

# Foodware

## HIBBING BLUEJACKETS Innovative Nutrition Marketplace

# 2019 K-12

### Daily Lunch Prices

Elementary.....\$2.40  
 Secondary.....\$2.45  
 Adult.....\$3.75  
 Reduced Lunch.....\$0.00  
 Milk.....\$0.65

1114 East 23rd Street  
 Hibbing, MN 55746

Make checks payable to ISD #701

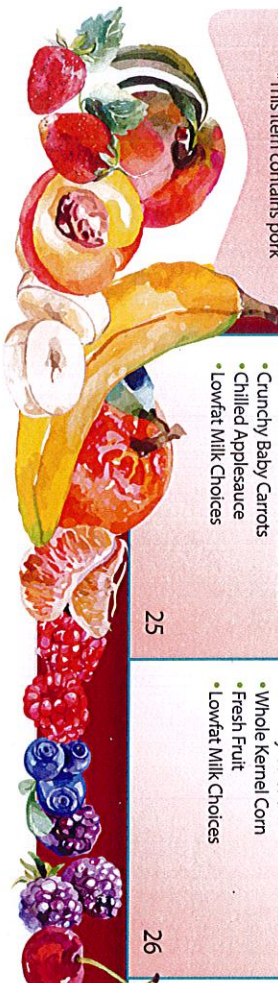
Check your pre-payment amount:

www.wordwareinc.com

- Click on Family Account Login (upper right hand Corner of the Web site).
- Choose your state code.
- On the next screen choose your School District.
- Enter your Family ID number, which is found on the top right hand Corner of your statement.
- Enter your PIN number, which is the last four digits of your phone number.
- If you are unable to access your account please call 218-208-0854.

\*This item contains pork

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>• Pepperoni* Pizza</li> <li>• Crisp Mixed Greens w/Balsamic Vinaigrette</li> <li>• Steamed Carrot Coins</li> <li>• Chilled Peaches</li> <li>• Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>• Pancake Sausage Bites*</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>• Italian Meatball Sub with Mozzarella Cheese</li> <li>• Whole Kernel Corn</li> <li>• Fresh Cucumber Slices &amp; Baby Carrots</li> <li>• Mandarin Oranges</li> <li>• Lowfat Milk Choices</li> <li>• Mini Rice Krispie Bar</li> </ul>	<ul style="list-style-type: none"> <li>• Toasty Grilled Cheese Sandwich</li> <li>• Creamy Tomato Soup</li> <li>• Crunchy Garden Veggies w/Red Pepper-Hummus</li> <li>• Fresh Fruit</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>• Mixed Fruit Cup</li> <li>• Lowfat Milk Choices</li> </ul>
4	5	6	7	8
<ul style="list-style-type: none"> <li>• Chicken Patty on Whole Wheat 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>• Hot Ham &amp; Cheese* on a Whole Wheat Bun</li> <li>• Pickle Spear</li> <li>• Pasta Salad w/Cannellini Beans</li> <li>• Tangy/ Chilled Tomato Juice</li> <li>• Fresh Fruit</li> <li>• Lowfat Milk Choices</li> <li>• Baked Chips</li> </ul>	<ul style="list-style-type: none"> <li>• Hamburger on a Whole Wheat 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>• Cheesy Lasagna Roll Ups with Marinara Sauce</li> <li>• Garden Fresh Romanne Salad</li> <li>• Crisp Baby Carrots</li> <li>• Garlic Bread</li> <li>• Fresh Fruit</li> <li>• Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>• BBQ Rib* on 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>
11	12	13	14	15
<ul style="list-style-type: none"> <li>• School is not in Session</li> </ul>	<ul style="list-style-type: none"> <li>• Roasted Chicken Filler on a Whole Wheat Bun w/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>• Footlong Hot Dog* on a Whole Wheat Bun</li> <li>• Creamy Potato Salad</li> <li>• Calico 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 Turkey &amp; Cheese Sandwich</li> <li>• Fresh Baby Carrots &amp; Crunchy Jicama Sticks</li> <li>• Deli Colelaw</li> <li>• Fresh Fruit</li> <li>• Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Stix</li> <li>• Oven Browned Potatoes</li> <li>• Strawberry Spinach Salad w/ Poppy Seed Dressing</li> <li>• Fresh Broccoli Bites</li> <li>• Whole Wheat Bread</li> <li>• Diced Pears</li> <li>• Lowfat Milk Choices</li> </ul>
18	19	20	21	22
<ul style="list-style-type: none"> <li>• Popcorn Chicken with Sweet &amp; Sour Sauce</li> <li>• Steamed Brown Rice &amp; Broccoli</li> <li>• Crunchy Baby Carrots</li> <li>• Chilled Applesauce</li> <li>• Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Bread Dunkers w/ Meatsauce</li> <li>• Creamy Colelaw</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>• Cold Black Bean Salsa</li> <li>• Fresh Celery Stix</li> <li>• Diced Pears</li> <li>• Lowfat Milk Choices</li> <li>• Cookie</li> </ul>	<ul style="list-style-type: none"> <li>• Pulled Pork* on a Whole Wheat Bun</li> <li>• Seasoned Green Beans</li> <li>• Mediterranean Chick-pea Salad</li> <li>• Pickle Slices</li> <li>• Fresh Fruit</li> <li>• Lowfat Milk Choices</li> </ul>	
25	26	27	28	



