



Mason High School

School Year 2016-2017



A variety of nutritious meals may be purchased in the High School Cafeteria. **Breakfast** is available daily to all students from 6:45 AM to 7:10 AM. **Breakfast** may be purchased as a meal for \$1.80 or items may be purchased ala carte. 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.**

Mason High School Snack Shop

**Open for Lunch & Breakfast (6:45 AM-7:10 AM) Every School Day &
Open for Sandwiches & Snacks after School 2:15-2:45**

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| • Pizza <u>Lunch</u> – Pepperoni/Cheese/Specialty | \$3.50 | • Oats & Honey Granola Bar | \$1.00 |
| • PB & J Sandwich <u>Lunch</u> | \$2.70 | • Banana Bread | \$1.25 |
| • Specialty Salad <u>Lunch</u> | \$4.50 | • Greek Yogurt | \$2.00 |
| • Chicken Sandwich <u>Lunch</u> | \$4.50 | • Fresh Fruit and 100% Fruit Juice (4 oz) | \$0.80 |
| • Deli Sandwich <u>Lunch</u> | \$2.70 | • MM Juices: Apple & Orange Blends (10 oz) | \$1.50 |
| • Deli Sub <u>Lunch</u> | \$3.50 | • Fruit Smoothies | \$1.60 |
| • Comet Burger <u>Lunch</u> | \$2.70 | • Milk: ½ Pint | \$0.55 |
| • Deli Wrap <u>Lunch</u> | \$3.50 | • G2 Sports Drink - Low Calorie (12 oz) | \$1.30 |
| • Hummus, Flatbread & Veggie <u>Lunch</u> | \$3.50 | • Bottled Water (8 oz) | \$0.55 |
| • Frito Lay Bag Snacks - .88-1 oz. | \$0.80 | • Bottled Water (20 oz) (Dasani) | \$1.25 |
| • Nutri-Grain Bars – Variety of Flavors | \$1.05 | • Vitamin Water (16.9 oz) | \$1.75 |
| • Scooby Doo Fruit Snacks | \$0.60 | • Naked Juice (10 oz) | \$2.75 |
| • Bakery-Fresh Whole Grain Cookies | \$0.65 | • Sparkling Ice Water (16.9 oz) | \$2.00 |

(Ala carte prices & products subject to change)

Fruits & Vegetables Choices May Include:

Fresh Fruit: apples, bananas, cantaloupe chunks, fruit mix, grapes, honeydew chunks, kiwi, oranges, pears, strawberries

Canned in Light Fruit Juice or 100% Fruit Juice, Dried & Frozen Fruit: applesauce, mandarin oranges, mixed fruit, diced and sliced pears, diced and sliced peaches, pineapple chunks and tidbits, diced mangos, strawberries, raisins, 100% apple and orange juice cups

Fresh Vegetables: broccoli, baby carrots, sliced cucumbers, tossed green salad with spinach, spring mix, grape tomatoes

Canned & Frozen Vegetables: green beans, peas, California medley, Italian vegetables, broccoli, corn, carrots

Extra Fruits & Vegetables \$0.80

Monthly Menus can be found at www.mcschildnutrition.com
See next page for daily lunch choices from the HS food court.

Daily Lunch Choices from the HS Food Court

A complete lunch consists of 5 food groups: grains (part of entrée), protein (part of entrée), fruits, vegetables and milk. Under the National School Lunch Program (NSLP) guidelines, students must choose at least 3 of the 5 food groups and one must be a fruit or vegetable. Students at MHS are offered 2 fruits and 2 vegetables daily. **Students may select french fries as one vegetable choice for an additional \$1.00.** French fries are included as one of the vegetable choices in \$4.50 priced meals.

