

# INNOVATIVE NUTRITION MARKETPLACE CAFETERIA

## HIBBING BLUE JACKETS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

# SEPTEMBER

### Daily Lunch Prices

Elem.....\$0.00  
Sec.....\$0.00  
Student 2nd Lunch.....\$4.95  
Adult.....\$4.95  
Milk.....\$0.65

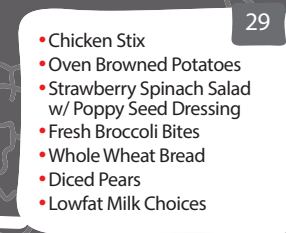
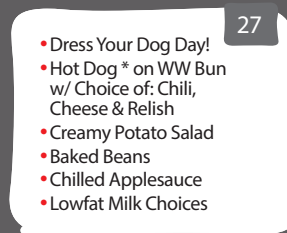
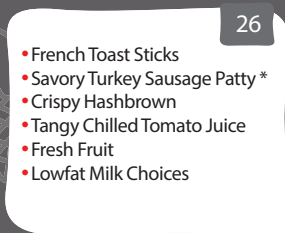
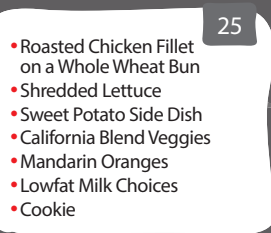
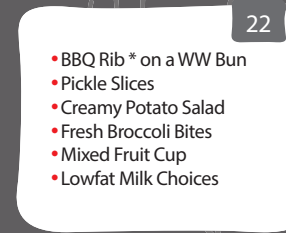
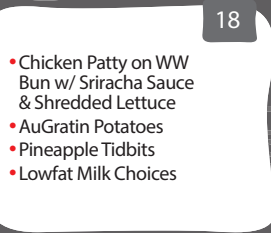
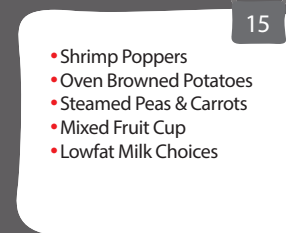
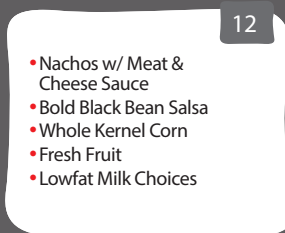
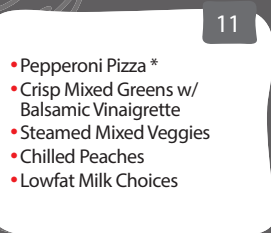
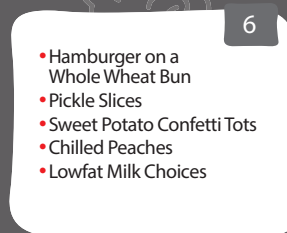
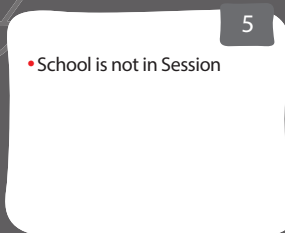
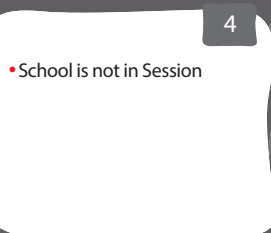
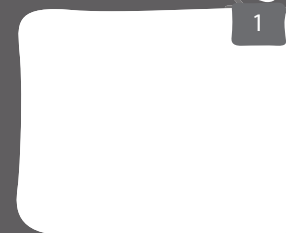
1114 East 23rd Street  
Hibbing, MN 55746

How to make online payments: Go to  
[www.wordwareinc.com](http://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



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.

# HIBBING BLUE JACKETS

## Daily Breakfast Prices

Elem.....	\$0.00
Sec.....	\$0.00
Student 2nd BKF.....	\$2.60
Adult.....	\$2.60

## MON

### BUILD A HEALTHY BREAKFAST

- Choice of: Cereal, Yogurt or Hot Oatmeal w/ Berries, Raisins, Granola & Graham Crackers or
- Whole Grain Breakfast Muffins with a Cheese Stick and
- Fruit Assortment or Fruit Juice

## TUES

### BUILD A HEALTHY BREAKFAST

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

## 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

## THURS

### BUILD A HEALTHY BREAKFAST

- Choice of: Cereal, Yogurt or Hot Oatmeal w/ Berries, Raisins, Granola & Graham Crackers or
- Sausage Egg & Cheese Sandwich on Whole Grain Bun and
- Fruit Assortment or Fruit Juice

## FRI

### BUILD A HEALTHY BREAKFAST

- Choice of: Cereal, Yogurt or Hot Oatmeal w/ Berries, Raisins, Granola & Graham Crackers or
- Mini Whole Grain Waffles and
- Fruit Assortment or Fruit Juice

## SEPTEMBER

### Please assist

Please note: Families who qualified for benefits the previous year must resubmit a completed "Application for Educational Benefits" form by October 17, 2023 to continue receiving benefits.

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

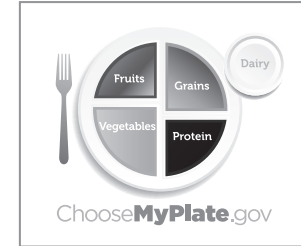
A large amount of state and federal funds for schools is based upon the number of families that qualify for free and reduced meal programs. The district receives additional funding in Title 1, e-rate technology and basic skills funding when more students qualify for free or reduced lunch prices. Therefore 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.

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.



### 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.

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