

# MI 2022-2023 Breakfast and Lunch Menu

Breakfast \$1.80 Lunch \$2.70



Menu and variety of offerings are subject to change due to product availability.

Our most up-to-date menu are always available on our website at [myschoolmenus.com/instance/1197/district/1211](https://myschoolmenus.com/instance/1197/district/1211).

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast \$1.80</b> Served Daily in Cafeteria 8:20 – 8:40 AM	Apple Filled Frudel <b>OR</b> Choice of Cold Entrée Choice of 1-2 Fruits/Fruit Juice Milk	Mini Cinnis <b>OR</b> Choice of Cold Entrée Choice of 1-2 Fruits/Fruit Juice Milk	Turkey Sausage & Pancake Breakfast Stick <b>OR</b> Choice of Cold Entrée Choice of 1-2 Fruits/Fruit Juice Milk	Mini Cinnis <b>OR</b> Choice of Cold Entrée Choice of 1-2 Fruits/Fruit Juice Milk	Strawberry Cream Cheese Bagels <b>OR</b> Choice of Cold Entrée Choice of 1-2 Fruits/Fruit Juice Milk

**Daily Cold BF Entrée Options:** Assorted Cereal, Cereal Bars, Pop-Tarts, Muffins, Flavored Breads, Yogurt, String Cheese

<b>Week 1</b>	Toasted Cheese Sandwich Tomato Soup Tossed Mix Salad Choice of Fruit Milk	Chicken Nuggets w/ Dinner Roll Mashed Potatoes Baby Carrots Choice of Fruit Milk	French Toast Sticks w/ Turkey Sausage Links Oven Roasted Home Fries Cucumber Slices Choice of Fruit Milk	General Tso's Chicken w/ Brown Rice Steamed Broccoli Grape Tomatoes Choice of Fruit Milk	Bosco Cheese Filled Breadsticks w/ Marinara Sauce Taco Fiesta Black Beans Romaine Salad Choice of Fruit Milk
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<b>Week 2</b>	Chicken Patty Sandwich Potato Smiles Celery Sticks Choice of Fruit Milk	Taco Salad w/ Tostitos Chips Golden Corn Refried Beans Choice of Fruit Milk	Cincinnati Chili Cheese Dog OR Turkey Hot Dog on Bun Green Pepper Strips Grape Tomatoes Choice of Fruit Milk	Popcorn Chicken Smackers w/ Dinner Roll Cucumber Slices Romaine Salad Choice of Fruit Milk	Tony's Cheese Pizza Tossed Mix Salad Baby Carrots Choice of Fruit Milk
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<b>Week 3</b>	Pepperoni Calzone (Beef & Chicken Pepperoni) Baby Carrots Tossed Mix Salad Choice of Fruit Milk	Chicken Nuggets w/ Dinner Roll Vegetarian Baked Beans Grape Tomatoes Choice of Fruit Milk	French Toast Sticks w/ Turkey Sausage Links Oven Roasted Home Fries Tossed Mix Salad Choice of Fruit Milk	Orange Chicken w/ Brown Rice Stir Fry Vegetables Celery Sticks Choice of Fruit Milk	Bosco Cheese Filled Breadsticks w/ Marinara Sauce Cucumber Slices Romaine Salad Choice of Fruit Milk
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<b>Week 4</b>	Macaroni & Cheese Steamed Broccoli Tossed Mix Salad Choice of Fruit Milk	Taco Salad w/ Tostitos Chips Golden Corn Taco Fiesta Black Beans Choice of Fruit Milk	Mini Turkey Corn Dogs Cucumber Slices Green Pepper Strips Choice of Fruit Milk	Popcorn Chicken Smackers w/ Dinner Roll Celery Sticks Grape Tomatoes Choice of Fruit Milk	Pasta w/ Beef Meat Sauce or Marinara Sauce Baby Carrots Romaine Salad Choice of Fruit Milk
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**Daily Lunch Options** – Hamburger or Cheeseburger; Cheese & Pepperoni Pizza (Pork Pepperoni) (M, W, F); Fish Sandwich (Friday Only); **Yogurt Meal:** Yogurt, String Cheese, Blueberry Muffin & Goldfish Crackers; **PB&J Meal:** Peanut Butter & Jelly Uncrustable (Grape & Strawberry) w/ String Cheese & Goldfish Crackers  
Additional fruit and vegetable choices are available daily.

