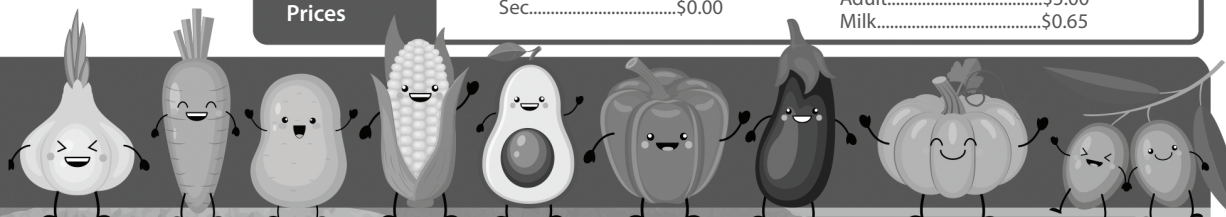


INNOVATIVE NUTRITION MARKETPLACE CAFETERIA HIBBING BLUE JACKETS

Daily Lunch Prices

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

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



JANUARY 2025

MONDAY

6

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

TUESDAY

7

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

WEDNESDAY

8

- Italian Meatball Sub w/ Mozzarella Cheese
- Whole Kernel Corn
- Fresh Cucumber Slices & Baby Carrots
- Mandarin Oranges
- Lowfat Milk Choices
- Fruit Roll Up

THURSDAY

9

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

FRIDAY

10

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

13

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

14

- Hot Ham & Cheese* on a Whole Wheat Bun
- Pickle Spear
- Pasta Salad w/ Cannellini Beans
- Tangy Chilled Tomato Juice
- Fresh Fruit
- Lowfat Milk Choices
- Baked Chips

15

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

16

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

17

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

20

- School is not in Session

21

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

22

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

23

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

24

- Chicken Stix
- Oven Browned Potatoes
- Strawberry Spinach Salad w/ Poppy Seed Dressing
- Fresh Broccoli Bites
- Whole Wheat Bread
- Diced Pears
- Lowfat Milk Choices

27

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

28

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

29

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

30

- Featured Fruit of the Month:
- Pulled Pork on a WW Bun
- Steamed Carrot Coins
- Mediterranean Chickpea Salad
- Pickle Slices
- Fresh Blood Oranges
- Lowfat Milk Choices

31

- Stuffed Crust Pizza
- Sweet Kale Chopped Salad
- Steamed Peas & Carrots
- Mandarin Oranges
- Lowfat Milk Choices

*This item contains pork

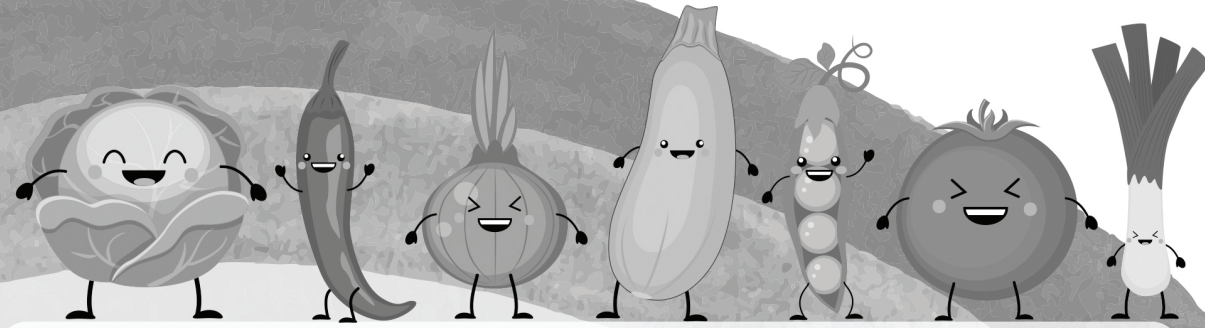
How to make online payments: Go to www.wordwareinc.com • Click on Family Account Login (upper right hand corner of the Website).
Choose set up an account Enter email address • Enter password of your choice • Call 218-208-0854 for your Family Key.
If you are unable to access your account please call 218-208-0854.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

• BLOOD ORANGE IS A VARIETY OF ORANGE WITH CRIMSON, ALMOST BLOOD-COLORED FLESH.
• ORANGES ARE THE PRIMARY SOURCE OF VITAMIN C FOR MOST AMERICANS + THEY CONTAIN ANTHOCYANINS WHICH ARE CONSIDERED A POWERFUL ANTIOXIDANT.



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
 • Peanut Butter & Jelly Uncrustable or Soy Butter & Jelly Sandwich 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
 • Granola Breakfast Round 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
 • Soft Shell Breakfast Burrito w/ Egg, Cheese, Fresh Cut Red & Green Peppers & Savory Onion Slices 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
 • Whole Grain Mini Breakfast Loaf & Orange Fruit Smoothie 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.

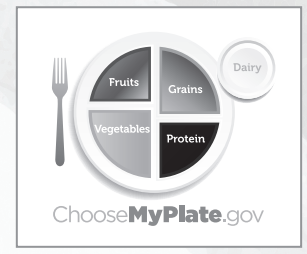
Additional options are available for secondary students.

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