Call 218-742-3660 for employment opportunities with the Food & Nutrition Department.  
 Work school days & have evenings, weekends, holidays & summer off.  
 This institution is an equal opportunity provider.



**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY**

**Daily Breakfast Prices**

Adults .....	\$2.25
Full Paid Secondary .....	\$2.15
Full Paid Elementary .....	\$2.10
Reduced Secondary &	
Elementary.....	\$0.00
Free Secondary &	
Elementary.....	\$0.00
Kindergarten Students .....	\$0.00

Build a Healthy Breakfast Choice of •Yogurt or Cold Cereal, Hot Oatmeal w/Berries, Raisins, Granola & Graham Crackers or •Smuckers Unrustable or Soy Butter & Jelly Sandwich on Whole Grain Bread	Build a Healthy Breakfast Choice of •Yogurt or Cold Cereal, Hot Oatmeal w/Berries, Raisins, Granola & Graham Crackers or •Granola Breakfast Round	Build a Healthy Breakfast Choice of •Yogurt or Cold Cereal, Hot Oatmeal w/Berries, Raisins, Granola & Graham Crackers or •Fresh Baked Whole Grain Cinnamon Rolls	Build a Healthy Breakfast Choice of •Yogurt or Cold Cereal, Hot Oatmeal w/Berries, Raisins, Granola & Graham Crackers or •Soft Shell Breakfast Burrito w Egg, Cheese, Fresh cut Red & Green Peppers and Savory Onion Slices •Mediterranean Rice	Build a Healthy Breakfast Choice of •Yogurt or Cold Cereal, Hot Oatmeal w/Berries, Raisins, Granola & Graham Crackers or •Assorted Whole Grain Breakfast Bread
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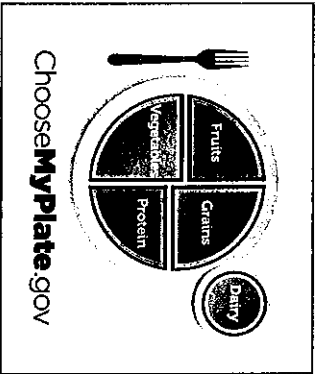
Daily breakfast options include: fruit, juice and low fat milk.

**Please assist**

Please note: Families who qualified for benefits the previous year must resubmit a completed "Application for Educational Benefits" form by October 16, 2018 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 I, 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.



**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.



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.

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  
 tonjucunn@hibbingk12.mn.us  
 Or call:  
 218-208-0854