



October 2023 | Food Service Report

Mason Consolidated Schools

Bringing Your Cafeteria to You!

888.272.8106 | [TheNutritionGroup.biz](https://www.thenutritiongroup.biz) |   



On-Site at Mason Central

Open House



Our cafeteria ladies were excited to see our students during Open House and enjoyed preparing some yummy samples of Orange Kissed Chicken and Rice along with fresh Baked Chocolate Chip Cookie. Over 200 people came through the line!

On-Site at Mason High School

Open House



Our cafeteria ladies were excited to see our students during Open House and enjoyed preparing some yummy samples of Korean BBQ Meatballs and Rice along with fresh Baked Chocolate Chip Cookie.

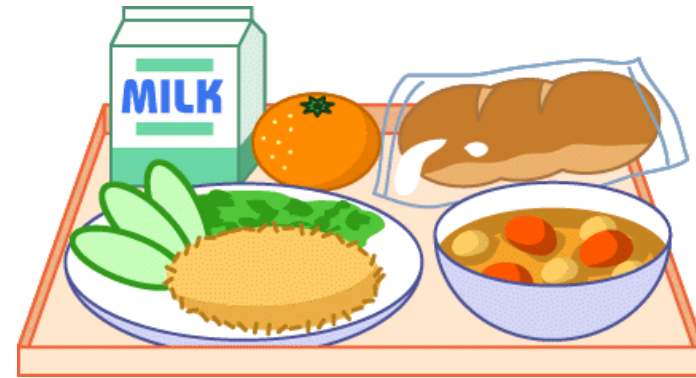
Take advantage of the benefits school meals provide for your children.

School Meal Program: Nutritious value for your family

Nutritionally balanced meals are served daily for breakfast and lunch and are FREE to all students!

During lunch students have the opportunity to choose from MANY different menu items, such as the main entree and alternates, such as a cheeseburger, crispy chicken or spicy chicken sandwich, pizza (we have many different types), a variety of freshly made specialty salads, or the ever-popular wrap or hoagie from the Made-To-Order deli station.

We also have ala carte options available for students to purchase, like freshly made specialty items such as iced donuts, pudding parfaits and freshly baked soft pretzels and packaged snacks like chips and beverages.



Elementary :
FREE!

Secondary
FREE!



\$3.14

TRENDY NEW PRODUCTS



We continue to bring in tasty and fun new items for breakfast, lunch and ala carte that students will love!

All of our new items have been student tested and selected!



Reduced Sodium



Whole Grain



Smart Snack Standards



All of the new items we are introducing in 2023 meet the new nutritional standards, without sacrificing flavor and taste!



Fresh • Nutritious • Innovative

Mark your calendars and visit your cafeteria!

Celebrate

National School LUNCH WEEK

October 9-13, 2023

#NSLW23 | #Levelup23



MARK YOUR CALENDARS
TO JOIN US IN YOUR CAFETERIA
FOR OUR
SPECIAL EVENTS!!!



The elementary students get excited when we have Lucky Tray Day & we plan it when we serve a new entrée.



This month it will be on Friday, October 13th and the entrée is Three Cheese Cavatappi (the MS/HS students already had it and loved!)

We will also have Wellness Wednesday on October 4th and the students will get a fun sticker for trying a "new" dish of Black Benas & Corn Salad. A table will be set up just outside of the cafeteria where samples will be offered.



MARK YOUR CALENDARS TO JOIN US IN YOUR CAFETERIA FOR OUR SPECIAL EVENTS!!!



The MS/HS students will have a chance to try a few, new tasty dishes made from locally grown foods throughout next month.

In October, we will be featuring:

- 10/5 Kale Salad
- 10/12 Arugula Salad
- 10/19 Pickled Beets
- 10/26 Creamy Cabbage with Bacon



Thank You!



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