

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. Click on the “Let’s All Go to the Lunchroom Video” link towards the bottom of the home page.**



For everyone’s safety, all foods including entrees, condiments, utensils, etc. in the cafeteria will be individually wrapped. There will also be signs 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: **\$2.70** (Includes Milk)
- 2nd Entrée: **\$2.10**
- Milk: **\$0.55**
- Bottled Water, 8 oz (Ala Carte): **\$0.65**

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 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: \$1.70


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.** Entrée choices include mini pancakes, cereal, muffins, yogurt, etc. See the breakfast menu online at 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. 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. Students who are without lunch, or without funds to purchase lunch, will be provided a courtesy meal. Choices include cheese and crackers or peanut butter and jelly sandwich, chosen fruits and vegetables, and milk. MCS Child Nutrition utilizes SchoolMessenger to e-mail families the following notifications:

- Your child received a courtesy meal.
- 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 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.

Information & Application Paperwork is available from 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. Select "Menus" then "Nutrition & Ingredient Information" and select the school. Information updates will continue through the school year.