

HIBBING BLUEJACKETS

INNOVATIVE NUTRITION MARKETPLACE CAFETERIA

DECEMBER

Daily Lunch Prices

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

1114 East 23rd Street
Hibbing, MN 55746

How to make online payments: Go to

www.wordwareinc.com

- Click on Family Account Login (upper right hand corner of the Website).
- Choose set up an account
- Enter email address
- Enter password of your choice
- Call 218-208-0854 for your Family Key

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

*This item contains pork



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

- Roasted Chicken Fillet on a WW Bun
- Shredded Lettuce
- Sweet Potato Side Dish
- California Blend Veggies
- Mandarin Oranges
- Lowfat Milk Choices
- Cookie

- Pancake & Sausage Bites*
- Crispy Hashbrown
- Tangy Chilled Tomato Juice
- Fresh Fruit
- Lowfat Milk Choices

- Footlong Hot Dog* on a WW Bun
- Creamy Potato Salad
- Baked Beans*
- Chilled Applesauce
- Lowfat Milk Choices

- Cheesy Lasagna Roll Ups w/ Marinara Sauce
- Garden Fresh Romaine Salad
- Crisp Baby Carrots
- Garlic Bread
- Fresh Fruit
- Lowfat Milk Choices

- BBQ Rib * on a WW Bun
- Pickle Slices
- Creamy Potato Salad
- Fresh Broccoli Bites
- Mixed Fruit Cup
- Lowfat Milk Choices

- Popcorn Chicken w/ Sweet & Sour Sauce
- Steamed Brown Rice & Broccoli
- Crunchy Baby Carrots
- Chilled Applesauce
- Lowfat Milk Choices

- Cheese Bread Dunkers w/ Meatsauce
- Creamy Coleslaw
- Whole Kernel Corn
- Fresh Fruit
- Lowfat Milk Choices

- Sizzling Chicken Fajita w/ Fixings
- Fiesta Rice
- Bold Black Bean Salsa
- Steamed Green Beans
- Diced Pears
- Lowfat Milk Choices
- Pudding

- Pulled Pork on a WW Bun
- Steamed Carrot Coins
- Mediterranean Chickpea Salad
- Pickle Slices
- Fresh Fruit
- Lowfat Milk Choices

- Schoolmade Cheese Pizza
- Sweet Kale Chopped Salad
- Steamed Peas & Carrots
- Mandarin Oranges
- Lowfat Milk Choices

- Cheeseburger on a WW Bun
- Pickle Slices
- Sweet Potato Confetti Tots
- Chilled Peaches
- Lowfat Milk Choices

- Mexican Taco w/ Fixings
- Zesty Salsa
- Refried Beans
- Whole Kernel Corn
- Fresh Fruit
- Lowfat Milk Choices

- Baked Italian Hero Sandwich* w/ Garden Fresh Fixings
- Pickle Spear
- Crisp Baby Carrots
- Pineapple Tidbits
- Lowfat Milk Choices
- Bug Bite Graham Crackers

- School is not in Session

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- Pepperoni Pizza*
- Crisp Mixed Greens w/ Balsamic Vinaigrette
- Steamed Mixed Vegetables
- Chilled Peaches
- Lowfat Milk Choices

- Nachos w/ Meat & Cheese Sauce
- Bold Black Bean Salsa
- Whole Kernel Corn
- Fresh Fruit
- Lowfat Milk Choices

- Toasty Grilled Cheese Sandwich
- Creamy Tomato Soup
- Crunchy Garden Veggies w/ Red Pepper Hummus
- Fresh Fruit
- Lowfat Milk Choices

- Shrimp Poppers
- Oven Brownd Potatoes
- Steamed Peas & Carrots
- Mixed Fruit Cup
- Lowfat Milk Choices

Call 218-208-0854 for employment opportunities with the Food & Nutrition Department. Work school days & have evenings, weekends, holidays & summer off.

This institution is an equal opportunity provider.

DECEMBER

Daily Breakfast Prices

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

MON

Build a Healthy Breakfast

- Choice of: Cereal, Yogurt or Hot Oatmeal w/ Berries, Raisins, Granola & Graham Crackers or
- Peanut Butter & Jelly Uncrustable or Soy Butter & Jelly Sandwich
- Fruit Assortment or Fruit Juice
- Lowfat Milk

TUES

Build a Healthy Breakfast

- Choice of: Cereal, Yogurt or Hot Oatmeal w/ Berries, Raisins, Granola & Graham Crackers or
- Granola Breakfast Round
- Fruit Assortment or Fruit Juice
- Lowfat Milk

WED

Build a Healthy Breakfast

- Choice of: Cereal, Yogurt or Hot Oatmeal w/ Berries, Raisins, Granola & Graham Crackers or
- Fresh Baked Whole Grain Cinnamon Roll and
- Fruit Assortment or Fruit Juice
- Lowfat Milk

THURS

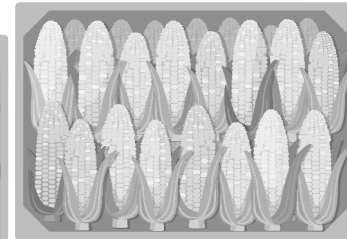
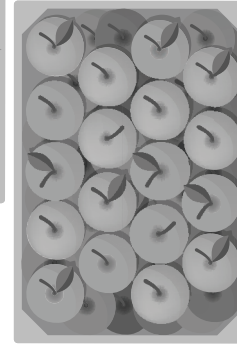
Build a Healthy Breakfast

- Choice of: Cereal, Yogurt or Hot Oatmeal w/ Berries, Raisins, Granola & Graham Crackers or
- Soft Shell Breakfast Burrito w/Egg, Cheese, Fresh cut Red & Green Peppers & Savory Onion Slices
- Fruit Assortment or Fruit Juice
- Lowfat Milk

FRI

Build a Healthy Breakfast

- Choice of: Cereal, Yogurt or Hot Oatmeal w/ Berries, Raisins, Granola & Graham Crackers or
- Assorted Whole Grain Breakfast Breads
- Fruit Assortment or Fruit Juice
- Lowfat Milk



HIBBING BLUEJACKETS

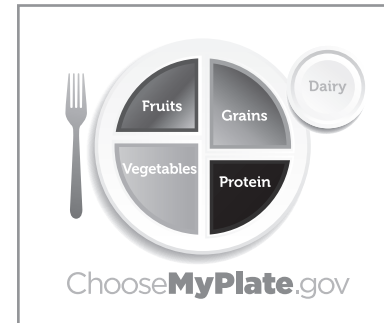


Please assist

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

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