



# Mason Middle School

## School Year 2020-2021

Revised 9/21/2020



**Breakfast is served from the breakfast cart located by the 300 wing where the buses unload from 7:30-7:45 AM or the cafeteria from 7:30 -7:45 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 **\*\*FREE or** all items are available ala carte.

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

## 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 Applications


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.

## 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.

## 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 USDA guidelines for 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.**

## Café Feature Meals **\*\*FREE**

Featured Entrée of the Day from Monthly Menu

## Grab –N’- Go Grille Meals **\*\*FREE**

- Chicken Patty Sandwich/Hot & Spicy Chicken Sandwich (Monday – Friday)
- Hamburger/Cheeseburger (Monday – Friday)
- Fish Sandwich (Friday)

## Pizza Meals **\*\*FREE**

- Cheese or Pepperoni Pizza
- Domino’s Pizza (See menu)



## South of the Border: **\*\*FREE**

### South of the Border Meal

- Choice of One of the following:
  - Taco Meat & Cheese in
    - Two Crispy Shells or
    - Two Flour Tortillas
  - Nachos with Cheese or Meat/Cheese

### New Grab N’ Go Area

Located Outside of Cafeteria Serving Area

## Salads & Subs **\*\*FREE**

### Salads

- Grilled Chicken Salad w/ Crisp Romaine Lettuce, Grape Tomatoes, Baby Carrots & Banana Bread
- Large Green Salad w/ Crisp Romaine Lettuce, Hard Boiled Eggs, Shredded Cheese, Grape Tomatoes, Baby Carrots & Banana Bread

### Subs

- Italian
  - Ham, Salami, Cheese on fresh sub bun
- Turkey & Cheese on fresh sub bun

## Sandwich Spot **\*\*FREE**

- PB & J Sandwich (Grape)

## Fruit & Vegetable Choices

Fruits & vegetables are included with all meals and are also available ala carte for **\$0.85**

### Vegetable Choices May Include:

- *Fresh Vegetables:* Baby Carrots, Grape Tomatoes, Cucumber Slices, Variety of Green Salads
- *Hot Vegetables:* Green Beans, Corn, Broccoli, Peas, Carrots, Oven Baked Potatoes, Baked Beans



### Fruit Choices May Include:

- *Fresh Fruit:* Apples, Oranges, Grapes, Bananas, Kiwi, Strawberries
- *Canned Fruit Choices:* Applesauce, Diced Pears, Diced Peaches, Pineapple Tidbits, Mixed Fruit, Mandarin Oranges



## Ala Carte

Bottled Water 16.9 oz.	<b>\$1.25</b>
Bottled Water 8 oz.	<b>\$0.65</b>
Izze Fruit Juice Drinks 8.4 oz. Can	<b>\$1.45</b>
Rice Krispie Bars	<b>\$1.10</b>
Scooby Fruit Snacks/Fruit Rollup	<b>\$0.70</b>
Frito-Lay Bag Snacks	<b>\$0.85</b>
Kettle Chips	<b>\$1.10</b>
Banana Bread	<b>\$1.35</b>
Milk, ½ Pint	<b>\$0.55</b>
Bakery-Fresh Whole Grain Cookies	<b>\$0.70</b>
<b>Second Meals</b>	<b>\$2.70, \$2.95</b>
<b>Second Entrees</b>	<b>\$2.20-\$2.30</b>

(Ala carte prices & products subject to change)

**\*\* USDA Waiver: 1 free breakfast meal and 1 free lunch meal daily (meals must meet criteria of USDA) until December 31, 2020, unless Federal funds are no longer available.**

Monthly Lunch & Breakfast menus, nutrition, ingredient and allergy information and the Meal Account & Food Allergy Management Form can be found at [www.mcschildnutrition.com](http://www.mcschildnutrition.com).