

RUMSON FAIR HAVEN HIGH SCHOOL CAFETERIA MENU

March 2024

Students \$5.50

Adults \$5.50

Lunch Specials include:

Hot Entree, Homemade Soup, Vegetable, Apple Orange or Banana, Milk or 8 oz. 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
				1 Fiesta Friday Assorted Hot Entrees w/ Fresh Fruit and Chefs Special Soup
4 Chicken Bites w/ Mashed Potatoes, Fresh Fruit & Homemade Soup	5 <u>Rice Bowl Tuesday</u> Chicken Fajita w/ Fresh Fruit and Homemade Cheddar	6 Quesa-Taco w/ Mexi-beans, Fresh Fruit & Homemade Soup	7 Pasta w/ Meatballs Tossed Salad, Fresh Fruit & Homemade Soup	8 Fiesta Friday Assorted Hot Entrees w/ Fresh Fruit and
11 Chicken Bites w/ Tater Tots, Fresh Fruit & Homemade Soup	12 <u>Rice Bowl Tuesday</u> Grilled Chicken Gyro w/ Fresh Fruit and Homemade Soup	13 Grass Fed Burger w/ Curly Fries, Fresh Fruit and Homemade Soup	14 NAE Chicken Parm w/ Pasta, Caesar Salad Fresh Fruit & Homemade Soup	15 Fiesta Friday Assorted Hot Entrees w/ Fresh Fruit and
18 Crispy Chicken Sandwich w/ French Fries, Fresh Fruit & Homemade Soup	19 <u>Rice Bowl Tuesday</u> J. Beaver's Steak or Chicken Teriyaki w/ Steamed Broccoli, Homemade Soup	20 Chicken Quesadilla w/ Rice & Beans, Fresh Fruit and Homemade Soup	21 Pasta w/ Meat Sauce, Caesar Salad, Fresh Fruit & Homemade Soup	22 Fiesta Friday Assorted Hot Entrees w/ Fresh Fruit and
25 Chicken Bites w/ Potato Wedges, Fresh Fruit & Homemade Soup	26 <u>Grilled Cheese Project</u> w/ Jersey Pork Roll, Breakfast Taters, Fresh Fruit and Homemade Soup	27 California Burrito w/ Lettuce, Salsa, Sour Cream, Fresh Fruit & Homemade Soup	28 <u>Fiesta Thursday</u> Assorted Hot Entrees w/ Fresh Fruit and	29 SPRING RECESS BEGINS

*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 March 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 Chicken Fingers (Plain or Buffalo Style)
4 Grilled Cheese with Bacon	5 Boneless Chicken Wings w/ Chefs Sauces	6 Assorted Hand Tossed Pizza (Gluten FreeAvailable)	7 Mozzarella Sticks	8 Chicken Fingers (Plain or Buffalo Style)
11 Deluxe Philly Cheesesteak	12 Crispy Chicken Sandwich on a Pretzel Roll w/ Lettuce and Tomato	13 Assorted Hand Tossed Pizza (Gluten FreeAvailable)	14 Mozzarella Sticks	15 Chicken Fingers (Plain or Buffalo Style)
18 Cheese Quesadilla (with salsa & sour cream)	19 Chicken Caesar Wrap	20 Assorted Hand Tossed Pizza (Gluten FreeAvailable)	21 Mozzarella Sticks	22 Chicken Fingers (Plain or Buffalo Style)
25 Mozzarella Sticks	26 Ranch Chicken Cheddar Wrap	27 Assorted Hand Tossed Pizza (Gluten FreeAvailable)	28 Chicken Fingers (Plain or Buffalo Style)	29  SPRING RECESS BEGINS

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

