KNIGHTS CAFÉ at NESD

SEPTEMBER 2024

Questions? Contact Cirbie Krslovic 916-663-3307 ext 2217 ckrslovic@newcastle.k12.ca.us

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 LABOR DAY	3 CHICKEN EGGROLL & RICE Fruit, Veggie & Milk	4 HAMBURGER Fruit & Veggie Milk	5 Nat'l Cheese Pizza Day! PIZZA DAY! Fruit & Veggie Milk	CHICKEN DRUMSTICKS Fruit, Veggie & Milk
9 ORANGE CHICKEN & RICE Fruit, Veggie & Milk	JUMBO CORN DOG Fruit & Veggie Milk	1 BEAN & CHEESE BURRITO Fruit, Veggie & Milk	12 PIZZA DAY! Fruit & Veggie Milk	13 Internat'l Chocolate Day! MUNCHABLES Fruit & Veggie Milk
FRENCH TOAST STICKS & SAUSAGE Fruit, Veggie & Milk	17 CHILI & CORNBREAD Fruit & Veggie Milk	18 Nat'l Cheeseburger Day! CHEESEBURGER Fruit & Veggie Milk	19 PIZZA DAY! Fruit & Veggie Milk	20 National Queso Day! NACHOS Fruit & Veggie Milk
TERIYAKI CHICKEN & RICE Fruit, Veggie & Milk	BEAN & CHEESE BURRITO Fruit, Veggie & Milk	JUMBO CORN DOG Fruit & Veggie Milk	26 Nat'l Pancake Day! PIZZA DAY! Fruit & Veggie Milk	27 Nat'l Chocolate Milk Day! GRILLED CHEESE SANDWICH Fruit, Veggie & Milk

CHICKEN DRUMSTICKS

Fruit, Veggie & Milk

*ONE (1) FREE BREAKFAST AND

*ONE (1) FREE LUNCH EVERY SCHOOL DAY!!

Students enrolled at Newcastle Elementary and Charter School, HARVEST RIDGE COOPERATIVE CHARTER, OR ILEARN ACADEMY may have ONE (1) Free Breakfast and ONE (1) Free Lunch Meal each school day.

MUST TAKE COMPLETE MEAL TO MAKE IT REIMBURSABLE.

*Students who want a second meal may purchase at full price of \$2 for Breakfast and \$3 FOR Lunch.



MEALS INCLUDE (each day):

Breakfast – 1 Main Item, Cheese Stick, Fruit & Milk. Lunch – 1 Entrée*, Fruit / Veggie, Milk.

*2nd Option available daily on NES Campus.

MILK 50¢ without complete meal or for additional

MENU SUBJECT TO CHANGE

Menu is subject to change without notice due to product availability or unforeseen circumstances. Meals will follow required USDA Meal Pattern.

*HOW DO I GET A MEAL FOR FREE?

Students must choose an entrée, PLUS:

Breakfast: Fruit OR Fruit & Cheese Stick

Lunch: 2 Fruits OR 1 Fruit & 1 Vegetable

*California Department of Education allots one free breakfast & one free lunch for each student every school day when students complete their reimbursable meal with fruits or a fruit & vegetable.

When students do not take two servings of fruit or one serving of a fruit & vegetable, we are unable to claim a reimbursable meal, resulting in less options & variety for our food program throughout the school year. To keep a wide array of delicious menu options, including fresh fruits & fresh vegetables daily, we highly encourage students to take their fruits or fruit & vegetables (3)

Build a Healthy Breakfast







Offer Vs. Serve

Choose at least 3 items from the four offered, One must be a 1/2 cup of fruit (or vegetable).



The fourth item offered may be another grain, another fruit or veggie, or a meat or meat alternate.



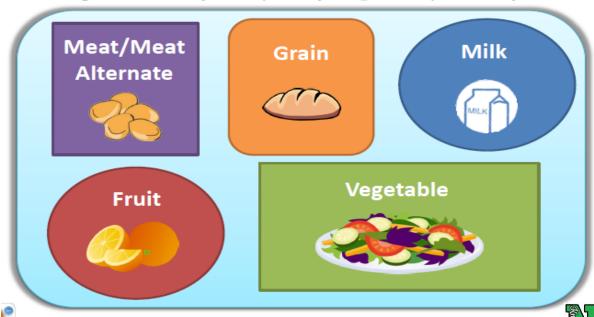
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Reimbursable Meals

Build a Healthy Lunch

YOU Get To Pick (at least) 3!
Including (at least) ½ cup Fruit, ½ cup Vegetable, or ½ cup Combo



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