



MARCH 2026

KNIGHTS CAFE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

National School Breakfast Week presents "The Quest for Breakfast"!

Sir-Eggs-A-Lot Sandwich

BBQ CHICKEN & RICE

3

Berry Royal Toast

BURGER plain or cheese

4

Golden Gauntlet Parfait

JUMBO CORN DOG

5

Flapjack Fortress

PIZZA



& Locally Sourced

6

Dragon Egg Bites

MUNCHABLE



9

Fresh Baked Muffin

CHICKEN CALZONE

Minimum Day



10

Cinnamon Roll

GRILLED CHEESE

Minimum Day



11

Fruit & Yogurt Parfait

BEAN & CHEESE BURRITO

Minimum Day



12

Bagel Bar

PIZZA LUNCH KIT

Minimum Day



13

Breakfast Bar Variety

SUNBUTTER & JELLY or PBJ

Minimum Day

16

Fresh Baked Muffin

SPAGHETTI (with beef)



17

Scrambled Lucky Bites

GOLDEN CORN DOG

Natl Corn Dog Day!

18

Fruit & Yogurt Parfait

FAJITA CHICKEN

19

Bagel

PIZZA



& Locally Sourced

20

Sheet Pan Pancakes

TERIYAKI TOFU & RICE

23

Fresh Baked Muffin

BBQ CHICKEN DRUMSTICKS

24

Cinnamon Roll

CHEESY PULL-APART

25

Fruit & Yogurt Parfait

BURGER plain or cheese

26

Bagel Bar

PIZZA



& Locally Sourced



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