

- Your child’s lunch account balance is \$10.00 or below. Parents will only receive this e-mail if the child made a purchase on that day.

# Easy Ways to Pay for School Lunch



- For the most expedient payment service - Go to [www.mypaymentsplus.com](http://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 PRICE APPLICATION

Only one application is needed per family.

New applications must be submitted each school year. Approval for the free and reduced meal program is still required for Mason City Schools instructional fee waivers in SY 20-21.

Information & Application Paperwork is available from [www.mcschildnutrition.com](http://www.mcschildnutrition.com)

Click on "Apply for Meal Benefits" then the application.

Or ask at the

- Reception Desk at Your Child's School
- Guidance Department at Your Child's School
- Registrar's Office at Mason Central
- Child Nutrition Office at Mason Central

## 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.
- The Child Nutrition Office also offers Menu Information Sheets that are available on the website, [www.mcschildnutrition.com](http://www.mcschildnutrition.com). Select "Menus" then "Nutrition & Ingredient Information" and select the school. Information updates will continue through the school year.