



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 statements.
 - 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

<p>School is not in Session</p>	<p>Pepperoni* Pizza Crisp Mixed Greens w/Balsamic Vinaigrette Steamed Carrot Coins Chilled Peaches Lowfat Milk Choices</p>	<p>Pulled Pork* on a Whole Wheat Bun Seasoned Green Beans Mediterranean Chick-Pea Salad Pickle Slices Fresh Fruit Lowfat Milk Choices</p>	<p>Shrimp Poppers Oven Browned Potatoes Steamed Peas & Carrots Mixed Fruit Cup Lowfat Milk Choices</p>
<p>Chicken Patty on Whole Wheat Bun w/Sriracha Sauce & Shredded Lettuce AuGratin Potatoes Pineapple Tidbits Lowfat Milk Choices</p>	<p>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</p>	<p>Hamburger on a Whole Wheat Bun Pickle Slices Baked Beans Crunchy Celery Sticks Chilled Applesauce Lowfat Milk Choices</p>	<p>Cheesy Lasagna Roll Ups with Marinara Sauce Garden Fresh Romaine Salad Crisp Baby Carrots Garlic Bread Fresh Fruit Lowfat Milk Choices</p>
<p>Roasted Chicken Fillet on a Whole Wheat Bun w/Shredded Lettuce Sweet Potato Side Dish California Blend Veggies Mandarin Oranges Lowfat Milk Choices Cookie</p>	<p>Nachos w/Meat & Cheese Sauce Bold Black Bean Salsa Whole Kernel Corn Fresh Fruit Lowfat Milk Choices</p>	<p>Footlong Hot Dog* on a Whole Wheat Bun Creamy Potato Salad Calico Baked Beans* Chilled Applesauce Lowfat Milk Choices</p>	<p>Texas Chili w/Shredded Cheese Warm Mini Corn Bread Loaf Fresh Baby Carrots & Crunchy Jicama Sticks Fresh Fruit Lowfat Milk Choices</p>
<p>School is not in Session</p>	<p>Popcorn Chicken with Sweet & Sour Sauce Steamed Brown Rice & Broccoli Crunchy Baby Carrots Chilled Applesauce Lowfat Milk Choices</p>	<p>Sizzling Chicken Fajita w/ Fixings Fiesta Rice Bold Black Bean Salsa Fresh Celery Stix Diced Pears Lowfat Milk Choices Pudding</p>	<p>Toasty Grilled Cheese Sandwich Creamy Tomato Soup Crunchy Garden Veggies w/Red Pepper Hummus Fresh Fruit Lowfat Milk Choices</p>
<p>Cheeseburger on a Whole Wheat Bun Pickle Slices Sweet Potato Confetti Tots Chilled Peaches Lowfat Milk Choices</p>	<p>Mexican Taco with Fixings Zesty Salsa Refried Beans Whole Kernel Corn Fresh Fruit Lowfat Milk Choices</p>	<p>Baked Italian Hero Sandwich* with Garden Fresh Fixings Pickle Spear Crisp Baby Carrots Pineapple Tidbits Lowfat Milk Choices Bug Bite Graham Crackers</p>	<p>Turkey Gravy over Mashed Potatoes Seasoned Broccoli Whole Grain Dinner Roll Fresh Fruit Lowfat Milk Choices</p>
<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>
<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p>
<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>
<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>
<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>
<p>31</p>	<p>32</p>	<p>33</p>	<p>34</p>
<p>35</p>	<p>36</p>	<p>37</p>	<p>38</p>
<p>39</p>	<p>40</p>	<p>41</p>	<p>42</p>
<p>43</p>	<p>44</p>	<p>45</p>	<p>46</p>
<p>47</p>	<p>48</p>	<p>49</p>	<p>50</p>



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Build a Healthy Breakfast Choice of</p> <ul style="list-style-type: none"> • Yogurt or Cold Cereal, Hot Oatmeal w/Berries, Raisins, Granola & Graham Crackers or • Smuckers Uncrustable or Soy Butter & Jelly Sandwich on Whole Grain Bread 	<p>Build a Healthy Breakfast Choice of</p> <ul style="list-style-type: none"> • Yogurt or Cold Cereal, Hot Oatmeal w/Berries, Raisins, Granola & Graham Crackers or • Granola Breakfast Round 	<p>Build a Healthy Breakfast Choice of</p> <ul style="list-style-type: none"> • Yogurt or Cold Cereal, Hot Oatmeal w/Berries, Raisins, Granola & Graham Crackers or • Fresh Baked Whole Grain Cinnamon Rolls 	<p>Build a Healthy Breakfast Choice of</p> <ul style="list-style-type: none"> • 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 	<p>Build a Healthy Breakfast Choice of</p> <ul style="list-style-type: none"> • Yogurt or Cold Cereal, Hot Oatmeal w/Berries, Raisins, Granola & Graham Crackers or • Assorted Whole Grain Breakfast Bread

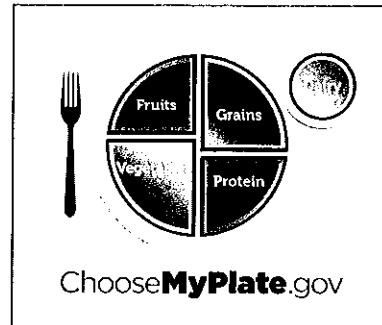
Daily breakfast options include: fruit, juice and low fat milk.

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 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.



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
tonjcunn@hibbing.k12.mn.us

Or call:
218-208-0854