


No Pre-Order Required! Pick Up Meal Kits Info:

January Weeks	Pick Up Dates (Tue, Thur)
Week 1	1/5, 1/7
Week 2	1/12, 1/14
Week 3	1/19, 1/21
Week 4	1/26, 1/28

Online Remote Learning Breakfast and Lunch Menu January 2020

Pricing Information

All breakfast and lunch meals are FREE**
**USDA Waiver: 1 free breakfast and 1 free lunch daily for Mason students until the last day of school unless Federal funds are no longer available.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Apple Slices Milk</p> <p>Breakfast Strawberry Pop Tarts, Chilled Orange Juice, Milk</p>	<p>5 Wild Mike's Personal Pan Cheese Pizza Baby Carrots Diced Peaches Milk</p> <p>Breakfast Assorted Cereals, Apple Juicy Juice, Milk</p>	<p>6 Large Grape PB&J Sandwich Corn Mandarin Oranges Milk</p> <p>Breakfast Cereal Bar, Chocolate Muffin, Apple Juicy Juice, Milk</p>	<p>7 Bagel w/ Peanut Butter Cup & String Cheese Broccoli Florets Slushy Strawberry Kiwi Juice Cup Milk</p> <p>Breakfast Egg & Cheese Breakfast Sandwich, Chilled Peach Cup, Milk</p>	<p>8 Pepperoni Calzone w/ Marinara Sauce Romaine Salad Raisins Milk</p> <p>Breakfast Mini Pancakes Chilled Apple Juice, Milk</p>
<p>11 Yogurt, String Cheese, Banana Bread Grape Tomatoes Applesauce Cup Milk</p> <p>Breakfast Cinnamon Brown Sugar Pop Tarts, Chilled Orange Juice, Milk</p>	<p>12 Tony's Galaxy Personal Pan Cheese Pizza Peas Chilled Strawberry Cup Milk</p> <p>Breakfast Assorted Cereals, Apple Juicy Juice, Milk</p>	<p>13 Mini French Toast Sticks w/ 2 Hardboiled Egg OR 2 String Cheese Sticks Baby Carrots 100% Apple Juicy Juice Milk</p> <p>Breakfast Cereal Bar, Blueberry Muffin, Apple Juicy Juice, Milk</p>	<p>14 Chicken Nuggets w/ Goldfish Crackers Cauliflower Florets Diced Pears Milk</p> <p>Breakfast Apple Filled Frudel, Chilled Peach Cup, Milk</p>	<p>15 Cheese Quesadilla w/ Salsa and Sour Cream Refried Vegetarian Beans Craisins Milk</p> <p>Breakfast Mini Cinnis, Chilled Apple Juice, Milk</p>
<p>18 No School</p> 	<p>19 Wild Mike's Personal Pan Cheese Pizza Baby Carrots Fruit Milk</p> <p>Breakfast Assorted Cereals, Apple Juicy Juice, Milk</p>	<p>20 Large Grape PB&J Sandwich Grape Tomatoes Orange Milk</p> <p>Breakfast Cereal Bar, Chocolate Muffin, Apple Juicy Juice, Milk</p>	<p>21 Bagel w/ Peanut Butter Cup & String Cheese Broccoli Florets Chilled Mixed Berry Cup Milk</p> <p>Breakfast Egg & Cheese Breakfast Sandwich, Chilled Peach Cup, Milk</p>	<p>22 Pepperoni Calzone w/ Marinara Sauce Celery Sticks Raisins Milk</p> <p>Breakfast Mini Pancakes Chilled Apple Juice, Milk</p>
<p>25 Yogurt, String Cheese, Banana Bread Grape Tomatoes Applesauce Cup Milk</p> <p>Breakfast Cinnamon Brown Sugar Pop Tarts, Chilled Orange Juice, Milk</p>	<p>26 Nachos w/ Taco Meat & Cheese Salsa Shredded Lettuce Salad Mandarin Oranges Milk</p> <p>Breakfast Assorted Cereals, Apple Juicy Juice, Milk</p>	<p>27 Mini Pillsbury Chocolatey Explosion Pancakes w/ Egg & Cheese Omelet Baby Carrots 100% Apple Juicy Juice Milk</p> <p>Breakfast Cereal Bar, Blueberry Muffin, Apple Juicy Juice, Milk</p>	<p>28 Chicken Tenders w/ Goldfish Crackers Cauliflower Florets Pineapple Tidbits Milk</p> <p>Breakfast Apple Filled Frudel, Chilled Peach Cup, Milk</p>	<p>29 Mini Turkey Corn Dogs Emoji Potatoes Craisins Milk</p> <p>Breakfast Mini Cinnis, Chilled Apple Juice, Milk</p>
<p>Follow Child Nutrition on Twitter @NutritionMCS!</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>			

Menu Subject to Change

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

"This institution is an equal opportunity provider."