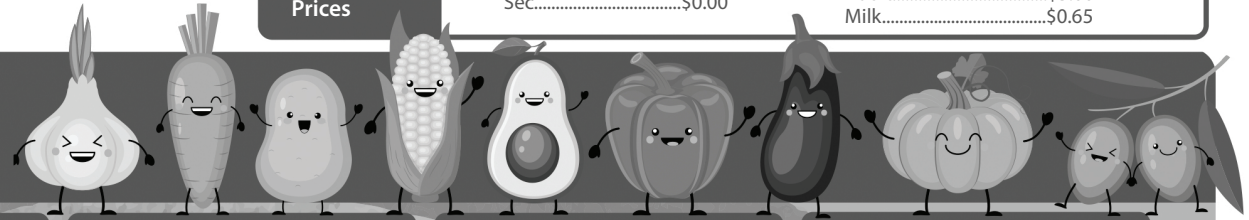


# INNOVATIVE NUTRITION MARKETPLACE CAFETERIA HIBBING BLUE JACKETS

## Daily Lunch Prices

Elem.....\$0.00  
Sec.....\$0.00

Student 2nd Lunch.....\$5.00  
Adult.....\$5.00  
Milk.....\$0.65



# OCTOBER 2024

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

	<ul style="list-style-type: none"> <li>Cheese Bread Dunkers w/ Meatsauce</li> <li>Creamy Coleslaw</li> <li>Whole Kernel Corn</li> <li>Fresh Fruit</li> <li>Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>Sizzling Chicken Fajita w/ Fixings</li> <li>Fiesta Rice</li> <li>Bold Black Bean Salsa</li> <li>Steamed Green Beans</li> <li>Diced Pears</li> <li>Lowfat Milk Choices</li> <li>Pudding</li> </ul>	<ul style="list-style-type: none"> <li>Sloppy Joe on Whole Wheat Bun</li> <li>Mediterranean Chickpea Salad</li> <li>Pickle Slices</li> <li>Carrot Coins</li> <li>Fresh Fruit</li> <li>Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>Fiesta Pizza with Fixings</li> <li>Sweet Kale Chopped Salad</li> <li>Steamed Peas &amp; Carrots</li> <li>Mandarin Oranges</li> <li>Lowfat Milk Choices</li> </ul>
<ul style="list-style-type: none"> <li>School is not in Session</li> </ul>	<ul style="list-style-type: none"> <li>Hamburger on a Whole Wheat Bun</li> <li>Pickle Slices</li> <li>Sweet Potato Confetti Tots</li> <li>Chilled Peaches</li> <li>Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>Super Deli Sub Sandwich* with Garden Fresh Fixings</li> <li>Pickle Spear</li> <li>Crisp Baby Carrots</li> <li>Pineapple Tidbits</li> <li>Lowfat Milk Choices</li> <li>Bug Bite Graham Crackers</li> </ul>	<ul style="list-style-type: none"> <li>Minnesota Great Apple Crunch Day</li> <li>Roasted Turkey Gravy over Mashed Potatoes</li> <li>Seasoned Broccoli</li> <li>Whole Grain Dinner Roll</li> <li>Farm to School Apple</li> <li>Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Nuggets</li> <li>Macaroni &amp; Cheese</li> <li>Steamed Green Beans</li> <li>Crunchy Fresh Vegetables</li> <li>Cinnamon Applesauce</li> <li>Lowfat Milk Choices</li> </ul>
<ul style="list-style-type: none"> <li>Pepperoni Pizza *</li> <li>Crisp Mixed Greens w/ Balsamic Vinaigrette</li> <li>Steamed Mixed Veggies</li> <li>Chilled Peaches</li> <li>Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>Nachos w/ Meat &amp; Cheese Sauce</li> <li>Bold Black Bean Salsa</li> <li>Whole Kernel Corn</li> <li>Fresh Fruit</li> <li>Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>Shrimp Poppers</li> <li>Oven Browned Potatoes</li> <li>Steamed Peas &amp; Carrots</li> <li>Mixed Fruit Cup</li> <li>Lowfat Milk Choices</li> <li>Mini Rice Krispie Bar</li> </ul>	<ul style="list-style-type: none"> <li>School is not in Session</li> </ul>	<ul style="list-style-type: none"> <li>School is not in Session</li> </ul>
<ul style="list-style-type: none"> <li>Chicken Patty on WW Bun w/ Sriracha Sauce &amp; Shredded Lettuce</li> <li>AuGratin Potatoes</li> <li>Pineapple Tidbits</li> <li>Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>FRUIT OF THE MONTH: Shaved Deli Turkey Breast on WW Bread w/ Shredded Lettuce</li> <li>Pickle Spear</li> <li>Rotini Ranch Salad</li> <li>Tangy Chilled Tomato Juice</li> <li>Fresh Plum</li> <li>Lowfat Milk Choices</li> <li>Baked Chips</li> </ul>	<ul style="list-style-type: none"> <li>Hamburger on a WW Bun</li> <li>Pickle Slices</li> <li>Baked Beans</li> <li>Crunchy Celery Sticks</li> <li>Chilled Applesauce</li> <li>Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>Italian Meatball Sub w/ Mozzarella Cheese</li> <li>Steamed Green Beans</li> <li>Fresh Cucumber Slices &amp; Baby Carrots</li> <li>Mandarin Oranges</li> <li>Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>BBQ Rib * on a Whole Wheat Bun</li> <li>Pickle Slices</li> <li>Creamy Potato Salad</li> <li>Fresh Broccoli Bites</li> <li>Mixed Fruit Cup</li> <li>Lowfat Milk Choices</li> </ul>
<ul style="list-style-type: none"> <li>Roasted Chicken Fillet on a Whole Wheat Bun</li> <li>Shredded Lettuce</li> <li>Sweet Potato Side Dish</li> <li>California Blend Veggies</li> <li>Mandarin Oranges</li> <li>Lowfat Milk Choices</li> <li>Cookie</li> </ul>	<ul style="list-style-type: none"> <li>French Toast Sticks</li> <li>Savory Turkey Sausage Patty *</li> <li>Crispy Hashbrown</li> <li>Tangy Chilled Tomato Juice</li> <li>Fresh Fruit</li> <li>Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>Dress Your Dog Day!</li> <li>Hot Dog * on WW Bun w/ Choice of: Chili, Cheese &amp; Relish</li> <li>Creamy Potato Salad</li> <li>Baked Beans</li> <li>Chilled Applesauce</li> <li>Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Noodle Soup</li> <li>Deli Ham &amp; Cheese Sandwich *</li> <li>Fresh Baby Carrots &amp; Crunchy Jicama Sticks</li> <li>Deli Coleslaw</li> <li>Fresh Fruit</li> <li>Lowfat Milk Choices</li> </ul>	

