

Eating Breakfast & Lunch at Early Childhood 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
9:05 AM – 9:20 AM
Breakfast Price: FREE****

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A complete breakfast consists of a hot or cold entrée, fruit/fruit juice and milk. **Students are offered 1 cup of fruit/fruit juice as part of the meal and must select at least ½ cup fruit/fruit juice.** See the breakfast menu online at www.mcschildnutrition.com for additional choices. Students may go to class first, notify their teacher, and go to the cafeteria!

Lunch Account = Student ID

Every Mason student has a meal account that is their student identification (SID) number. First and second grade students will enter their SID # into a keypad located at the register. Cashiers can assist the student by looking up their last name or homeroom. We encourage parents to help their children learn their SID #'s to support efforts to move the lines quicker.



Monthly Menus

Monthly Menus are distributed via e-mail and at school the last day of the prior month. Menus can also be found at www.mcschildnutrition.com. Check out the interactive menus. They are identified with the  icon next to them and provide nutrition, ingredient and allergy information. To select menus from over 100 languages, click the translate tab on the top bar.



Watch our Video to See What Makes a Meal!

Fruits and vegetables are the “star” attraction of our nutritious meals. A complete lunch consists of 5 food components: grains (part of entrée), protein (part of entrée), fruits, vegetables and milk. **Under National School Lunch Program guidelines, students must choose at least 3 of the 5 listed food components and one must be a fruit or vegetable. For more information, go to www.mcschildnutrition.com. Click on the “Let’s All Go to the Lunchroom Video” link towards the bottom of the home page.**

Lunch Prices

- Lunch Price: **FREE**** (Includes Milk)
- 2nd Entrée: **\$2.30**
- Milk: **\$0.55**
- Bottled Water, 8 oz (A la Carte): **\$0.65**

Daily Entrée Choices Include:

- Café Feature (Hot Entrée Listed Daily)
- PB&J Sandwich w/ String Cheese & Goldfish Crackers
- Yogurt w/ String Cheese, Mini Blueberry Loaf & Goldfish Crackers

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Meal Account & Allergy Management Form

If you wish to mark your child’s student meal account with a special alert you must fill out this form each year. These forms are available online at www.mcschildnutrition.com at the bottom of the home page.

Alerts are categorized as:

- Awareness- Life Threatening Allergies
- Action- Spending limits and guidelines, milk substitution for lactose intolerance by parent/guardian or medical authority, special diets, etc.
- Advisory- Reference information such as other allergies or health issues

Easy Ways to Pay for Meals!



- For the most expedient payment service - Go to 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).

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.**

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. 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.