

Order By Date	Meal PU Dates
Tuesday, 9/1	9/8, 9/10
Friday, 9/4	9/15, 9/17
Friday, 9/11	9/22, 9/24
Friday, 9/18	9/29, 10/1



Online Remote Learning Breakfast and Lunch Menu September 2020



Pricing Information
All breakfast and lunch meals are FREE** **USDA Waiver: 1 free breakfast and 1 free lunch daily for Mason students until December 31, 2020 unless Federal funds are no longer available.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>To Order – Call 513-229-4444 or email foodservice@masonohioschoolsc.org Meal pickup will be at the Mason Intermediate Circle on Tuesdays and Thursdays each week from 1:15-2:00 PM. You can choose to order breakfast and lunch or just lunch but must order for <u>1 full week at a time.</u> On Tuesday you will receive meals for Tuesday and Wednesday and on Thursday you will receive meals for Thursday, Friday and the following Monday.</p>				
<p>For everyone's safety, all foods including entrees, condiments, utensils, etc. in the cafeteria will be individually wrapped.</p>				
<p>7</p> <p style="text-align: center;">Labor Day No School</p>	<p>8 Chicken Nuggets w/ Goldfish Crackers Crisp Romaine Salad Baby Carrots Slushy Lemon Lime Juice Cup Milk Breakfast Assorted Cereals, Apple Juicy Juice, Milk</p>	<p>9 Large Grape PB&J Sandwich Cucumber Slices Grape Tomatoes Chilled Peach Cup Milk Breakfast Cereal Bar, Chocolate Muffin, Apple Juicy Juice, Milk</p>	<p>10 Turkey Hot Dog on Bun Tossed Mix Salad Celery Sticks Mandarin Oranges Milk Breakfast Egg & Cheese Breakfast Sandwich, Chilled Peach Cup, Milk</p>	<p>11 Deli Turkey & Cheese Sandwich Baby Carrots Spinach Salad Mixed Fruit Milk Breakfast Mini Pancakes Chilled Apple Juice, Milk</p>
<p>14 Slice of Cheese Pizza Grape Tomatoes Celery Sticks Cinnamon Applesauce Cup Milk Breakfast Cinnamon Brown Sugar Pop Tarts, Chilled Orange Juice, Milk</p>	<p>15 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Peas Baby Carrots Slushy Watermelon Lemonade Juice Cup Milk Breakfast Assorted Cereals, Apple Juicy Juice, Milk</p>	<p>16 Mini Pillsbury Chocolatey Explosion Pancakes w/ 2 String Cheese Sticks Red Pepper Strips Crisp Romaine Salad, Orange Juice Milk Breakfast Cereal Bar, Blueberry Muffin, Apple Juicy Juice, Milk</p>	<p>17 Hamburger Vegetarian Refried Beans Tossed Mix Salad Apple Slices Milk Breakfast Apple Filled Frudel, Chilled Peach Cup, Milk</p>	<p>18 Yogurt, String Cheese, Banana Bread Baby Carrots Cucumber Slices Chilled Strawberry Cup Milk Breakfast Mini Cinnis, Chilled Apple Juice, Milk</p>
<p>21 Slice of Cheese Pizza Tossed Mix Salad Green Pepper Strips Strawberry Banana Applesauce Cup Milk Breakfast Strawberry Pop Tarts, Chilled Orange Juice, Milk</p>	<p>22 Chicken Nuggets w/ Goldfish Crackers Crisp Romaine Salad Baby Carrots Diced Pears Milk Breakfast Assorted Cereals, Apple Juicy Juice, Milk</p>	<p>23 Large Grape PB&J Sandwich Cucumber Slices Grape Tomatoes Chilled Peach Cup Milk Breakfast Cereal Bar, Chocolate Muffin, Apple Juicy Juice, Milk</p>	<p>24 Mini Turkey Corn Dogs Vegetarian Refried Beans Tossed Mix Salad Mandarin Oranges Milk Breakfast Egg & Cheese Breakfast Sandwich, Chilled Peach Cup, Milk</p>	<p>25 Deli Turkey & Cheese Sandwich Baby Carrots Spinach Salad Mixed Fruit Milk Breakfast Mini Pancakes Chilled Apple Juice, Milk</p>
<p>28 Slice of Cheese Pizza Grape Tomatoes Celery Sticks Cinnamon Applesauce Cup Milk Breakfast Cinnamon Brown Sugar Pop Tarts, Chilled Orange Juice, Milk</p>	<p>29 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Golden Corn Baby Carrots Diced Peaches Milk Breakfast Assorted Cereals, Apple Juicy Juice, Milk</p>	<p>30 Mini Eggo Confetti Pancakes w/ 2 Hardboiled Eggs Red Pepper Strips Crisp Romaine Salad, Orange Juice Milk Breakfast Cereal Bar, Blueberry Muffin, Apple Juicy Juice, Milk</p>	<p>A complete lunch consists of 5 food components-grains (part of entrée), protein (part of entrée), fruits, vegetables, and milk. Under National School Lunch guidelines, students must choose 3 of the 5 food components and 1 must be a fruit or vegetable. Students may choose 1-3 fruits and vegetables.</p>	

MCS Office of Child Nutrition 513-336-6526 Located at Mason Central: 211 North East St. Mason, OH 45040

Menu Subject to Change

“This institution is an equal opportunity provider.”