\*This item contains pork

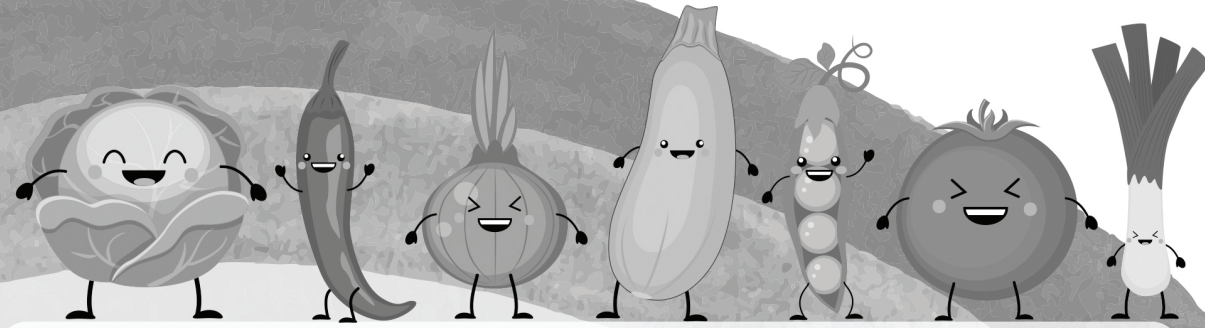
How to make online payments: Go to [www.wordwareinc.com](http://www.wordwareinc.com) • Click on Family Account Login (upper right hand corner of the Website).  
Choose set up an account Enter email address • Enter password of your choice • Call 218-208-0854 for your Family Key.  
If you are unable to access your account please call 218-208-0854. 1114 East 23rd Street • Hibbing, MN 55746

• PLUMS ARE A GOOD SOURCE OF VITAMIN A, VITAMIN C AND ANTIOXIDANTS.  
• PLUMS ARE NATURALLY CHOLESTEROL FREE.  
• DRIED PLUMS ARE CALLED PRUNES.



# HIBBING BLUE JACKETS

Daily Breakfast Prices	Elem.....\$0.00	Student 2nd Bkft.....\$2.60
	Sec.....\$0.00	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 Pancakes 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 21, 2024 to continue receiving benefits.

Hibbing 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.

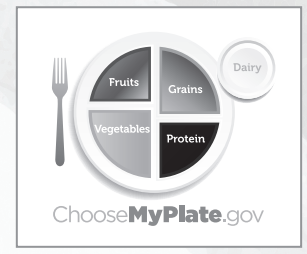
Additional options are available for secondary students.

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