



# Mason Intermediate School Year 2019-2020





## Fuel Up With Breakfast!

**Breakfast Served Daily to All Students 8:20 AM – 8:40 AM Breakfast Price: \$1.80**

**Breakfast available in the MI cafeteria.** 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 items may be purchased ala carte. See the breakfast menu online at [www.mcschildnutrition.com](http://www.mcschildnutrition.com) for additional choices.

The National School Lunch Program (NSLP) guidelines follow the USDA's MyPlate. A complete lunch consists of five food components: grains (part of entrée), protein (part of entrée), fruits, vegetables and milk. **Under the NSLP guidelines, students must choose at least three of the five listed food components and one must be a fruit or vegetable.**

Daily Meal Choices				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Café Feature</b> Menu Item of the day 1-3 Fruits/Vegetables Milk <b>\$2.70</b>	<b>Café Feature</b> Menu Item of the day 1-3 Fruits/Vegetables Milk <b>\$2.70</b>	<b>Café Feature</b> Menu Item of the day 1-3 Fruits/Vegetables Milk <b>\$2.70</b>	<b>Café Feature</b> Menu Item of the day 1-3 Fruits/Vegetables Milk <b>\$2.70</b>	<b>Café Feature</b> Menu Item of the day 1-3 Fruits/Vegetables Milk <b>\$2.70</b>
<b>Grape/Strawberry PB&amp;J Uncrustable Meal</b> 1-3 Fruits/Vegetables Milk <b>\$2.70</b>	<b>Grape/Strawberry PB&amp;J Uncrustable Meal</b> 1-3 Fruits/Vegetables Milk <b>\$2.70</b>	<b>Grape/Strawberry PB&amp;J Uncrustable Meal</b> 1-3 Fruits/Vegetables Milk <b>\$2.70</b>	<b>Grape/Strawberry PB&amp;J Uncrustable Meal</b> 1-3 Fruits/Vegetables Milk <b>\$2.70</b>	<b>Grape/Strawberry PB&amp;J Uncrustable Meal</b> 1-3 Fruits/Vegetables Milk <b>\$2.70</b>
<b>Hamburger/ Cheeseburger Meal</b> 1-3 Fruits/Vegetables Milk <b>\$2.70</b>	<b>Hamburger/ Cheeseburger Meal</b> 1-3 Fruits/Vegetables Milk <b>\$2.70</b>	<b>Hamburger/ Cheeseburger Meal</b> 1-3 Fruits/Vegetables Milk <b>\$2.70</b>	<b>Hamburger/ Cheeseburger Meal</b> 1-3 Fruits/Vegetables Milk <b>\$2.70</b>	<b>Hamburger/ Cheeseburger Meal</b> 1-3 Fruits/Vegetables Milk <b>\$2.70</b>
<b>Cheese/Pepperoni Pizza Meal</b> 1-3 Fruits/Vegetables Milk <b>\$2.70</b>		<b>Cheese/Pepperoni Pizza Meal</b> 1-3 Fruits/Vegetables Milk <b>\$2.70</b>		<b>Cheese/Pepperoni Pizza Meal</b> 1-3 Fruits/Vegetables Milk <b>\$2.70</b>
	<b>Chicken Nuggets w/ Biscuit</b> 1-3 Fruits/Vegetables Milk <b>\$2.70</b>		<b>Mac &amp; Cheese</b> 1-3 Fruits/Vegetables Milk <b>\$2.70</b>	<b>Fish Sandwich</b> 1-3 Fruits/Vegetables Milk <b>\$2.70</b>
<b>Also available daily:</b> Large Green Salad w/ Cheese & Banana Bread				<b>\$2.70</b>
Chef Salad w/ Cheese, Hardboiled Egg & Banana Bread				<b>\$2.70</b>
Yogurt, String Cheese & Banana Bread				<b>\$2.70</b>
Hummus Meal w/ Pretzels, Colby Jack Cheese Cubes & Mini Blueberry Loaf				<b>\$2.70</b>

### Fruits & Vegetables Choices May Include:

Fresh Fruit: apples, apple slices, bananas, grapes, plums, kiwi, oranges, pears, strawberries

Canned in Light Fruit Juice or 100% Fruit Juice, Dried & Frozen Fruit: applesauce, mandarin oranges, diced pears, diced peaches, pineapple chunks and tidbits, diced mangos, strawberries, raisins, 100% apple, orange, and grape juice cups

Fresh Vegetables: broccoli, cauliflower, grape tomatoes, baby carrots, sliced cucumbers, tossed mixed salad, spring mix salad, romaine salad, and spinach salad.

Canned & Frozen Vegetables: green beans, peas, California medley, Italian vegetables, broccoli, corn, carrots, asparagus, etc.

**Extra Fruits & Vegetables \$0.85**

### Milk Choices Include:

1% White, Skim White, 1% Chocolate, Fat Free Strawberry

Ala Carte Milk **\$0.55**

## Ala Carte Choices

### Ala Carte Drinks

Juicy Juice (6.75 oz) **\$0.85**  
Bottled Water (8 oz) **\$0.65**

### Ala Carte Snacks

Variety of Bag Snacks **\$0.80**  
Scooby Fruit Snacks/Fruit Roll-Up **\$0.65**  
Fresh Baked Whole Grain Cookies **\$0.50**



### Ala Carte Ice Cream - **\$0.80**

Mini Ice Cream Sandwich  
Chocolate Scooter Bar  
Strawberry Scooter Bar  
Cherry Blue Raspberry Juice Rush  
Cotton Candy Cup



(Ala carte prices & products subject to change)

## Five Easy Ways to Pay for Meals!



- For the most expedient payment service - Go to [www.mypaymentsplus.com](http://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 a minimum of 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 Application


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

### 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.

### 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.

"This institution is an equal opportunity provider".