



# Mason Intermediate School Year 2020-2021



Revised 9/21/2020

For everyone's safety, all foods including entrees, condiments, utensils, etc. in the cafeteria will be individually wrapped. Signs will be 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.

### Fuel Up with Breakfast!

**Breakfast Served Daily to All Students**


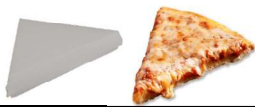
**8:20 AM – 8:40 AM**

**Breakfast Price: FREE\*\***

Breakfast is available in the MI cafeteria where students may also eat breakfast. 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 is available as a meal FREE\*\* or items may be purchased ala carte. See the breakfast menu online at [www.mcschildnutrition.com](http://www.mcschildnutrition.com) for additional choices.

**\*\* USDA Waiver: 1 free breakfast and 1 free lunch daily until December 31, 2020, unless Federal funds are no longer available.**

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 (Menu subject to change)				
First Meal – FREE** Second Meal - \$2.70 Second Entrees - \$2.20				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Café Feature</b> Menu Item of the day 1-3 Fruits/Vegetables Milk	<b>Café Feature</b> Menu Item of the day 1-3 Fruits/Vegetables Milk	<b>Café Feature</b> Menu Item of the day 1-3 Fruits/Vegetables Milk	<b>Café Feature</b> Menu Item of the day 1-3 Fruits/Vegetables Milk	<b>Café Feature</b> Menu Item of the day 1-3 Fruits/Vegetables Milk
<b>Grape/Strawberry PB&amp;J Uncrustable Meal</b> 1-3 Fruits/Vegetables Milk	<b>Grape/Strawberry PB&amp;J Uncrustable Meal</b> 1-3 Fruits/Vegetables Milk	<b>Grape/Strawberry PB&amp;J Uncrustable Meal</b> 1-3 Fruits/Vegetables Milk	<b>Grape/Strawberry PB&amp;J Uncrustable Meal</b> 1-3 Fruits/Vegetables Milk	<b>Grape/Strawberry PB&amp;J Uncrustable Meal</b> 1-3 Fruits/Vegetables Milk
<b>Hamburger/Cheeseburger Meal</b> 1-3 Fruits/Vegetables Milk	<b>Hamburger/Cheeseburger Meal</b> 1-3 Fruits/Vegetables Milk	<b>Hamburger/Cheeseburger Meal</b> 1-3 Fruits/Vegetables Milk	<b>Hamburger/Cheeseburger Meal</b> 1-3 Fruits/Vegetables Milk	<b>Hamburger/Cheeseburger Meal</b> 1-3 Fruits/Vegetables Milk
<b>Cheese/Pepperoni Pizza Meal</b> 1-3 Fruits/Vegetables Milk				
<b>** USDA Waiver: 1 free breakfast and 1 free lunch daily until December 31, 2020, unless Federal funds are no longer available.</b>				<b>Fish Sandwich</b> 1-3 Fruits/Vegetables Milk
<b>Also available daily: Yogurt, String Cheese &amp; Mini Blueberry Loaf 1<sup>st</sup> Meal: Free</b>				
<b>Fruits &amp; Vegetables Choices May Include:</b>				
<u>Fresh Fruit:</u> apples, apple slices, bananas, grapes, kiwi, oranges, strawberries				
<u>Canned in Light Fruit Juice or 100% Fruit Juice, Dried &amp; Frozen Fruit:</u> applesauce, mandarin oranges, diced pears, diced peaches, pineapple chunks and tidbits, diced mangos, strawberries, raisins, craisins, 100% apple, orange, and grape juice cups				
<u>Fresh Vegetables:</u> broccoli, cauliflower, grape tomatoes, baby carrots, sliced cucumbers, tossed mixed salad, spring mix salad, romaine salad, and spinach salad.				
<u>Canned &amp; Frozen Vegetables:</u> green beans, peas, broccoli, corn, carrots, a variety of potatoes, etc.				
<b>Extra Fruits &amp; Vegetables \$0.85</b>				
<b>Milk Choices Include:</b> 1% White, Skim White, 1% Chocolate				
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 **\$0.85**  
Scooby Fruit Snacks/Fruit Roll-Up **\$0.70**  
Fresh Baked Whole Grain Cookies **\$0.55**



(Ala carte prices & products subject to change)

## Easy Ways to Pay for Meals!



- 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 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.

Approval for the free and reduced meal program is still required for Mason City Schools instructional fee waivers in SY 20-21.

## 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. 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 until 12/31/20 unless Federal funds are no longer available. 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 meal account balance is \$10 or below. Parents will only receive this email if their child made a purchase that day.