

CAFETERIA MENU

March 2025

Students \$5.75

Adults \$5.75

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

**Menu is subject to change*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Bites w/ Roasted Potatoes, Fresh Fruit & Homemade Soup	4 <u>Rice Bowl Tuesday</u> Chicken Teriyaki w/ Steamed Broccoli Fresh Fruit and Homemade Soup	5 Grass Fed Burger w/ Sweet Potato Fries, Fresh Fruit and Homemade Soup	6 NAE Chicken Parm w/ Pasta, Caesar Salad Fresh Fruit & Homemade Soup	7 <u>Fiesta Friday</u> Assorted Hot Entrees w/ Fresh Fruit and Homemade Soup
10 Chicken Bites w/ Mashed Potatoes, Fresh Fruit & Homemade Soup	11 <u>Rice Bowl Tuesday</u> Buffalo Chicken w/ Celery, Carrots, Fresh Fruit and Homemade Soup	12 Steak Quesadilla w/ Rice, Salsa, Sour Cream, Fresh Fruit and Homemade Soup	13 Pasta w/ Meat Sauce, Caesar Salad, Fresh Fruit & Homemade Soup	14 <u>Fiesta Friday</u> Assorted Hot Entrees w/ Fresh Fruit and Homemade Soup
17 Chicken Bites w/ Potato Wedges, Fresh Fruit & Homemade Soup	18 <u>Rice Bowl Tuesday</u> Grilled Chicken Gyro w/ Fresh Fruit and Homemade Soup	19 Nacho Bar w/ All The Fixings, Fresh Fruit & