

HIBBING BLUE JACKETS

OCTOBER 2026

DAILY LUNCH PRICES

ELEM
\$0.00

SEC
\$0.00

ADULT
\$5.30



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 - CHICKEN NOODLE SOUP - DELI HAM & CHEESE SANDWICH * - FRESH BABY CARROTS & CRUNCHY JICAMA STICKS - DELI COLESLAW - FRESH FRUIT - LOWFAT MILK CHOICES	2 - CHICKEN STIX - OVEN BROWNED POTATOES - STRAWBERRY SPINACH SALAD W/POPPY SEED DRESSING - FRESH BROCCOLI BITES - WW BREAD - DICED PEARS - LOWFAT MILK CHOICES
5 - POPCORN CHICKEN W/ SWEET & SOUR SAUCE AND ASIAN BROWN RICE - STEAMED BROCCOLI - BABY CARROTS - CHILLED APPLESAUCE - LOWFAT MILK CHOICES	6 - CHEESE BREAD DUNKERS W/ MEATSAUCE - CREAMY COLESLAW - WHOLE KERNEL CORN - FRESH FRUIT - LOWFAT MILK CHOICES	7 - SIZZLING CHICKEN FAJITA W/ FIXINGS - FIESTA RICE - BOLD BLACK BEAN SALSA - STEAMED GREEN BEANS - DICED PEARS - LOWFAT MILK CHOICES - PUDDING	8 - SLOPPY JOE ON WW BUN - MEDITERRANEAN CHICKPEA SALAD - PICKLE SLICES - CARROT COINS - FRESH FRUIT - LOWFAT MILK CHOICES	9 - FIESTA PIZZA WITH FIXINGS - SWEET KALE CHOPPED SALAD - STEAMED PEAS & CARROTS - MANDARIN ORANGES - LOWFAT MILK CHOICES
12 - HAMBURGER ON A WW BUN - PICKLE SLICES - SWEET POTATO CONFETTI TOTS - CHILLED PEACHES - LOWFAT MILK CHOICES	13 - MEXICAN TACO W/FIXINGS - ZESTY SALSA - REFRIED BEANS - WHOLE KERNEL CORN - FRESH FRUIT - LOWFAT MILK CHOICES	14 - NATIONAL APPLE CRUNCH DAY - SUPER DELI SUB SANDWICH* W/GARDEN FRESH FIXINGS - PICKLE SPEAR - CRISP BABY CARROTS - FARM TO SCHOOL APPLE - LOWFAT MILK CHOICES - CHOCOLATE TIGER GRAHAMS	15 SCHOOL IS NOT IN SESSION	16 SCHOOL IS NOT IN SESSION
19 - PEPPERONI PIZZA * - CRISP MIXED GREENS W/ BALSAMIC VINAIGRETTE - STEAMED MIXED VEGGIES - CHILLED PEACHES - LOWFAT MILK CHOICES	20 - NACHOS W/ MEAT & CHEESE SAUCE - BOLD BLACK BEAN SALSA - WHOLE KERNEL CORN - FRESH FRUIT - LOWFAT MILK CHOICES	21 - ITALIAN MEATBALL SUB W/ MOZZARELLA CHEESE - STEAMED GREEN BEANS - FRESH CUCUMBER SLICES & BABY CARROTS - MANDARIN ORANGES - LOWFAT MILK CHOICES - SOUR CREAM & ONION GOLDFISH	22 - TOASTY GRILLED CHEESE SANDWICH - CREAMY TOMATO SOUP - CRUNCHY GARDEN VEGGIES W/RED PEPPER HUMMUS - FRESH FRUIT - LOWFAT MILK CHOICES	23 - SHRIMP POPPERS - OVEN BROWNED POTATOES - STEAMED PEAS & CARROTS - MIXED FRUIT CUP - LOWFAT MILK CHOICES
26 SCHOOL IS NOT IN SESSION	27 - CHICKEN PATTY ON WHOLE WHEAT BUN W/SRIRACHA SAUCE & SHREDDED LETTUCE - AU GRATIN POTATOES - PINEAPPLE TIDBITS - LOWFAT MILK CHOICES	28 - HAMBURGER ON A WW BUN - PICKLE SLICES - BAKED BEANS - CRUNCHY CELERY STICKS - CHILLED APPLESAUCE - LOWFAT MILK CHOICES	29 - ITALIAN WW PASTA W/ MEATSAUCE - GARDEN FRESH ROMAINE SALAD - CRISP BABY CARROTS - GARLIC BREAD - FRESH FRUIT - LOWFAT MILK CHOICES	30 - BBQ RIB * ON A WW BUN - PICKLE SLICES - CREAMY POTATO SALAD - FRESH BROCCOLI BITES - MIXED FRUIT CUP - LOWFAT MILK CHOICES



BUILD A HEALTHY BREAKFAST

MON

CHOICE OF:

- Cereal, Yogurt or Hot Oatmeal w/ Berries, Raisins, Granola & Graham Crackers or
- Whole Grain Breakfast Muffins with a Cheese Stick Fruit Assortment or Fruit Juice

TUES

CHOICE OF:

- Cereal, Yogurt or Hot Oatmeal w/ Berries, Raisins, Granola & Graham Crackers or
- Breakfast Pizza and
- Fruit Assortment or Fruit Juice

WED

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

CHOICE OF:

- Cereal, Yogurt or Hot Oatmeal w/ Berries, Raisins, Granola & Graham Crackers or
- Sausage Egg & Cheese Sandwich on Whole Grain Bun
- Fruit Assortment or Fruit Juice

FRI

CHOICE OF:

- Cereal, Yogurt or Hot Oatmeal w/ Berries, Raisins, Granola & Graham Crackers or
- Mini Whole Grain Pancakes and
- Fruit Assortment or Fruit Juice

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PLEASE ASSIST

Please note: Families who qualified for benefits the previous year must resubmit a completed "Application for Educational Benefits" form by October 23, 2026 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.....\$2.60

