

# RUMSON FAIR HAVEN HIGH SCHOOL CAFETERIA MENU

January 2024

Students \$5.50

Adults \$5.50

**Lunch Specials include:**

*Hot Entree, Vegetable, Apple, Orange or Banana and Choice of Milk or 8oz. Water*

**NAE means NO ANTIBIOTICS EVER. A Cleaner Healthier Protein Source.**  
**SIMPLIFIED CULINARY SERVICES Sources Only NAE Chicken and Turkey Products.**



## HOT ENTREES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Happy New Year School Closed	<b>2</b> Chicken Bites w/ Mac & Cheese & Fresh Fruit	<b>3</b> <u>Grilled Cheese Project</u> w/ Patty Melt Crinkle Fries, Fresh Fruit	<b>4</b> Pasta w/ Meatsauce, Caesar Salad & Fresh Fruit	<b>5</b> <u>Fiesta Friday</u> Assorted Hot Entrees Fresh Fruit
<b>8</b> Chicken Bites w/ Mashed Potatoes & Fresh Fruit	<b>9</b> <u>Rice Bowl Tuesday</u> Beef Taco w/ Salsa, Sour Cream & Fresh Fruit	<b>10</b> Chicken Burrito w/ Lettuce, Salsa, Sour Cream & Fresh Fruit	<b>11</b> Pasta w/ Meatballs, Caesar Salad & Fresh Fruit	<b>12</b> <u>Fiesta Friday</u> Assorted Hot Entrees Fresh Fruit
<b>15</b> Martin Luther King Day	<b>16</b> Crispy Chicken Sandwich w/ Seasoned Fries & Fresh Fruit	<b>17</b> Philly Cheesesteak w/ Potato Wedges, Fresh Fruit	<b>18</b> Pasta w/ Meatsauce, Tossed Salad & Fresh Fruit	<b>19</b> <u>Fiesta Friday</u> Assorted Hot Entrees Fresh Fruit
<b>22</b> Chicken Bites w/ Potato Wedges & Fresh Fruit	<b>23</b> <u>Rice Bowl Tuesday</u> Chicken Fajita w/ Salsa, Sour Cream & Fresh Fruit	<b>24</b> Grass Fed Burger w/ French Fries, Fresh Fruit	<b>25</b> Chicken Parm w/ Pasta, Tossed Salad & Fresh Fruit	<b>26</b> <u>Fiesta Friday</u> Assorted Hot Entrees Fresh Fruit
<b>29</b> Crispy Chicken Sandwich w/ Tater Tots & Fresh Fruit	<b>30</b> <u>Rice Bowl Tuesday</u> Chicken or Beef Teriyaki w/ Steamed Broccoli & Fresh Fruit	<b>31</b> <u>Grilled Cheese Project</u> w/ BBQ Pulled Pork Cole Slaw, Fresh Fruit		

*Simplified Culinary Services is Proud to say we Can and Do accomodate  
Many dietary Needs and Requests. Just Ask!*

**Like Us On Instagram!! [simplifiedculinary\\_rfhcafe](#)**

*Rumson Fair Haven High School January 2024*

## ***A LA CARTE MENU***

*Hand Crafted Sandwiches on Freshly Baked Artisan Bread*

*Available Daily*

*Organic Garden Fresh Salads & Noodle Bowls  
Hand Cut Organic Fruit, Yogurt Parfaits, Overnight Oats,  
Chia Power Cups*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  Happy New Year School Closed	2  Mozzarella Sticks	3  Assorted Hand Tossed Pizza (Plain or Gluten Free)	4  The Pennetti's Ranch Chicken Cheddar Wrap	5  Chicken Fingers (Plain or Buffalo Style)
8  Deluxe Philly Cheesesteak	9  Boneless Chicken Wings (Chefs Sauces)	10  Mozzarella Sticks	11  Crispy Chicken Sandwich with lettuce & tomato on a Pretzel Roll	12  Chicken Fingers (Plain or Buffalo Style)
15  Martin Luther King Birthday	16  Mozzarella Sticks	17  Hand Tossed Pizza (Plain or Gluten Free)	18  Chicken Caesar Wrap	19  Chicken Fingers (Plain or Buffalo Style)
22  Deluxe Philly Cheesesteak	23  Boneless Chicken Wings (Chefs Sauces)	24  My Own Pizza	25  Mozzarella Sticks	26  Chicken Fingers (Plain or Buffalo Style)
29  Pasta w/ Chef's Sauces	30  Mozzarella Sticks	31  Assorted Hand Tossed Pizza (Plain or Gluten Free)		

