



# Mason High School

## School Year 2020-2021



Revised 9/21/2020



For everyone's safety, all foods including entrees, condiments, utensils, etc. in the cafeteria will be individually wrapped. There will be signs on the floors to keep students socially distanced while in line. There will also be three sided plexiglass shields surrounding the cashiers for added protection.



A variety of nutritious meals may be purchased in the High School Cafeteria. **Breakfast** is available daily to all students from 7:20 AM to 7:40 AM in the main cafeteria. Second Chance breakfast is available during 1<sup>st</sup> period in the Learning Commons from 8:00 AM to 8:15 AM. **Breakfast** may be purchased as a meal for **\*\*FREE** 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.**

**\*\*FREE USDA Waiver: 1 free breakfast meal and 1 free lunch meal daily until December 31, 2020, unless Federal funds are no longer available.**

## Mason High School Snack Shop

### Open for Lunch Every Day

- |   |               |   |   |
|---|---------------|---|---|
| • Pizza <u>Lunch</u> – Pepperoni/Cheese/Specialty | <b>**FREE</b> | • Juices: Apple & Orange Blends (10 oz) | \$1.80  |
| • PB & J Sandwich <u>Lunch</u>                    | <b>**FREE</b> | • Milk: ½ Pint                          | \$0.55  |
| • Deli Sub <u>Lunch</u>                           | <b>**FREE</b> | • G2 Sports Drink - Low Calorie (12 oz) | \$1.30  |
| • Hamburger/Cheeseburger <u>Lunch</u>             | <b>**FREE</b> | • Gatorade Zero Sports Drink (20 oz)    | \$2.00  |
| • Frito Lay Bag Snacks                            | \$0.85        | • Bottled Water (8 oz)                  | \$0.65  |
| • Kettle Chips                                    | \$1.10        | • Bottled Water (16.9 oz)               | \$1.25  |
| • Scooby Doo Fruit Snacks                         | \$0.70        | • Sparkling Ice Water (16.9 oz)         | \$2.00  |
| • Bakery-Fresh Whole Grain Cookies                | \$0.70        | • Second Meals                          | \$2.70, \$2.95, \$3.50                        |
| • Banana Bread                                    | \$1.35        | • <b>Entrees a la carte</b>             | <b>\$2.20, \$2.30, \$2.85, \$3.10, \$4.00</b> |
| • Fresh Fruit and 100% Fruit Juice (4 oz)         | \$0.85        |   |   |

(Ala carte prices & products subject to change)

### Fruits & Vegetables Choices May Include:

Fresh Fruit: apples, bananas, grapes, kiwi, oranges, strawberries

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

Fresh Vegetables: broccoli, baby carrots, sliced cucumbers, tossed green salad, spinach salad, spring mix salad, 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.

## South of the Border Meal Deal

- **Tacos** **\*\*FREE**
  - Tortilla Taco Shells
  - Beef or Chicken
- **Taco Salad with Tostito Chips** **\*\*FREE**
- **Walking Tacos w/ Cheese Doritos** **\*\*FREE**
  - Tuesdays Only

## Taste of Italy Meal Deal

- **Pizza** **\*\*FREE**
  - Choice of Cheese or Pepperoni

## Grab-n-Go Grille Meal Deal

### Burger Choices

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

## Grab-n-Go Sandwiches & Subs

- **PB & J Sandwich** **\*\*FREE**
- **Deli Subs** **\*\*FREE**
  - Turkey & Cheese
  - Italian (Ham, Salami & Provolone Cheese)

## Grab-n-Go Entrees

Breaded Chicken Sandwich	\$3.10
Spicy Chicken Sandwich	\$3.10
Spicy Black Bean Burger	\$3.10
Chef Salad	\$4.00
Cobb Salad	\$4.00

Enjoy one of these entrees for \$3.10. These items are no longer available as a meal.

## Café Feature Meal Deal

- Daily Rotation of All Time Favorites** **\*\*FREE**
- Cincinnati Chili & Spaghetti
  - Chili Cheese Coney
  - Brunch for Lunch
  - Popcorn Chicken
  - Asian Cuisine w/ Brown Rice

## New Location Learning Commons Café

### Grab-n-Go Meal Deals Available

- **Hamburgers** **\*\*FREE**
- **Cheeseburger** **\*\*FREE**
- **Cheese/Pepperoni Pizza** **\*\*FREE**
- **Deli Turkey & Cheese Sub** **\*\*FREE**
- **Italian Sub** **\*\*FREE**
- **PB&J Sandwich** **\*\*FREE**

All meal deals come with 2 fruits, 2 vegetables and milk.

Ala Carte Snacks and Beverages will also be available.

- **Second Meals** \$2.70, \$2.95, \$3.50
- **Entrees a la carte** \$2.20, \$2.30
- **Entrees a la carte** \$2.85, \$3.10, \$4.00

**Check out the Kiosk in the large commons by the stairs for fast service!**

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# Easy Ways to Pay for Meals!



- For the most expedient payment service Go to [www.mypaymentsplus.com](http://www.mypaymentsplus.com) to make a pre-payment using any major credit card (convenience fee of 4.29% applies to the total monies applied). Account setup is free and allows daily purchase history as well as autoreplenish.
  - 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).
  - A payment drop box is located by Registration at the Mason Central Administration Building, 211 North East St.
  - 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](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.

Approval for the free and reduced meal program is still required for Mason City Schools instructional fee waivers in SY 20-21.

## 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. Courtesy meals are temporarily suspended as a result of the USDA waiver that allows students to eat one free breakfast meal and one free lunch meal during school days until 12/31/20 unless Federal funds are no longer available. A la carte purchases (second entrees, extra milk, additional fruits/vegetables, etc) will be charged to student meal accounts as usual. SchoolMessenger emails to families will continue when your child’s meal account balance is \$10 or below.

Monthly menus can be found at [www.mcschildnutrition.com](http://www.mcschildnutrition.com).