



# 8<sup>th</sup> Grade @ Mason High School

## School Year 2018-2019



A variety of nutritious meals may be purchased in the High School Small Commons Cafeteria. **Breakfast** is available daily to all 8<sup>th</sup> grade 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 Small Commons Cafeteria

### Open for Lunch Every School Day

- |   |        |   |        |
|---|--------|---|--------|
| • Pizza <u>Lunch</u> – Pepperoni/Cheese/Specialty | \$3.50 | • Oats & Honey Granola Bar                | \$1.10 |
| • PB & J Sandwich <u>Lunch</u>                    | \$2.70 | • Bakery-Fresh Whole Grain Cookies        | \$0.65 |
| • Specialty Salad <u>Lunch</u>                    | \$4.50 | • Banana Bread                            | \$1.25 |
| • Chicken Sandwich <u>Lunch</u>                   | \$4.50 | • Greek Yogurt                            | \$2.25 |
| • Deli Sub/Sandwich <u>Lunch</u>                  | \$2.95 | • Fresh Fruit and 100% Fruit Juice (4 oz) | \$0.85 |
| • Hamburger/Cheeseburger <u>Lunch</u>             | \$2.70 | • Juice (10 oz)                           | \$1.75 |
| • Hummus, Flatbread & Veggie <u>Lunch</u>         | \$3.50 | • Milk: ½ Pint                            | \$0.55 |
| • Frito Lay Bag Snacks                            | \$0.80 | • Bottled Water (8 oz)                    | \$0.60 |
| • Kettle Chips                                    | \$1.00 | • Bottled Water (16.9 oz)                 | \$1.00 |
| • Nutri-Grain Bars – Variety of Flavors           | \$1.10 | • Naked Juice (10 oz)                     | \$2.75 |
| • Scooby Doo Fruit Snacks                         | \$0.65 | • Izze Fruit Drinks (8.4 oz)              | \$1.45 |

**(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 \$0.85**

Monthly Menus can be found at [www.mcschildnutrition.com](http://www.mcschildnutrition.com)  
See next page for daily lunch choices from the Small Commons Cafeteria.

# Daily Lunch Choices for 8<sup>th</sup> Grade in Small Commons Cafeteria

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 1-3 fruits and/or 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
- **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 or Pork Pepperoni
- **Domino's Pizza** **\$2.95**
  - See menu for Domino's Pizza Days



## Grab-n-Go Grille Meal Deal

### Burger Choices

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

### Chicken Choices

- **Breaded Chicken Sandwich (Mon-Th)** **\$4.50**
- **Spicy Chicken Sandwich (Fri)** **\$4.50**

*French fries are included as one of the vegetable choices in \$4.50 priced meals.*

## Mac & Cheese Meal w/Toppings!

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

**Choice of Topping:**  
Turkey Bacon Bits

Additional toppings on garnish bar.

## 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, Fresh Vegetables and Banana Bread
  - **Cobb Salad**
    - Turkey, Cheddar Cheese, Blue Cheese, Bacon Bits, Tomatoes and Banana Bread
  - **Chicken Caesar Salad**
    - Grilled Chicken, Fresh Shredded Parmesan Cheese, and Banana Bread
- Hummus Meal** **\$3.50**
- Roasted Red Pepper Hummus, Cheese Cubes, Fresh Vegetables and Pita Bread

## Grab-n-Go Sandwiches & Subs

- **PB & J Sandwich** **\$2.70**
- **Deli Sandwiches** **\$2.95**
  - Turkey & American Cheese
  - Ham & Provolone Cheese
- **Deli Subs** **\$2.95**
  - Turkey & Cheese
  - Italian (Ham, Salami & Provolone 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