

MI 2023-2024 Breakfast and Lunch Menu

Breakfast \$2.00, \$2.50* Lunch \$3.00

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

Our most up-to-date menu are always available at myschoolmenus.com/instance/1197/district/1211. Use QR Codes.



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast \$2.00, \$2.50* Served Daily in Cafeteria 8:20 – 8:40 AM	Mini Cinnis OR Choice of Cold Entrée Choice of 1-2 Fruits/Fruit Juice Milk	Cinnamon Sugar Bosco Stick OR Choice of Cold Entrée Choice of 1-2 Fruits/Fruit Juice Milk	Donut Holes OR Choice of Cold Entrée Choice of 1-2 Fruits/Fruit Juice Milk	Mini Confetti Pancakes OR Choice of Cold Entrée Choice of 1-2 Fruits/Fruit Juice Milk	Blueberry Snack N' Waffle OR Choice of Cold Entrée Choice of 1-2 Fruits/Fruit Juice Milk
Daily BF Entrées: Assorted Cereal, Cereal Bars, Pop-Tarts, Flavored Breads, Yogurt, String Cheese, PB&J Sandwiches <i>*Muffins (1 Muffin - \$2.00; 2 Muffins - \$2.50)</i>					
Week 1	Toasted Cheese Sandwich Tomato Soup Romaine Salad Choice of Fruit Milk	Chicken Nuggets w/ Dinner Roll Mashed Potatoes Baby Carrots Choice of Fruit Milk	Dutch Waffle w/ Turkey Sausage 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 Tossed Mix Salad Choice of Fruit Milk
Week 2	Chicken Tenders w/ Dinner Roll Cucumber Slices Celery Sticks Choice of Fruit Milk	Cheese Quesadilla Golden Corn Refried Beans Choice of Fruit Milk	Cincinnati Chili Cheese Dog OR Turkey Hot Dog Spinach Salad Grape Tomatoes Choice of Fruit Milk	Popcorn Chicken Smackers w/ Dinner Roll French Fries Romaine Salad Choice of Fruit Milk	Pizza Crunchers Tossed Mix Salad Baby Carrots Choice of Fruit Milk
Week 3	Macaroni & Cheese Steamed Broccoli Baby Carrots Choice of Fruit Milk	Chicken Nuggets w/ Dinner Roll Vegetarian Baked Beans Green Pepper Strips Choice of Fruit Milk	French Toast Sticks w/ Scrambled Eggs Oven Roasted Home Fries Romaine Salad Choice of Fruit Milk	Orange Chicken w/ Brown Rice Stir Fry Vegetables Grape Tomatoes Choice of Fruit Milk	Bosco Cheese Filled Breadsticks w/ Marinara Sauce Steamed Peas Tossed Mix Salad Choice of Fruit Milk
Week 4	Pepperoni Calzone (Beef & Chicken Pepperoni) w/ Marinara Sauce Cucumber Slices Romaine Salad Choice of Fruit Milk	Taco Salad w/ Tostitos Chips Golden Corn Taco Fiesta Black Beans Choice of Fruit Milk	Mini Turkey Corn Dogs Potato Smiles Red 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 Tossed Mix Salad Choice of Fruit Milk

Daily Lunch Options – Hamburger or Cheeseburger; Cheese Pizza (M, W, F); Fish Sandwich (Friday Only); Turkey & Cheese Sub; Hummus Meal; Large Green Salad w/ Cheese & Hardboiled Egg; *Yogurt Meal*: Yogurt, String Cheese, Mini Blueberry Loaf & 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 part of a 4-week cycle menu. See online for August 17 & 18 menus.

Week 1	Week 2	Week 3	Week 4
August 21 September 18 October 16 November 13 December 18 January 22 February 19 March 18 April 22 May 20	August 28 September 25 October 23 November 27 January 1 January 29 February 26 April 1 April 29 May 27	September 4 October 2 October 30 December 4 January 8 February 5 March 4 April 8 April 29 May 6	September 11 October 9 November 6 December 11 January 15 February 12 March 11 April 15 May 13

MI Meal Prices

Breakfast \$2.00, \$2.50* / Reduced \$0.00 / Adult \$3.00, \$3.50*

Lunch \$3.00 / Reduced \$0.00 / Adult \$5.00

Additional Lunch Entrées A la Carte \$2.55

A la Carte Beverages and Smart Snacks Available for Purchase:

Milk \$0.65; Water \$0.65; Juice \$0.85; Switch \$1.85

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 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. Go to 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. Quick repayment of negative balance is appreciated.

Allergies, Dietary Restrictions and Account Management

- Alerts, purchase restrictions, and allergies from school year 22-23 will carry forward for school year 23-24.
- To notify our department **of any new** life-threatening allergies, dietary restrictions or account purchase restrictions please email 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 or by going to 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.

This institution is an equal opportunity provider.