

November 2025

Knights Cafe

Mon	Tue	Wed	Thu	Fri
3 Cinnamon Roll SPAGHETTI & GARLIC KNOT	4 Mini Pancakes FAJITA CHICKEN & RICE	5 Fruit & Yogurt Parfait ITALIAN SUB SANDWICH	6 Bagel or Bagel Bar PIZZA DAY!	7 Breakfast Bun JUMBO CORN DOG
10 NO SCHOOL Nov. 10 th - 11 th		12 Fruit & Yogurt Parfait CHILI & CORNBREAD	13 Breakfast Bar Variety PIZZA DAY!	14 Pumpkin Bread PULLED CHICKEN MASHED POTATOES & HOLIDAY COOKIE
17 Fresh Baked Scone BURGER	18 Breakfast Bun ITALIAN SUB SANDWICH	19 Fruit & Yogurt Parfait JUMBO CORN DOG	20 Overnight Oats MUNCHABLE BOX	21 Muffin Variety SUNBUTTER & JELLY or PBJ

Happy Thanksgiving



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:
 ckslovic@newcastle.k12.ca.us 916.663.3307 ext. 2217