



Mason High School

School Year 2021-2022



****USDA Waiver: 1 free breakfast meal and 1 free lunch meal daily for all students the entire school year.**

Fuel Up with Breakfast!

Breakfast Served Daily to All Students **7:20 AM – 7:40 AM** **Breakfast Price: FREE****

Breakfast is available in the main cafeteria and 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. See the breakfast menu online at www.mcschildnutrition.com for additional choices.

What Makes a Lunch?

A complete **FREE**** 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

Grille Meal Deal

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

- Chicken Choices**
- **Chicken Patty Sandwich** ****FREE**
 - Available Monday-Thursday
 - **Hot & Spicy Chicken Patty Sandwich**
 - Available Fridays

Monthly menus can be found at www.mcschildnutrition.com.

Café Feature Meal Deal

- See Monthly Menu** ****FREE**
- Cincinnati Chili & Spaghetti
 - Chili Cheese Cones
 - Brunch for Lunch
 - Popcorn Chicken
 - Asian Cuisine w/ Brown Rice

Sandwiches & Subs

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

Entrees

- Large Green Salad w/ Hard Boiled Eggs & Shredded Cheese** ****FREE**
- **Vanilla Yogurt Parfait w/ Fruit & Granola** ****FREE**


- **Second Meals** **\$2.70, \$2.95, \$3.50**
- **Second Entrées** **\$2.30, \$2.50, \$3.00**
- **Ala Carte Fruits/Vegetables** **\$0.85**

Easy Ways to Pay for Meals!



- For the most expedient payment service - Go to 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).

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. **Monthly menus can be found at www.mcschildnutrition.com.**

Free & Reduced Price Application

For SY 2021-2022, the USDA SSO waiver allows 1 free breakfast meal and 1 free lunch meal to students in MCS including grades 1-12 and also including 1 free breakfast meal for AM Pre-Kindergarten & AM Kindergarten, however, completion of the Free & Reduced Price Meal Application may qualify **newly** eligible children for additional benefits. Free meals must meet the criteria as set forth for a reimbursable meal under USDA guidelines. Lunch at no cost consists of 5 components:

- Grades 1-8: Entrée (grain, protein), choice of 1-3 fruits and vegetables, & milk
- Grades 9-12: Entrée (grain, protein), choice of 2 fruits and 2 vegetables, & milk
- **Students must select a minimum of 1 fruit or vegetable, plus 2 other components to be considered a lunch meal and to receive at no charge.**

Note: Extra entrée items, milk, beverages, additional fruits/vegetables, and a la carte may still be purchased from your student's meal account.

Only one application is needed per family. Information & application paperwork is available at www.mcschildnutrition.com. Click on the “apply for meal benefits button.”

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

SY 21/22 Question from parents: My child's application was approved last year. Do I need to complete another application? The district has made the decision to carry forward past SY 2020-2021 approved information, including information regarding fee waivers and other programs that you may have selected for your student(s). Therefore, a new application and/or sharing information form doesn't need to be completed for this school year unless there is a program not selected previously that you wish to make a change.