Each week is represented by a color and is a 4 week cycle menu.

<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>
August 15 September 12 October 10 November 7 December 12 January 16 February 13 March 13 April 17 May 15	August 22 September 19 October 17 November 14 December 19 January 23 February 20 March 20 April 24 May 22	August 29 September 26 October 24 November 28 January 2 January 30 February 27 April 3 May 1	September 5 October 3 October 31 December 5 January 9 February 6 March 6 April 10 May 8

USDA Waivers for free meals have expired. Meals will no longer be free for all students. Free and reduced-price meal benefits are available for eligible families, please see free and reduced-price meal program below.



## MI Meal Prices

Breakfast \$1.80 / Reduced \$0.30 / Adult \$2.50

Lunch \$2.70 / Reduced \$0.40 / Adult \$4.75

Entrées A la Carte \$2.30

A la Carte Beverages and Smart Snacks Available for Purchase:

Milk \$0.60; Water \$0.65; Juice \$0.85



## What Makes a Meal?

- 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.
- 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.

## Easy ways to Pay:

- MyPaymentsPlus [mypaymentsplus.com](https://mypaymentsplus.com) allows pre-payment using any major credit card (convenience fee applies). This program will show daily purchase history as well as allow for auto replenishment of funds if desired. Mobile apps are available in the Apple App Store and Google Play.
- Checks or cash are accepted (include student identification number on check). *No change will be given; all funds will be applied to the student's lunch account for future purchases.* Checks can be mailed to the Student Nutrition Office, 211 North East St., Mason, OH 45040 (include student identification number on check).
- Drop Box - A payment drop box is located by Registration at the Mason Central Administration Building, 211 North East St.

## Free and Reduced-Price Meal Program/Fee Waivers

- Families are encouraged to apply for the Free and Reduced-Price Meal Program. **New this year, we are accepting online applications. Go to [frapps.horizonsolana.com/MASC04](https://frapps.horizonsolana.com/MASC04) to apply or scan the QR code to access an online application.**
- Paper copies of the application are available at the school office or the Student Nutrition Office in the Mason City School's Central Office at 211 North East Street; Mason, OH 45040.
- Completed applications may be turned in to any school office, turned into a teacher, or at the Mason City School's Central Office.



## Charge Policy

Families are expected to pay for student's meal purchases. Should a student come to school with no packed lunch or no money for lunch the student will be allowed to charge only a meal (breakfast and lunch) up to the amount of \$15.00. Parents will be contacted via school messenger or email to inform of the negative balance. Negative balances should be paid within two days of the occurrence.

## Allergies, Dietary Restrictions and Account Management

- Alerts, purchase restrictions, and allergies from school year 21-22 will carry forward for school year 22-23.
- To notify our department **of any new** life-threatening allergies, dietary restrictions or account purchase restrictions please email [foodservice@masonohioschools.com](mailto:foodservice@masonohioschools.com). A Doctor's note may be required for severe allergies that would require alteration of the meal pattern that is required by USDA.
- Interactive menus are located at [myschoolmenus.com/instance/1197/district/1211](https://myschoolmenus.com/instance/1197/district/1211) or by going to [masonohioschools.com](https://masonohioschools.com) and clicking "menus" under each school. This resource will allow you to sort menu items to determine allergens present.

You may contact the Student Nutrition Office at any time by calling 513-336-6526 or email [foodservice@masonohioschools.com](mailto:foodservice@masonohioschools.com).

This institution is an equal opportunity provider.