MOUNTAIN IRON-BUHL RANGERS

SEPTEMBER 2026

DAILY LUNCH PRICES

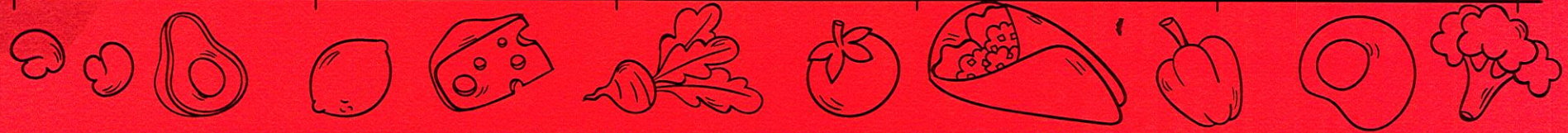
ELEM	SEC	ADULT
$0.00	$0.00	$5.30

MILK 65¢

INNOVATIVE NUTRITION MARKETPLACE CAFETERIA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SCHOOL IS NOT IN SESSION	1 SCHOOL IS NOT IN SESSION	2 SCHOOL IS NOT IN SESSION	3 SCHOOL IS NOT IN SESSION	4 SCHOOL IS NOT IN SESSION
7 SCHOOL IS NOT IN SESSION	8 • HAMBURGER ON A WW BUN • PICKLE SLICES • SWEET POTATO CONFETTI TOTS • CHILLED PEACHES • LOWFAT MILK CHOICES	9 • MEXICAN TACO W/FIXINGS • ZESTY SALSA • REFRIED BEANS • WHOLE KERNEL CORN • FRESH FRUIT • LOWFAT MILK CHOICES	10 • CHICKEN NUGGETS • MACARONI & CHEESE • STEAMED GREEN BEANS • CRUNCHY FRESH VEGETABLES • MIXED FRUIT CUP • LOWFAT MILK CHOICES	11 • SHRIMP POPPERS • OVEN BROWNED POTATOES • PEAS & CARROTS • CHILLED APPLESAUCE • LOWFAT MILK CHOICES
14 • PEPPERONI PIZZA * • CRISP MIXED GREENS W/ • BALSAMIC VINAIGRETTE • WHOLE KERNEL CORN • CHILLED PEACHES • LOWFAT MILK CHOICES	15 • FRENCH TOAST STICKS • SAVORY TURKEY SAUSAGE PATTY * • CRISPY HASHBROWN • TANGY CHILLED TOMATO JUICE • FRESH FRUIT • LOWFAT MILK CHOICES	16 • SUPER DELI SUB SANDWICH* W GARDEN FRESH FIXINGS • PICKLE SPEAR • CRISP BABY CARROTS AND • CUCUMBER SLICES • PINEAPPLE TIDBITS • LOWFAT MILK CHOICES • BUG BITE GRAHAM CRACKERS	17 • TOASTY GRILLED CHEESE SANDWICH • CREAMY TOMATO SOUP • CRUNCHY BROCCOLI BITES W/RED PEPPER HUMMUS • FRESH FRUIT • LOWFAT MILK CHOICES	18
21 • CHICKEN PATTY ON WW BUN W/SRIRACHA SAUCE & SHREDDED LETTUCE • AUGRATIN POTATOES • PINEAPPLE TIDBITS • LOWFAT MILK CHOICES	22 • SHAVED DELI TURKEY BREAST ON WW BREAD W/ SHREDDED LETTUCE • PICKLE SPEAR • ROTINI RANCH SALAD • TANGY CHILLED TOMATO JUICE • FRESH FRUIT • LOWFAT MILK CHOICES • BAKED CHIPS	23 • HAMBURGER ON WW BUN • PICKLE SLICES • BAKED BEANS* • CRUNCHY CELERY STICKS • CHILLED APPLESAUCE • LOWFAT MILK CHOICES	24 • ITALIAN WW PASTA W/MEATSAUCE • GARDEN FRESH ROMAINE SALAD • CRISP BABY CARROTS • GARLIC BREAD • FRESH FRUIT • LOWFAT MILK CHOICES	25
28 • DRESS YOUR DOG DAY! • HOT DOG * ON WW BUN WITH CHOICE OF: CHILI, CHEESE & RELISH • CREAMY POTATO SALAD • CALICO BAKED BEANS • CHILLED APPLESAUCE • LOWFAT MILK CHOICES • PUDDING CUP	29 • NACHOS W/ MEAT & CHEESE SAUCE • ZESTY SALSA • WHOLE KERNEL CORN • FRESH FRUIT • LOWFAT MILK CHOICES	30 • CHICKEN STIX • OVEN BROWNED POTATOES • STRAWBERRY SPINACH SALAD W/POPPY SEED DRESSING • FRESH BROCCOLI BITES • WHOLE WHEAT BREAD • DICED PEARS • LOWFAT MILK CHOICES		

*THIS ITEM CONTAINS PORK



Make checks payable to ISD #712. Check pre-payment amount @ www.wordwareinc.com • Click on Family Account Login (upper right hand corner of the website) Choose state code • On next screen, choose School District
Enter Family ID #, found in top right hand corner of your statements • Enter PIN #, (last four digits of your phone number.) If you are unable to access your account, please call Tina after 12:30 p.m. @ 218-735-8271 ext. 1056 8659 Unity Drive • Mt. Iron, MN 55768

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 and
- 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 and
- Fruit Assortment or Fruit Juice

FRI **SCHOOL IS NOT IN SESSION**

MOUNTAIN IRON BUHL RANGERS

PLEASE ASSIST

Please note: Families who qualified for benefits the previous year must resubmit a completed "Application for Educational Benefits" form by October 29, 2026 to continue receiving benefits.

Mountain Iron-Buhl 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.

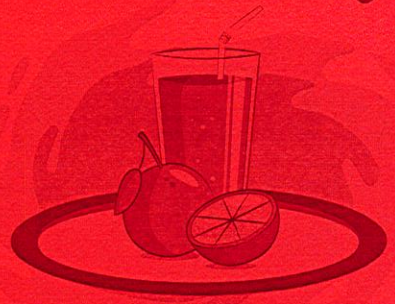
A variety of milk available. Lactose reduced milk will be available.

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

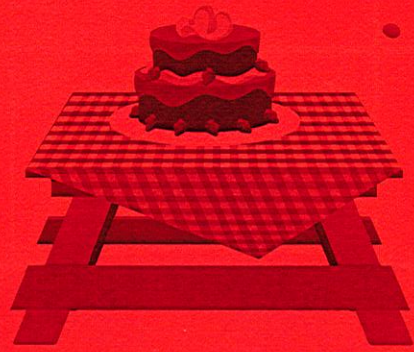
- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

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:

Amy Turner amy.turner@rrps.org | Or call: 218-742-3660

Elem	$0.00
Sec	$0.00
Adult	$3.20

Call 218-742-3660 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.