

# Eating Breakfast & Lunch at Western Row

## School Year 2017-2018



### 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](http://www.mcschildnutrition.com). Click on the “Let’s All Go to the Lunchroom Video” link towards the bottom of the home page.**

#### Daily Entrée Choices Include:

- Café Feature #1 (1<sup>st</sup> item listed on menu)
- Café Feature #2 (2<sup>nd</sup> item listed on Thursdays menu)
- Large Green Salad w/ Cheese, Mini Blueberry Loaf & Goldfish Crackers
- PB&J Sandwich w/ String Cheese & Goldfish Crackers
- Yogurt w/ String Cheese & Goldfish Crackers (Monday & Friday) or Mini Blueberry Loaf & Goldfish Crackers (Tuesday-Thursday)

#### **Lunch Prices**

- Lunch Price: **\$2.60** (Includes Milk)
- 2<sup>nd</sup> Entrée: **\$2.00**
- Milk: **\$0.55**
- Bottled Water, 8 oz (Ala Carte): **\$0.55**

#### **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](http://www.mcschildnutrition.com) towards 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



### Fuel Up with Breakfast!

**Breakfast Served Daily 8:55 AM – 9:15 AM**  
**Breakfast Price: \$1.70**


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.** Entrée choices include mini pancakes, cereal, muffins, yogurt, etc. See the breakfast menu online at [www.mcschildnutrition.com](http://www.mcschildnutrition.com) for additional choices.

### Lunch Account = Student ID #

Every Mason student has a meal account that is their student identification (SID) number. Second and third 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](http://www.mcschildnutrition.com). Check out the interactive menus. They are identified with the  icon next to them.


### Courtesy Meals/E-mail Reminders

Mason City Schools, per board policy, has a no charging policy. Students who are without lunch, or without funds to purchase lunch, will be provided a courtesy meal. Choices include cheese and crackers or peanut butter and jelly sandwich, selected fruits and vegetables, and milk. 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.

# 5 Easy Ways to Pay for School Lunch



- Go to [www.mypaymentsplus.com](http://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 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

Only one application is needed per family.

New applications must be submitted each school year.



Information & Application Paperwork is available from [www.mcschildnutrition.com](http://www.mcschildnutrition.com)

Click on “Apply for Meal Benefits” then the application.

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

## 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.

- The Child Nutrition Office also offers Menu Information Sheets that are available in all cafeterias and on the website, [www.mcschildnutrition.com](http://www.mcschildnutrition.com). Select “Menus” then “Nutrition & Ingredient Information” and select the school. Information updates will continue through the school year.