***Specialty Salad Bowls Daily \$7.75***

# **Toasted Menu**

**All of Our Sandwiches are served on Baked Fresh Daily Artisan Bread**

**And Panini Pressed To Order**

**RFH Turkey and Swiss-** NAE Roasted Turkey Breast slice thin with Swiss Cheese on

Thick Sliced Pane de Casa (the favorite year after year)

**The Big Italian-** Ham, Genoa Salami, Aged Provolone, Lettuce, Tomato, Seasoning on a

Classic Sub Roll

**Fresh Mozzarella Tomato & Basil-** Thick slices of Fresh Mozz, Tomatoes and Fresh Basil (we grow it) on Crusty Seeded Semolina French Bread

**Chipotle Chicken Club-** This one is BIG. Crispy Chicken Tenders, Bacon, Cheddar, Lettuce, Tomato, Chipotle Ranch on a Seeded Semolina Hero

**Grilled Chicken Balsamic-** Grilled Organic Chicken Breast, Roasted Red Peppers, Mozzarella, Greens, Our Famous Balsamic Glaze on a 7 Grain Hero

**Chicken Cutlet-** Breaded Chicken Cutlet, Provolone, Roasted Red Peppers, Basil on a

Ciabatta Hero

**Grilled Chicken Pesto-** Grilled Organic Chicken Breast, House Made Pesto, Sliced Tomato, Shaved Parmesan on a Brioche Roll

**Buffalo Chicken-** Crispy Chicken Tenders Tossed in Our Homemade Buffalo Sauce, Cheddar, Sliced Jalapeno, Lettuce, Tomato, Ranch on a Portuguese Roll

**Turkey BLAT-** NAE Roasted Turkey Breast Sliced Thin, Bacon, Lettuce, Avocado, American Cheese, Tomato on Thick Sliced 7 Grain Bread

## **Greens & Things**

**All of Our Fruit & Veggies are Locally Sourced (when possible)  
And Organic**

**Classic Caesar Salad-** Crisp Romaine, Seasoned Croutons, Shaved Parmesan Cheese, House Made Creamy Caesar Dressing

**Grilled or Crispy Chicken Caesar Salad-** Crisp Romaine, Grape Tomatoes, Seasoned Croutons, Shaved Parmesan, House Made Creamy Caesar Dressing, Your Choice Of Grilled or Crispy Organic Chicken

**Southwest Crispy Chicken Salad-** Crisp Mixed Greens, Black Bean & Corn Salsa, Cheddar Cheese, Diced Tomatoes, Tortilla Strips, House Made Chipotle Ranch Dressing, Crispy Organic Chicken

**Loaded Garden Salad-** Crisp Mixed Greens, Seasonal Veggies, Chick Peas, Toasted Walnuts, House Made Balsamic Dressing

**Buddha Noodle Bowl-** Greens, Edamame, Broccoli, Carrot, Celery, Bell Pepper, Cucumber, Squash, Toasted Sesame Seeds, House Made Sesame Ginger Dressing, Your Choice of Soba Noodles or Gluten Free Rice Noodles

**Fresh Fruit & Yogurt Parfait-** Layers of Low Fat Vanilla and Strawberry Yogurt, Fresh Berries, House Made Gluten Free Granola (contains nuts)

**Hand Cut Fresh Fruit Cups-** Assorted Fresh Fruit and Berries

**Overnight Oats-** Vegan and Gluten Free, Assorted Flavors

**Chia Pudding-** Vegan and Gluten Free, Assorted Flavors