

# RUMSON FAIR HAVEN HIGH SCHOOL CAFETERIA MENU

*September 2023*

**Students \$5.50**

**Adults \$5.50**

**Lunch Specials include:**

*Hot Entree, Soup of the Day, Vegetable, Fruit and Choice of Milk or 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 <b>School Closed</b>
4 <b>Labor Day School Closed</b>	5 NAE Chicken Bites Tater Tots and Fresh Fruit	6 Grass Fed Cheeseburger w/ French Fries and Fresh Fruit	7 Pasta w/ Grassfed Meatballs, Caesar Salad, Fresh Fruit	8 <u>Fiesta Friday</u> Assorted Chefs Creations
11 NAE Chicken Bites French Fries and Fresh Fruit	12 <u>Rice Bowl Tuesday</u> Beef Taco w/ All The Fixings and Fresh Fruit	13 NAE Chicken Sandwich w/ French Fries, Fresh Fruit	14 Chicken & Vegetable Lo Mein w/ Fresh Fruit	15 <u>Fiesta Friday</u> Assorted Chefs Creations
18 NAE Chicken Bites French Fries and Fresh Fruit	19 <u>Rice Bowl Tuesday</u> Chicken Teriyaki w/ Steamed Broccoli, Fresh Fruit	20 <u>Grilled Cheese Project</u> Philly Cheesesteak w/ Waffle Fries, Fresh Fruit	21 Pasta w/ Grassfed Meatballs, Caesar Salad, Fresh Fruit	22 <u>Fiesta Friday</u> Assorted Chefs Creations
25 <b>Yom Kippur School Closed</b>	26 NAE Chicken Bites French Fries and Fresh Fruit	27 Beef Burrito w/ Spanish Rice and Fresh Fruit	28 Blackened Chicken Pasta Primavera w/ Fresh Fruit	29 <u>Fiesta Friday</u> Assorted Chefs Creations

***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 September 2023*

## ***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  School Closed
4  Labor Day School Closed	5  Cheese Quesadilla	6  Chicken Fingers (Plain or Buffalo Style)	7  Deluxe Crispy Chicken Sandwich	8  Chicken Fingers (Plain or Buffalo Style)
11  Deluxe Philly Cheesesteak	12  Chicken Fingers (Plain or Buffalo Style)	13  Assorted Hand Tossed Pizza Plain, or Gluten Free	14  Mozzarella Sticks	15  Chicken Fingers (Plain or Buffalo Style)
18  Cheese Quesadilla	19  Mozzarella Sticks	20  Assorted Hand Tossed Pizza Plain, or Gluten Free	21  Deluxe Crispy Chicken Sandwich	22  Chicken Fingers (Plain or Buffalo Style)
25  Yom Kippur School Closed	26  Mozzarella Sticks	27  Deluxe Crispy Chicken Sandwich	28  The Pennetti's Ranch Chicken Cheddar Wrap	29  Chicken Fingers (Plain or Buffalo Style)

***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