

HIBBING BLUE JACKETS

NOVEMBER 2025

Daily Lunch
Prices

Elem \$0.00
Sec \$0.00
Adult \$5.05

Milk.....\$0.65

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| 3 Chicken Fried Rice Egg Roll Steamed Broccoli Baby Carrots Chilled Applesauce Lowfat Milk Choices | 4 Cheese Bread Dunkers w/ Meatsauce Creamy Coleslaw Whole Kernel Corn Fresh Fruit Lowfat Milk Choices | 5 Sizzling Chicken Fajita w/ Fixings Fiesta Rice Bold Black Bean Salsa Steamed Green Beans Diced Pears Lowfat Milk Choices * Pudding* | 6 Sloppy Joe on Whole Wheat Bun Mediterranean Chickpea Salad Pickle Slices Carrot Coins Fresh Fruit Lowfat Milk Choices | 7 Stuffed Crust Pizza Sweet Kale Chopped Salad Steamed Peas & Carrots Mandarin Oranges Lowfat Milk Choices |
| 10 Hamburger on a Whole Wheat Bun Pickle Slices Sweet Potato Confetti Tots Chilled Peaches Lowfat Milk Choices | 11 Mexican Taco w/Fixings Zesty Salsa Refried Beans Whole Kernel Corn Fresh Fruit Lowfat Milk Choices | 12 Super Deli Sub Sandwich* with Garden Fresh Fixings Pickle Spear Crisp Baby Carrots Pineapple Tidbits Lowfat Milk Choices * Cheddar Chex Mix * | 13 Chicken Nuggets Macaroni & Cheese Steamed Green Beans Crunchy Fresh Vegetables Cinnamon Applesauce Lowfat Milk Choices | 14 School is not in Session |
| 17 Pepperoni Pizza * Crisp Mixed Greens w/ Balsamic Vinaigrette Steamed Mixed Veggies Chilled Peaches Lowfat Milk Choices | 18 Nachos w/ Meat & Cheese Sauce Bold Black Bean Salsa Whole Kernel Corn Fresh Fruit Lowfat Milk Choices | 19 Italian Meatball Sub w/ Mozzarella Cheese Steamed Green Beans Fresh Cucumber Slices & Baby Carrots Mandarin Oranges Lowfat Milk Choices * Nutty Buddy Bar * | 20 Toasty Grilled Cheese Sandwich Creamy Tomato Soup Crunchy Garden Veggies w/Red Pepper Hummus Fresh Fruit Lowfat Milk Choices | 21 Shrimp Poppers Oven Brownd Potatoes Steamed Peas & Carrots Mixed Fruit Cup Lowfat Milk Choices |
| 24 Chicken Patty on Whole Wheat Bun w/Sriracha Sauce & Shredded Lettuce AuGratin Potatoes Pineapple Tidbits Lowfat Milk Choices | 25 Shaved Deli Turkey Breast on Whole Wheat Bread w/ Shredded Lettuce Pickle Spear Rotini Ranch Salad Tangy Chilled Tomato Juice Fresh Fruit Lowfat Milk Choices * Baked Chips * | 26 Hamburger on a Whole Wheat Bun Pickle Slices Baked Beans Crunchy Celery Sticks Chilled Applesauce Lowfat Milk Choices | 27 School is not in Session | 28 School is not in Session |
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*THIS ITEM CONTAINS PORK



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

HIBBING BLUE JACKETS

PLEASE ASSIST

Please note: Families who qualified for benefits the previous year must resubmit a completed "Application for Educational Benefits" form by October 20, 2025 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.

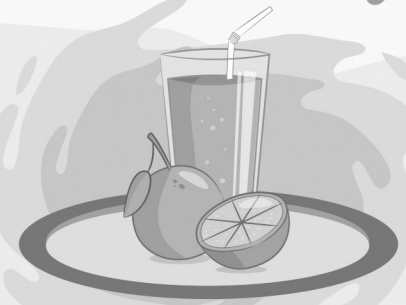
A variety of milk available. Lactose reduced milk will be available.

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

Elem.....\$0.00

Sec.....\$0.00

Adult.....\$3.10

Call 218-208-0854 for employment opportunities with the Food and Nutrition Department. Work school days and have evenings, weekends, holidays and summer off.

This institution is an equal opportunity provider.

