



# Mason High School

## School Year 2018-2019



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**

- |   |        |   |        |
|---|--------|---|--------|
| • Pizza <u>Lunch</u> – Pepperoni/Cheese/Specialty | \$3.50 | • Oats & Honey Granola Bar                | \$1.10 |
| • PB & J Sandwich <u>Lunch</u>                    | \$2.70 | • Banana Bread                            | \$1.25 |
| • Specialty Salad <u>Lunch</u>                    | \$4.50 | • Greek Yogurt                            | \$2.25 |
| • Chicken Sandwich <u>Lunch</u>                   | \$4.50 | • Fresh Fruit and 100% Fruit Juice (4 oz) | \$0.85 |
| • Deli Sandwich/Sub <u>Lunch</u>                  | \$2.95 | • Juices: Apple & Orange Blends (10 oz)   | \$1.75 |
| • Hamburger/Cheeseburger <u>Lunch</u>             | \$2.70 | • Fruit Smoothies                         | \$1.60 |
| • Deli Wrap <u>Lunch</u>                          | \$3.50 | • Milk: ½ Pint                            | \$0.55 |
| • Hummus, Flatbread & Veggie <u>Lunch</u>         | \$3.50 | • G2 Sports Drink - Low Calorie (12 oz)   | \$1.30 |
| • 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 | • Sparkling Ice Water (16.9 oz)           | \$2.00 |
| • Bakery-Fresh Whole Grain Cookies                | \$0.65 |   |        |

(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: roasted green beans, roasted asparagus, steamed peas, stir-fry 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 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
- **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, Pork 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 burgers are made with 100% Seasoned Ground Beef*

### Chicken Choices

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

## 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, Fresh Vegetables and Banana Bread
- **Cobb Salad**
  - Turkey, Cheddar Cheese, Blue Cheese, Bacon Bits, Fresh Vegetables and Banana Bread
- **Chicken Caesar Salad**
  - Grilled Chicken, Shredded Parmesan Cheese, Grape Tomatoes and Banana Bread

### Hummus Meal **\$3.50**

- Roasted Red Pepper Hummus, Cheese Cubes, Fresh Vegetables & Pita Bread

## Grab-n-Go Sandwiches & Subs

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



- For the most expedient payment service - 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!**



- 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).
- 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.

## FREE & REDUCED PRICE APPLICATION


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

## 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.

## 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.

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