



Mason Middle School

School Year 2018-2019



Enjoy a healthy breakfast from the cafeteria serving area or from the Breakfast Cart Located by the Guidance Office
Served daily from 6:55-7:15 AM.

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.

Afternoon Snack Cart – Available starting Monday, August 20

Students may use their meal account funds to fuel up for after school activities! The cart will be located in front of the serving area 1 - beverages, snacks, fruit, and more available!

Five Easy Ways to Pay for Meals!



- For the most expedient payment service - Go to www.mypaymentsplus.com to make a MasterCard or VISA pre-payment (convenience fee of 4.75% applies to the total monies applied). You may also check account balances and view student transactions. Other options include auto replenish and e-mail reminders. Account setup is free.
- 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!
- Call **229-FOOD (229-3663)** to make a MasterCard or VISA pre-payment on the Lunch Phone System (LPS) (convenience fee of \$1.25 per transaction applies). The LPS is also available for meal account and balance history. Allow at least 24 hours for monies to be posted to account.
- Mail a check to MCS Child Nutrition, 211 North East St., Mason, OH 45040 (include student identification number on check).
- 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.**

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| Café Feature Meals | \$2.70 |
| Examples Include | |
| <ul style="list-style-type: none"> • Cincinnati Chili & Spaghetti • Chili Cheese Cones • Brunch for Lunch • Popcorn Chicken • Asian Cuisine w/ Brown Rice | |
| Grab –N’- Go Grille Meals | \$2.70 |
| <ul style="list-style-type: none"> • Chicken Patty Sandwich (Monday-Thursday) • Hot & Spicy Chicken Sandwich (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) |  |
| Salads | \$2.95 |
| <ul style="list-style-type: none"> • Large Green Salad <ul style="list-style-type: none"> ○ Crisp Romaine Lettuce, Fresh Vegetables, Cheese and Banana Bread • Chef Salad <ul style="list-style-type: none"> ○ Crisp Romaine Lettuce, Fresh Vegetables, Turkey, Ham, Cheese, and Banana Bread • Grilled Chicken Salad <ul style="list-style-type: none"> ○ Crisp Romaine Lettuce, Fresh Vegetables, Grilled Chicken, and Banana Bread | |
| Hummus Meal | \$2.70 |
| <ul style="list-style-type: none"> ○ Roasted Red Pepper Hummus, Cheese, Fresh Vegetables and Goldfish Crackers | |
| Sandwich Meals | |
| <ul style="list-style-type: none"> • PB & J Sandwich (Grape & Strawberry) \$2.70 • Deli Subs \$2.95 <ul style="list-style-type: none"> ○ Turkey & Cheese ○ Italian (Ham, Salami & Cheese) | |

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| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| <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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| ALA CARTE | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table> <tr> <td>Bottled Water 16.9 oz.</td> <td>\$1.00</td> </tr> <tr> <td>Bottled Water 8 oz.</td> <td>\$0.60</td> </tr> <tr> <td>Nutri-Grain Bars</td> <td>\$1.10</td> </tr> <tr> <td>Juicy Juice</td> <td>\$0.75</td> </tr> <tr> <td>Izze Fruit Juice Drinks 8.4 oz. Can</td> <td>\$1.45</td> </tr> <tr> <td>Naked Juice 10 oz</td> <td>\$2.75</td> </tr> <tr> <td>Ice Cream</td> <td>\$0.80-\$1.25</td> </tr> <tr> <td>Rice Krispie Bars</td> <td>\$1.10</td> </tr> <tr> <td>Scooby Fruit Snacks/Fruit Rollup</td> <td>\$0.65</td> </tr> <tr> <td>Frito-Lay Bag Snacks</td> <td>\$0.80</td> </tr> <tr> <td>Kettle Chips</td> <td>\$1.00</td> </tr> <tr> <td>Banana Bread</td> <td>\$1.25</td> </tr> <tr> <td>Milk, ½ Pint</td> <td>\$0.55</td> </tr> <tr> <td>Bakery-Fresh Whole Grain Cookies</td> <td>\$0.65</td> </tr> </table> | Bottled Water 16.9 oz. | \$1.00 | Bottled Water 8 oz. | \$0.60 | Nutri-Grain Bars | \$1.10 | Juicy Juice | \$0.75 | Izze Fruit Juice Drinks 8.4 oz. Can | \$1.45 | Naked Juice 10 oz | \$2.75 | Ice Cream | \$0.80-\$1.25 | Rice Krispie Bars | \$1.10 | Scooby Fruit Snacks/Fruit Rollup | \$0.65 | Frito-Lay Bag Snacks | \$0.80 | Kettle Chips | \$1.00 | Banana Bread | \$1.25 | Milk, ½ Pint | \$0.55 | Bakery-Fresh Whole Grain Cookies | \$0.65 |
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| Bottled Water 8 oz. | \$0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutri-Grain Bars | \$1.10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Juicy Juice | \$0.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Izze Fruit Juice Drinks 8.4 oz. Can | \$1.45 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Ice Cream | \$0.80-\$1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rice Krispie Bars | \$1.10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Scooby Fruit Snacks/Fruit Rollup | \$0.65 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Kettle Chips | \$1.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Banana Bread | \$1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk, ½ Pint | \$0.55 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bakery-Fresh Whole Grain Cookies | \$0.65 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| (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.