

# March

## 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](http://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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				<ul style="list-style-type: none"> <li>• Mini Corn dogs</li> <li>• Ranch Tater Tots</li> <li>• Baked Beans*</li> <li>• Whole Wheat Bread</li> <li>• Mixed Fruit Cup</li> <li>• Lowfat Milk Choices</li> </ul>	1
<ul style="list-style-type: none"> <li>• Hamburger on a Whole Wheat Bun</li> <li>• Pickle Slices</li> <li>• Sweet Potato Confetti Tots</li> <li>• Chilled Peaches</li> <li>• Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>• Mexican Taco w/Fixings</li> <li>• Zesty Salsa</li> <li>• Refried Beans</li> <li>• Whole Kernel Corn</li> <li>• Fresh Fruit</li> <li>• Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>• Pizza Crunchers w/Marinara Sauce</li> <li>• Garden Green Salad</li> <li>• Crisp Baby Carrots</li> <li>• Pineapple Tidbits</li> <li>• Lowfat Milk Choices</li> <li>• Bug Bite Graham Crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Roasted Turkey Gravy over Mashed Potatoes</li> <li>• Seasoned Broccoli</li> <li>• Whole Grain Dinner Roll</li> <li>• Fresh Fruit</li> <li>• Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>• School is not in Session</li> </ul>	4 5 6 7 8
<ul style="list-style-type: none"> <li>• Pepperoni* Pizza</li> <li>• Crisp Mixed Greens w/Balsamic Vinaigrette</li> <li>• Whole Kernel Corn</li> <li>• Chilled Peaches</li> <li>• Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>• French Toast Sticks</li> <li>• Savory Turkey Sausage Patty*</li> <li>• Crispy Hashbrowns</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>• Steamed Green Beans</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>• Pulled Pork* on a Whole Wheat Bun</li> <li>• Pickle Slices</li> <li>• Whole Kernel Corn</li> <li>• Creamy Coleslaw</li> <li>• Fresh Fruit</li> <li>• Lowfat Milk Choices</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>	11 12 13 14 15
<ul style="list-style-type: none"> <li>• Chicken Patty on Whole Wheat Bun w/Sriracha Sauce &amp; Shredded Lettuce</li> <li>• Au Gratin Potatoes</li> <li>• Pineapple Tidbits</li> <li>• Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>• Shaved Deli Turkey Breast on Whole Wheat Bread w/Shredded Lettuce</li> <li>• Pickle Spear</li> <li>• Rotini Ranch Salad</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>• Cheeseburger on a Whole Wheat Bun</li> <li>• Pickle Slices</li> <li>• Creamy Potato Salad</li> <li>• Crunchy Celery Sticks</li> <li>• Chilled Applesauce</li> <li>• Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>• Creamy Penne Chicken Alfredo</li> <li>• Garden Fresh Spinach 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>• Shrimp Poppers</li> <li>• Oven Brownded Potatoes</li> <li>• Steamed Peas &amp; Carrots</li> <li>• Mixed Fruit Cup</li> <li>• Lowfat Milk Choices</li> </ul>	18 19 20 21 22
<ul style="list-style-type: none"> <li>• Cheesy Chicken Pot Pie topped with Buttermilk Biscuit</li> <li>• Strawberry Spinach Salad w/Poppy Seed Dressing</li> <li>• Fresh Broccoli Bites</li> <li>• Mandarin Oranges</li> <li>• Lowfat Milk Choices</li> <li>• Cookie</li> </ul>	<ul style="list-style-type: none"> <li>• Nachos w/Meat &amp; Cheese Sauce</li> <li>• Bold Black Bean Salsa</li> <li>• Whole Kernel Corn</li> <li>• Fresh Fruit</li> <li>• Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>• Hot Dog* on a Whole Wheat Bun</li> <li>• Creamy Potato Salad</li> <li>• 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 Ham &amp; Cheese Sandwich*</li> <li>• Fresh Baby Carrots &amp; Crunchy Jicama Sticks</li> <li>• Deli Coleslaw</li> <li>• Fresh Fruit</li> <li>• Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>• Schoolmade Cheese Pizza</li> <li>• Seasoned Green Beans</li> <li>• Tossed Salad</li> <li>• Whole Wheat Bread</li> <li>• Diced Pears</li> <li>• Lowfat Milk Choices</li> </ul>	25 26 27 28 29

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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.



**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
Build a Healthy Breakfast Choice of • Cereal, Yogurt or Hot Oatmeal w/Berries, Raisins, Granola & Graham Crackers or • Whole Grain Mini Breakfast Loaf & Mozzarella Cheese Stick	Build a Healthy Breakfast Choice of • Cereal, Yogurt or Hot Oatmeal w/Berries, Raisins, Granola & Graham Crackers or • Breakfast Pizza	Build a Healthy Breakfast Choice of • Cereal, Yogurt or Hot Oatmeal w/Berries, Raisins, Granola & Graham Crackers or • Fresh Baked Whole Grain Cinnamon Roll	Build a Healthy Breakfast Choice of • Cereal, Yogurt or Hot Oatmeal w/Berries, Raisins, Granola & Graham Crackers or • Fluffy Scrambled Eggs with Turkey Sausage Patty • Potato Wedges	Build a Healthy Breakfast Choice of • Cereal, Yogurt or Hot Oatmeal w/Berries, Raisins, Granola & Graham Crackers or • Whole Grain Dutch Waffle

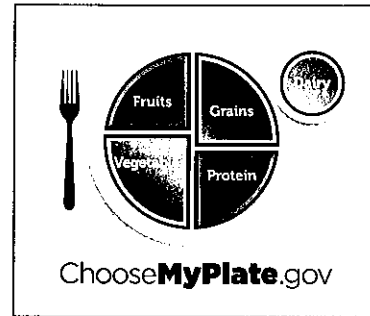
Daily breakfast options include: fruit, juice and low fat milk.

**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