

RUMSON FAIR HAVEN HIGH SCHOOL CAFETERIA MENU

June 2025

Students \$5.75

Adults \$5.75

Lunch Specials include:

Hot Entree, Homemade Soup, Vegetable, Apple Orange or Banana and 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

**All Menus Are Subject To Change*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NAE Chicken Bites w/ Tater Tots, Fresh Fruit and Homemade Soup	3 <u>Rice Bowl Tuesday</u> Assorted Options w/ Fresh Fruit and Homemade Soup	4 Cheeseburger w/ Tossed Salad, Fresh Fruit & Homemade Soup	5 Grilled Chicken Pesto Pasta w/ Tossed Salad, Fresh Fruit & Homemade Soup	6 <u>**The Final Fiesta</u> <u>Friday of The Year</u> Assorted Hot Entrees
9 NAE Chicken Bites w/ French Fries, Fresh Fruit and Homemade Soup	10 <u>Rice Bowl Tuesday</u> Assorted Options w/ Fresh Fruit and Homemade Soup	11 <u>Early Dismissal</u> Breakfast & Snacks Only	12 <u>Early Dismissal</u> Breakfast & Snacks Only	13 <u>Early Dismissal</u> Breakfast & Snacks Only
16 <u>Early Dismissal</u> Breakfast & Snacks Only	17 Graduation Cafeteria Closed			
	Best Wishes Seniors!			

*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 June 2025

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
2 Deluxe Philly Cheesesteak	3 Mozzarella Sticks	4 **Slice-Abilities (Plain, or Gluten Free)	5 Chipotle Ranch Chicken Cheddar Wrap FINALE!	6 Chicken Fingers (Plain or Buffalo Style) FINALE!
9 Steak or Chicken Quesadilla	10 Boneless Wings w/ Chef's Sauces	11 <u><i>Early Dismissal</i></u> Breakfast & Snacks Only	12 <u><i>Early Dismissal</i></u> Breakfast & Snacks Only	13 <u><i>Early Dismissal</i></u> Breakfast & Snacks Only
16 <u><i>Early Dismissal</i></u> Breakfast & Snacks Only	17 <i>Graduation Cafeteria Closed</i>			
	<i>Best Wishes Seniors!</i>			

**All Menus Are Subject To Change*

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

Grilled Cheese- American & Provolone on Thick Sliced Brioche

Grilled Cheese with Bacon- American & Provolone, Bacon on Thick Sliced Brioche

BLT- Bacon, Lettuce, Tomato on Freshly Baked Pane de Casa

Nutella- on Sliced Italian Bread

Grilled Cheese- American & Provolone on Thick Sliced Brioche

Chicken Caesar Wrap- Grilled Chicken, Romaine, Croutons, Shaved Parm in a Spinach Wrap

Buffalo Chicken Wrap- Crispy Chicken Tossed in our Spicy Buffalo Sauce, Romaine, Tomatoes, Cheddar, Ranch in a Whole Wheat Wrap

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, **Gluten Free Available**

Asian Chicken Salad- Teriyaki Chicken, Crisp Veggies, Mandarins, Cashews, Sesame Ginger Dressing

Mini Italian Salad- Greens, Carrots, Cucs, Cherry Tomatoes, red Onion, Italian Dressing, **Gluten Free**

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, **Gluten Free**

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