



Mason Intermediate Campus

School Year 2017-2018





Fuel Up With Breakfast!

Breakfast Served Daily to All Students 7:45 AM – 8:10 AM Breakfast Price: \$1.80

Breakfast available in both MI cafeterias and on a breakfast cart located by the 100 wing next to the Take 5 Room! 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 may be purchased as a meal for \$1.80 or items may be purchased ala carte. See the breakfast menu online at 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.**

Daily Meal Choices

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Café Feature Menu Item of the day 1-3 Fruits/Vegetables Milk \$2.70 | Café Feature Menu Item of the day 1-3 Fruits/Vegetables Milk \$2.70 | Café Feature Menu Item of the day 1-3 Fruits/Vegetables Milk \$2.70 | Café Feature Menu Item of the day 1-3 Fruits/Vegetables Milk \$2.70 | Café Feature Menu Item of the day 1-3 Fruits/Vegetables Milk \$2.70 |
| Grape/Strawberry PB&J Uncrustable Meal 1-3 Fruits/Vegetables Milk \$2.70 | Grape/Strawberry PB&J Uncrustable Meal 1-3 Fruits/Vegetables Milk \$2.70 | Grape/Strawberry PB&J Uncrustable Meal 1-3 Fruits/Vegetables Milk \$2.70 | Grape/Strawberry PB&J Uncrustable Meal 1-3 Fruits/Vegetables Milk \$2.70 | Grape/Strawberry PB&J Uncrustable Meal 1-3 Fruits/Vegetables Milk \$2.70 |
| Hamburger/ Cheeseburger Meal 1-3 Fruits/Vegetables Milk \$2.70 | Hamburger/ Cheeseburger Meal 1-3 Fruits/Vegetables Milk \$2.70 | Hamburger/ Cheeseburger Meal 1-3 Fruits/Vegetables Milk \$2.70 | Hamburger/ Cheeseburger Meal 1-3 Fruits/Vegetables Milk \$2.70 | Hamburger/ Cheeseburger Meal 1-3 Fruits/Vegetables Milk \$2.70 |
| Cheese/Pepperoni Pizza Meal 1-3 Fruits/Vegetables Milk \$2.70 |  | Cheese/Pepperoni Pizza Meal 1-3 Fruits/Vegetables Milk \$2.70 |  | Cheese/Pepperoni Pizza Meal 1-3 Fruits/Vegetables Milk \$2.70 |
| Hot Pretzel w/ Cheese Meal 1-3 Fruits/Vegetables Milk \$2.70 | | Hot Pretzel w/ Cheese Meal 1-3 Fruits/Vegetables Milk \$2.70 | | Hot Pretzel w/ Cheese Meal 1-3 Fruits/Vegetables Milk \$2.70 |
| | Chicken Nuggets w/ Biscuit 1-3 Fruits/Vegetables Milk \$2.70 | | Mac & Cheese 1-3 Fruits/Vegetables Milk \$2.70 | Fish Sandwich 1-3 Fruits/Vegetables Milk \$2.70 |

Also available daily: Large Green Salad w/ Banana Bread **\$2.70**
 Chef Salad w/ Banana Bread **\$2.70**
 Yogurt, String Cheese & Banana Bread **\$2.70**

Fruits & Vegetables Choices May Include:

Fresh Fruit: apples, apple slices, bananas, grapes, plums, kiwi, oranges, pears, strawberries
Canned in Light Fruit Juice or 100% Fruit Juice, Dried & Frozen Fruit: applesauce, mandarin oranges, 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, cauliflower, grape tomatoes, baby carrots, sliced cucumbers, tossed green salad, spring mix salad, romaine salad, and spinach w/ grape tomatoes
Canned & Frozen Vegetables: green beans, peas, California medley, Italian vegetables, broccoli, corn, carrots, asparagus,
Extra Fruits & Vegetables \$0.80

Milk Choices Include:

1% White, Skim White, Fat Free Chocolate, Fat Free Strawberry
 Ala Carte Milk **\$0.55**

Ala Carte Choices

Ala Carte Drinks

100% Fruit Juice Boxes (6.75 oz) **\$0.75**

Bottled Water (8 oz) **\$0.55**



Ala Carte Ice Cream

Ice Cream Sandwich **\$0.80**

Chocolate Crunch Bar **\$0.80**

Strawberry Crunch Bar **\$0.80**

Sour Swell Cherry **\$0.80**

Cotton Candy Bar **\$0.80**

Fudge Frenzy **\$0.80**

Ala Carte Snacks

Variety of Bag Snacks **\$0.80**

Scooby Fruit Snacks/Fruit Roll-Up **\$0.60**

Fresh Baked Whole Grain Cookies **\$0.50**



All ala carte choices meet the Alliance for a Healthier Generation Guidelines.

(Ala carte prices & products subject to change)

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=paymentsplus>.
- **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 a minimum of 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.

Courtesy Meals

Mason City Schools, per board policy, has a no charging policy. Students who are without funds to purchase lunch will be provided a courtesy meal. Choices include cheese and crackers or peanut butter and jelly sandwich, fruits and vegetables selected by the student, and milk. Parents will be notified via email that a courtesy meal was provided and account funds need replenished.

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.