

HIBBING BLUEJACKETS

INNOVATIVE NUTRITION MARKETPLACE CAFETERIA

SEPTEMBER

Daily Lunch Prices

Elem.....	\$2.85
Sec.....	\$2.90
Adult.....	\$4.95
Milk.....	\$0.65

1114 East 23rd Street
Hibbing, MN 55746

Make checks payable to ISD #701

Check your pre-payment amount:

www.wordwareinc.com

- Click on Family Account Login (upper right hand Corner of the Web site).
- Choose your state code.
- On the next screen choose your School District.
- Enter your Family ID number, which is found on the top right hand Corner of your statements.
- Enter your PIN number, which is the last four digits of your phone number.

If you are unable to access your account please call 218-208-0854.

*This item contains pork

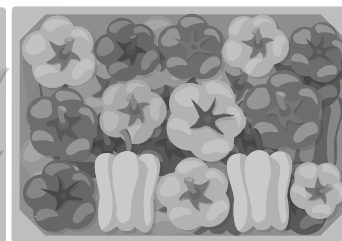
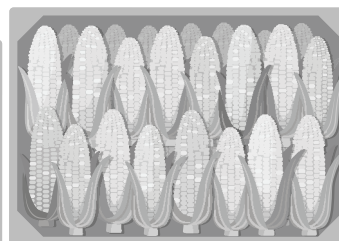
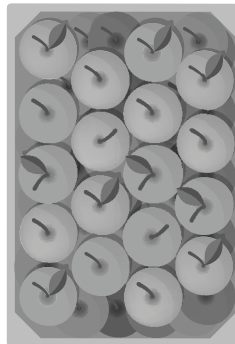
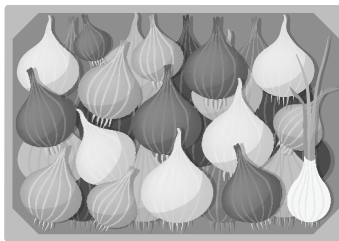


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
	5	6	7	8
		<ul style="list-style-type: none"> • Hamburger on a Whole Wheat Bun • Pickle Slices • Sweet Potato Confetti Tots • Chilled Peaches • Lowfat Milk Choices 	<ul style="list-style-type: none"> • Mexican Taco w/ Fixings • Zesty Salsa • Refried Beans • Whole Kernel Corn • Fresh Fruit • Lowfat Milk Choices 	<ul style="list-style-type: none"> • Chicken Nuggets • Macaroni & Cheese • Steamed Green Beans • Crunchy Fresh Vegetables • Cinnamon Applesauce • Lowfat Milk Choices
12	13	14	15	16
<ul style="list-style-type: none"> • Pepperoni Pizza * • Crisp Mixed Greens w/ Balsamic Vinaigrette • Steamed Mixed Veggies • Chilled Peaches • Lowfat Milk Choices 	<ul style="list-style-type: none"> • Nachos w/ Meat & Cheese Sauce • Bold Black Bean Salsa • Whole Kernel Corn • Fresh Fruit • Lowfat Milk Choices 	<ul style="list-style-type: none"> • Italian Meatball Sub w/ Mozzarella Cheese • Steamed Green Beans • Fresh Cucumber Slices & Baby Carrots • Mandarin Oranges • Lowfat Milk Choices • Fruit Snacks 	<ul style="list-style-type: none"> • Toasty Grilled Cheese Sandwich • Creamy Tomato Soup • Crunchy Garden Veggies w/ Red Pepper Hummus • Fresh Fruit • Lowfat Milk Choices 	<ul style="list-style-type: none"> • Shrimp Poppers • Oven Brownd Potatoes • Steamed Peas & Carrots • Mixed Fruit Cup • Lowfat Milk Choices
19	20	21	22	23
<ul style="list-style-type: none"> • Chicken Patty on WW Bun w/ Sriracha Sauce & Shredded Lettuce • AuGratin Potatoes • Pineapple Tidbits • Lowfat Milk Choices 	<ul style="list-style-type: none"> • Shaved Deli Turkey Breast on Whole Wheat Bread w/ Shredded Lettuce • Pickle Spear • Rotini Ranch Salad • Tangy Chilled Tomato Juice • Fresh Fruit • Lowfat Milk Choices • Baked Chips 	<ul style="list-style-type: none"> • Hamburger on a WW Bun • Pickle Slices • Baked Beans • Crunchy Celery Sticks • Chilled Applesauce • Lowfat Milk Choices 	<ul style="list-style-type: none"> • Italian Whole Wheat Pasta w/Meatsauce • Garden Fresh Romaine Salad • Crisp Baby Carrots • Garlic Bread • Fresh Fruit • Lowfat Milk Choices 	<ul style="list-style-type: none"> • BBQ Rib * on a WW Bun • Pickle Slices • Creamy Potato Salad • Fresh Broccoli Bites • Mixed Fruit Cup • Lowfat Milk Choices
26	27	28	29	30
<ul style="list-style-type: none"> • Roasted Chicken Fillet on a Whole Wheat Bun • Shredded Lettuce • Sweet Potato Side Dish • California Blend Veggies • Mandarin Oranges • Lowfat Milk Choices • Cookie 	<ul style="list-style-type: none"> • French Toast Sticks • Savory Turkey Sausage Patty * • Crispy Hashbrown • Tangy Chilled Tomato Juice • Fresh Fruit • Lowfat Milk Choices 	<ul style="list-style-type: none"> • Dress Your Dog Day! • Hot Dog * on WW Bun w/ Choice of: Chili, Cheese & Relish • Creamy Potato Salad • Baked Beans • Chilled Applesauce • Lowfat Milk Choices 	<ul style="list-style-type: none"> • Chicken Noodle Soup • Deli Ham & Cheese Sandwich * • Fresh Baby Carrots & Crunchy Jicama Sticks • Deli Coleslaw • Fresh Fruit • Lowfat Milk Choices 	<ul style="list-style-type: none"> • Chicken Stix • Oven Brownd Potatoes • Strawberry Spinach Salad w/ Poppy Seed Dressing • Fresh Broccoli Bites • Whole Wheat Bread • Diced Pears • Lowfat Milk Choices

