



# Mason Elementary School Year 2021-2022




**\*\*USDA Waiver: 1 free breakfast meal and 1 free lunch meal daily for all students the entire school year.**

### Fuel Up with Breakfast!

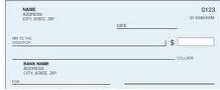
**Breakfast Served Daily to All Students 8:20 AM – 8:40 AM Breakfast Price: FREE\*\***

**Breakfast is available in the ME cafeteria and from a breakfast cart located in the zero wing. Students will eat breakfast in their classroom.** 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.

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.**

<b>Daily Meal Choices (Menu subject to change)</b>				
<b>First Meal – FREE** Second Meal - \$2.70 Second Entrées - \$2.30</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<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>Fish Sandwich</b> 1-3 Fruits/Vegetables Milk
<b>Also available daily: Yogurt, String Cheese &amp; Banana Bread 1<sup>st</sup> Meal: FREE**</b>				
<b>Each meal includes 1-3 fruits and vegetables. Extra Fruits &amp; Vegetables \$0.85</b>				
<b>Milk Choices Include: 1% White, Skim White, 1% Chocolate Ala Carte Milk \$0.55</b>				
<b>Ala Carte Items Available</b>				
<b>Ala Carte Drinks</b>		<b>Ala Carte Snacks</b>		
Juicy Juice (6.75 oz) \$0.85		Variety of Bag Snacks \$0.85		
Bottled Water (8 oz) \$0.65		Scooby Fruit Snacks/Fruit Roll-Up \$0.70		
<b>(Ala carte prices &amp; products subject to change)</b>				

# 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=myspaymentsplus>.  
**[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).

## 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. **Monthly menus can be found at [www.mcschildnutrition.com](http://www.mcschildnutrition.com).**

## Free & Reduced Price Application

For SY 2021-2022, the USDA SSO waiver allows 1 free breakfast meal and 1 free lunch meal to students in MCS including grades 1-12 and also including 1 free breakfast meal for AM Pre-Kindergarten & AM Kindergarten, however, completion of the Free & Reduced Price Meal Application may qualify **newly** eligible children for additional benefits. Free meals must meet the criteria as set forth for a reimbursable meal under USDA guidelines. Lunch at no cost consists of 5 components:

- Grades 1-8: Entrée (grain, protein), choice of 1-3 fruits and vegetables, & milk
- Grades 9-12: Entrée (grain, protein), choice of 2 fruits and 2 vegetables, & milk
- **Students must select a minimum of 1 fruit or vegetable, plus 2 other components to be considered a lunch meal and to receive at no charge.**

**Note: Extra entrée items, milk, beverages, additional fruits/vegetables, and a la carte may still be purchased from your student's meal account.**

Only one application is needed per family. Information & application paperwork is available at [www.mcschildnutrition.com](http://www.mcschildnutrition.com). Click on the “apply for meal benefits button.”

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

***SY 21/22 Question from parents: My child's application was approved last year. Do I need to complete another application?*** The district has made the decision to carry forward past SY 2020-2021 approved information, including information regarding fee waivers and other programs that you may have selected for your student(s). Therefore, a new application and/or sharing information form doesn't need to be completed for this school year unless there is a program not selected previously that you wish to make a change.