

# October 2025

# Knights Cafe



Mon

Tue

Wed

Thu

Fri

It's fall  
y'all



1  
Fruit & Yogurt Parfait  
**ORANGE CHICKEN**

2  
Bagel or Bagel Bar  
**PIZZA DAY!**

3  
Concha Sweet Bread  
**FRANKEN-BEAN BURRITO**  
*with cheese*



6

7

8

9

10

Fall break - no school



13  
Pumpkin Tomb-Scone  
**WITCH FINGERS**  
*Chicken Tenders*

14  
Lemon Square  
**SOFT PRETZEL & CHEESE**

15  
Fruit & Yogurt Parfait  
**SCARY-YAKI CHICKEN**

16  
Breakfast Bar Variety  
**PIZZA DAY!**

17 *Nat'l Pasta Day!*  
Mini Pancakes  
**SPOOK-ETTI & GARLIC KNOT**  
*with beef crumbles*

20  
Egg & Bacon Scramble  
**BEEFY CHILI & CORNBREAD**

21 *Nat'l Apple Day!*  
Fall Apple Baked Goods  
**LOADED NACHOS**  
*Internat'l Nacho Day!*

22  
Fruit & Yogurt Parfait  
**JUMBO CORN DOG**

23  
Dracula Donut Bites  
**PIZZA DAY!**

24  
Pumpkin Bread  
**GRILLED CHEESE**



27  
Fresh Baked Muffin  
**HAUNTED STREET TACOS**

28 *Nat'l Chocolate Day!*  
Chocolate Baked Goods  
**SUNBUTTER & JELLY or PBJ**

29  
Fruit & Yogurt Parfait  
**FRANKEN-BEAN BURRITO**  
*with cheese*

30  
Sweet Concha Bread  
**PIZZA DAY!**

31 *Nat'l Breadstick Day!*  
Boo-Berry Pie Bars  
**CHEESY BROOMSTICKS**



**VEGETARIAN OPTION** available daily on NES campus  
**MILK 50¢** without complete meal or for additional  
**SECONDS** are available for purchase at full price

Students will complete their meals by selecting 1/2 a cup of fruit &/or vegetables from our Garden Bar or Fruit Cart, which may include local, fresh, or organic varieties.

**BREAKFAST INCLUDES:** Fruit, cheese stick & milk of choice

**LUNCH INCLUDES:** Garden Bar & milk of choice

**MENU SUBJECT TO CHANGE WITHOUT NOTICE** due to product availability & unforeseen circumstances. Meals will follow USDA Meal Pattern requirements.

**Questions? Please contact the Nutrition Services Manager:**  
ckrslovic@newcastle.k12.ca.us 916.663.3307 ext. 2217