South of the Border Meal Deal

- **Tacos** **\$2.70**
 - Tortilla Taco Shells
 - Beef or Chicken
- **Nachos with Cheese Sauce** **\$2.70**
- **Taco Salad with Tostito Chips** **\$3.50**
- **Deluxe Nachos with Meat & Cheese** **\$3.50**

Taste of Italy Meal Deal

- **Pizza** **\$3.50**
 - Choice of Cheese, Pepperoni or Specialty

Monday: Buffalo Chicken
Tuesday: Turkey Bacon Ranch
Wednesday: Meat Lovers
Thursday: Buffalo Chicken
Friday: Turkey Bacon Ranch

Grab-n-Go Grille Meal Deal

Burger Choices

- **Cheeseburger or Hamburger** **\$2.70**
Our new burgers are made with 100% Seasoned Ground Beef

Chicken Choices

- **Breaded or Spicy Chicken Sandwich** **\$4.50**
- **Grilled Chicken Sandwich** **\$4.50**

Mac & Cheese Meal w/Toppings!

- Regular Mac & Cheese Meal** **\$3.50**
 (Meal includes Dinner Roll)

Choice of Toppings:

Diced Chicken, Diced Turkey Bacon, Diced Ham

Additional toppings on garnish bar.

Grab-n-Go Yogurt Parfaits

- **Vanilla Yogurt w/ Blueberries or Strawberries & Granola** **\$3.50**
- **Strawberry Yogurt w/ Strawberries & Granola**

Café Feature Meal Deal

Daily Rotation of All Time Favorites **\$2.70**

- Cincinnati Chili Spaghetti
- Chili Cheese Cones
- Brunch for Lunch
- Toasted Cheese Sandwiches
- Popcorn Chicken
- Asian Cuisine w/ Brown Rice

Grab-n-Go Salads

Choice of Large Entree Salad with Large Dressing Packet **\$4.50**

- Chef Salad
 - Turkey, Ham, Cheddar Cheese, and Banana Bread
- Oriental Chicken Salad
 - Grilled Chicken, Mandarin Oranges, and Banana Bread
- Cobb Salad
 - Turkey, Tomato, Cheddar Cheese, Blue Cheese, Bacon Bits, and Banana Bread
- Greek Salad
 - Grilled Chicken, Feta Cheese, Kalamata Olives, and Pita Bread


Grab-n-Go Sandwiches

- **PB & J Sandwich** **\$2.70**
- **Deli Sandwiches** **\$2.70**
 - Turkey & American Cheese
 - Ham & Provolone Cheese
- **Deli Sub** **\$3.50**
 - Italian (Ham, Salami & Provolone Cheese)
- **Deli Wrap** **\$3.50**
 - Turkey & Cheese

All salads & sandwiches, from both Grab -n- Go Grille and Deli Depot, come with choice of condiments and garnishes including: diced and sliced tomatoes, diced and sliced onions, shredded lettuce, pickle slices, ketchup, mustard and lite mayo

Five Easy Ways to Pay for Meals!



- Go to www.mypaymentsplus.com to make a MasterCard or VISA pre-payment (convenience fee of 4.75% applies to the total monies applied). You may also check account balances and view student transactions. Other options include auto replenish and e-mail reminders. Account setup is free.
- 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!**
- Call **229-FOOD (229-3663)** to make a MasterCard or VISA pre-payment on the Lunch Phone System (LPS) (convenience fee of \$1.25 per transaction applies). The LPS is also available for meal account and balance history. Allow at least 24 hours for monies to be posted to account.
- Mail a check to MCS Child Nutrition,
211 North East St., Mason, OH 45040
(include student identification number on check).
- Give a check or cash to the Child Nutrition Worker
(include student identification number on check).

FREE & REDUCED PRICE APPLICATION

Information & Application Paperwork is available from www.mcschildnutrition.com

Click on "Apply for Meal Benefits" then the application.

Only one application is needed per family. New applications must be submitted each school year.

Students who qualify for free or reduced lunch also qualify for free or reduced breakfast.

MCS Child Nutrition utilizes SchoolMessenger to e-mail families the following notifications:

- Your child received a courtesy meal or milk.
- Your child's lunch account balance is \$10.00 or below. Parents will only receive this e-mail if the child made a purchase on that day.

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.

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