

January 2025

breakfast
happy new year!

This institute is an equal opportunity provider.
Menu subject to change

Keet Elementary School January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
<i>Holiday</i>	<i>Holiday</i>	Breakfast Burrito! Breakfast Burrito Or Cereal with Graham Crackers Peaches Grape Juice Choice of Milk	Eggs & Tots Day! Egg Patty & Tater Tots Or Muffin Pears and Raisins Choice of Milk	Oatmeal Friday Hot Oatmeal Bar or Cereal (WG) with Graham Crackers Oranges or Raisins Orange Juice Choice of Milk
13	14	15	16	17
Bagels or Muffins Day! Bagel (WG) with Cream Cheese or Muffin (WG) Pears or Raisins Apple Juice Choice of Milk	Pancake Day! Pancakes and Sausage or Granola Bar with String Cheese Mixed Fruit or Applesauce Choice of Milk	Breakfast Taco! Breakfast Taco (WG) Or Bagel with Cream Cheese Peaches or Craisins Apple Juice Choice of Milk	Waffle Day! Waffles (WG) and Egg Patty or Granola Bar with String Cheese Applesauce Cup or Pears Grape Juice Choice of Milk	Oatmeal Friday Hot Oatmeal Bar or Cereal (WG) with Graham Crackers Oranges or Raisins Orange Juice Choice of Milk
20	21	22	23	24
<i>Holiday</i>	Breakfast Burrito! Breakfast Burrito Or Bagel with Cream Cheese Peaches and Grape Juice Choice of Milk	Eggs & Tots Day! Egg Patty & Tater Tots Or Cereal with Graham Crackers Pears and Raisins Choice of Milk	Breakfast Sandwich Day Breakfast Sandwich or Bagel with Cream Cheese or Peanut Butter Peaches or Craisins Apples Juice Choice of Milk	Oatmeal Friday Hot Oatmeal Bar or Cereal (WG) with Graham Crackers Oranges or Raisins Orange Juice Choice of Milk
26	27	28	29	30
Bagels or Muffins Day! Bagel (WG) with Cream Cheese or Muffin (WG) Oranges or Raisins Apple Juice Choice of Milk	French Toast Day! French Toast and Breakfast Sausage or Cereal with Cinnamon Goldfish Pears or Applesauce Choice of Milk	Breakfast Pizza! Breakfast Pizza or Bagel with Cream Cheese Peaches or Craisins Choice of Milk	Pancake Day! Pancakes and Sausage or Granola Bar with String Cheese Mixed Fruit or Applesauce Choice of Milk	Oatmeal Friday Hot Oatmeal Bar or Cereal (WG) with Graham Crackers Oranges or Raisins Orange Juice Choice of Milk

nutrition corner

Pears



- Promotes gut health
- Rich in fiber
- Anti-inflammatory
- Boost heart health

healthline.com



Choose MyPlate.gov

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Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
<i>Holiday</i>	<i>Holiday</i>	<i>Corn Dog Day!</i> Corn Dog Fresh Carrots Peaches Choice of Milk	<i>Mac & Cheese Day!</i> Beefy Macaroni & Cheese Green Beans Pears Choice of Milk	<i>Pizza Friday!</i> Pepperoni Pizza Or Cheese Pizza Broccoli Pineapple Choice of Milk
13	14	15	16	17
<i>Fish Sticks!</i> Fish Sticks (WG) Tater Tots Green Beans Applesauce Choice of Milk	<i>Beef Taco Day!</i> Beef Taco Tortilla (WG) Black Beans Oranges Choice of Milk	<i>Orange Chicken!</i> Orange Chicken Brown Rice (WG) Carrots Peaches Choice of Milk	<i>Hot Dog Day!</i> Hot Dog Hot Dog Bun (WG) Green Beans Mixed Fruit Choice of Milk	<i>Pizza Friday!</i> Pepperoni Pizza Or Cheese Pizza Broccoli Pineapple Choice of Milk
20	21	22	23	24
<i>Holiday</i>	<i>Pulled Pork Sandwich!</i> Pulled Pork Bun (WG) Baked Beans Oranges Choice of Milk	<i>Alaska Seafood Day!</i> Fish Tacos with Slaw Tortilla (WG) Coleslaw Green Beans Mixed Fruit Choice of Milk	<i>Chicken Drumstick!</i> Chicken Drumstick Dinner Rolls (WG) Tater Tots Applesauce Choice of Milk	<i>Pizza Friday!</i> Pepperoni Pizza Or Cheese Pizza Broccoli Pineapple Choice of Milk
26	27	28	29	30
<i>Chicken Sandwich</i> Chicken Sandwich (WG) Corn Applesauce Cups Choice of Milk	<i>Beef Taco Day!</i> Beef Taco Tortilla (WG) Black Beans Oranges Choice of Milk	<i>Chicken & Waffles</i> Chicken Nuggets & Waffle (WG) Green Beans Mixed Fruit Choice of Milk	<i>Pasta Day</i> Meat Sauce Pasta (WG) Carrots Apples Choice of Milk	<i>Pizza Friday!</i> Pepperoni Pizza Or Cheese Pizza Broccoli Pineapple Choice of Milk

Join us for
Alaska Fish to Schools
on January 22!

