

INNOVATIVE NUTRITION MARKETPLACE CAFETERIA

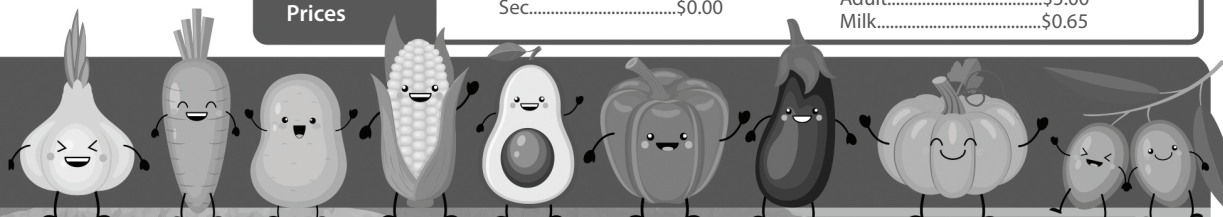
HIBBING BLUE JACKETS

Daily Lunch Prices

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

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

APRIL 2025



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

• School is not in Session

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

- Mandarin Orange Chicken
- Brown Rice Blend
- Steamed Broccoli
- Crunchy Baby Carrots
- Chilled Applesauce
- Lowfat Milk Choices

- Hamburger on a Whole Wheat Bun
- Pickle Slices
- Sweet Potato Confetti Tots
- Chilled Peaches
- Lowfat Milk Choices

• School is not in Session

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

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

• School is not in Session

- Shaved Deli Turkey Breast on WW Bread w/ Shredded Lettuce
- Pickle Spear
- Rotini Ranch Salad
- Tangy Chilled Tomato Juice
- Fresh Fruit
- Lowfat Milk Choices
- Baked Chips

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

- Sizzling Chicken Fajita w/ Fixings
- Fiesta Rice
- Bold Black Bean Salsa
- Steamed Green Beans
- Diced Peas
- Lowfat Milk Choices
- Mini Ice Cream Sandwich

- Super Deli Sub Sandwich * w/ Garden Fresh Fixings
- Pickle Spear
- Crisp Baby Carrots
- Pineapple Tidbits
- Lowfat Milk Choices
- Cocoa Bites

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

- Cheeseburger on a Whole Wheat Bun
- Pickle Slices
- Creamy Potato Salad
- Crunchy Celery Sticks
- Chilled Applesauce
- Lowfat Milk Choices

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

- Featured Fruit of the Month
- Sloppy Joe on Whole Wheat Bun
- Mediterranean Chickpea Salad
- Pickle Slices
- Steamed Carrot Coins
- Cotton Candy Grapes
- Lowfat Milk Choices

• School is not in Session

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

- Pizza Crunchers with Marinara Sauce
- Strawberry Spinach Salad w/ Poppy Seed Dressing
- Fresh Broccoli Bites
- Whole Wheat Bread
- Diced Pears
- Lowfat Milk Choices

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

• School is not in Session

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

• COTTON CANDY GRAPES ARE FAT FREE, CHOLESTEROL FREE AND SODIUM FREE WITH ONLY 70 CALORIES PER CUP
• THEY ARE ALSO PACKED WITH ESSENTIAL VITAMINS, PARTICULARLY VITAMIN C & VITAMIN K.

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

HIBBING BLUE JACKETS

Daily Breakfast Prices

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

Student 2nd Bkft.....\$2.60
Adult.....\$2.60

MON

BUILD A HEALTHY BREAKFAST

- Choice of: Cereal, Yogurt or Hot Oatmeal w/ Berries, Raisins, Granola & Graham Crackers or
- Mini Poffitz Pancakes 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
- Fluffy Scrambled Eggs w/ a Sausage Patty & Hashbrown 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 Dutch Waffle 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.

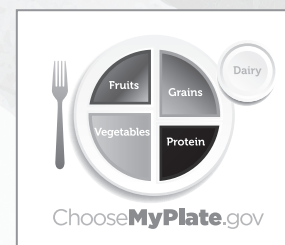
Additional options are available for secondary students.

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