INNOVATIVE

HIBBING BLUE JACKETS

TUESDAY

WEDNESDAY

SEPTEMBER

Daily Lunch Prices

Elem		\$0.00
Sec		\$0.00
Student 2	2nd Lunch	\$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 choiceCall 218-208-0854 for your Family Key

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

School is not in Session

MONDAY

School is not in Session

 Hamburger on a Whole Wheat Bun

- Pickle Slices
- Sweet Potato Confetti Tots
- Chilled Peaches
- Lowfat Milk Choices

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

- Chicken Nuggets
- Macaroni & Cheese
- Steamed Green Beans
- Crunchy Fresh Vegetables
- Cinnamon Applesauce
- Lowfat Milk Choices

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

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

13

- Italian Meatball Sub w/ Mozzarella Cheese
- Steamed Green Beans
- Fresh Cucumber Slices & Baby Carrots
- Mandarin Oranges
- Lowfat Milk Choices
- Mini Rice Krispie Bar

14

21

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

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

25

- Chicken Patty on WW Bun w/ Sriracha Sauce & Shredded Lettuce
- AuGratin Potatoes
- Pineapple Tidbits
- Lowfat Milk Choices

Shaved Deli Turkev Breast on WW Bread w/ Shredded Lettuce

- Pickle Spear
- Rotini Ranch Salad
- Tangy Chilled Tomato Juice
- Fresh Fruit
- Lowfat Milk Choices
- Baked Chips

20

- Hamburger on a Whole Wheat Bun
- Pickle Slices
- Baked Beans
- Crunchy Celery Sticks
- Chilled Applesauce
- Lowfat Milk Choices

- Italian Whole Wheat Pasta w/ Meatsauce
- Garden Fresh Romaine Salad
- Crisp Baby Carrots
- Garlic Bread
- Fresh Fruit
- Lowfat Milk Choices

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

*This item contains pork



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

26

- French Toast Sticks
- Savory Turkey Sausage Patty *
- Crispy Hashbrown
- Tangy Chilled Tomato Juice
- Fresh Fruit
- Lowfat Milk Choices

- 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

28

- Chicken Noodle Soup
- Deli Ham & Cheese Sandwich *
- Fresh Baby Carrots & Crunchy Jicama Sticks
- Deli Coleslaw
- Fresh Fruit Lowfat Milk Choices

Chicken Stix

- Oven Browned Potatoes
- Strawberry Spinach Salad w/ Poppy Seed Dressing
- Fresh Broccoli Bites
- Whole Wheat Bread
- Diced Pears 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.

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

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.



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