SEPTEMBER

Daily Breakfast Prices

Kindergarten	\$0.00
Elem.....	\$2.55
Sec.....	\$2.60
Adult.....	\$2.60



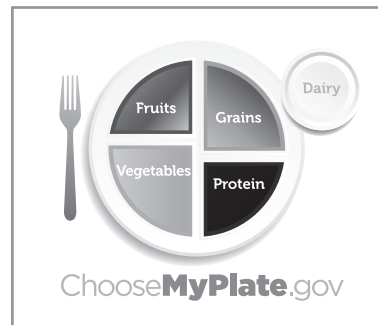
HIBBING BLUEJACKETS

Please assist

Please note: Families who qualified for benefits the previous year must resubmit a completed "Application for Educational Benefits" form by October 18, 2022 to continue receiving benefits.

Hibbing Schools receive additional educational funds for completed and approved "Application for Educational Benefits" form for free or reduced meals.

A large amount of state and federal funds for schools is based upon the number of families that qualify for free and reduced meal programs. The district receives additional funding in Title 1, e-rate technology and basic skills funding when more students qualify for free or reduced lunch prices. Therefore it is important that all parents of eligible students fill out and return an "Application for Educational Benefits" form. The forms are sent home at the beginning of the year with students. Copies can also be picked up at the principal's office or food service office.



Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

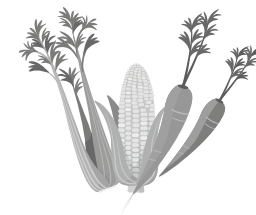
- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

Build a Healthy Breakfast

Students must select 1/2 c. fruit or juice and full servings of two other food groups.



A variety of milk available. Lactose reduced milk will be available.

Gluten-controlled lunch & breakfast available.

Additional options are available for secondary students.

The menu contains known allergens including but not limited to: peanuts, tree nuts, soy, seafood, produce, grain and dairy. Please review the menu with allergic family members.

Menu items subject to change without notice.

It is our goal to gently encourage students to select well-balanced meals.

Our best ideas come from you. Email your brilliant idea or important questions to:

Tonja Cunningham
tonja.cunningham@isd701.org

Or call:
218-208-0854

