

Spotlight on Nutrition

Fun, Family Fitness and Nutrition Tips


Mason City Schools

Office of Child Nutrition

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CHECK OUT THE INTERACTIVE MENUS

Interactive breakfast and lunch menus are available at www.mcschildnutrition.com! The interactive menus are identified with the  icon next to them.

Interactive Menus 101

As you hover over a food, a window will appear that includes a picture and nutrition, ingredient and allergy information.

Blue Buttons

Click on the any of blue buttons for more information about the foods listed.

[Fruit Nutrition & Allergy Information](#)

Does your student have a food allergy?

Go to the tab titled “Special Meal Accommodations.” Select the allergen from the list and any food containing that allergen will be crossed out. You can choose more than one allergen at a time.

Does your student have Diabetes?

Go to the tab titled “Nutrients” then select “Carb Count.” Select the foods your student will eat that day and you can calculate a daily carbohydrate count for that meal.

Would you like a nutrition analysis of your student’s meal?

Go to the tab titled “Nutrients” and select “Nutrition Report Card.” Select the foods your student will eat and you can calculate a nutrition analysis with a couple of clicks.

Is English your second language?

Go to the tab titled “Translate.” Over 100 different languages to choose from!



Mason City Schools
Child Nutrition
Department takes food
allergies seriously!

What precautions does the Mason Child Nutrition Department make for food allergies?

- No shellfish is offered in any of our schools.
- The only entrée item that contains peanuts is the Peanut Butter & Jelly Sandwich, which is pre-packaged.
- Nutrition and ingredient information is available online at www.mcschildnutrition.com. Go to “Nutrition and Ingredient Information” located at the bottom of the page. This information is updated throughout the year with new menu items.
- At MECC, WR, and MI56 signs with allergens are displayed directly above each food item for the student’s reminder. See example of popcorn chicken at the bottom of the page.
- Each school has a nutrition and ingredient book for students, staff and parents to reference.

What does the Child Nutrition Department need if your student has food allergies?

- If your student has allergies, please complete a *Meal Account & Food Allergy Management Form*. Form can be found at www.mcschildnutrition.com at the bottom of the home page.
- Once your form is received in the Child Nutrition Office, an alert will be placed on your student’s meal account.
- If a special diet is required, please contact the Child Nutrition Department at 513-336-6526 Option 5 to acquire the appropriate form to be filled out by a primary care physician or medical provider.

Food Allergy Key



Popcorn Chicken

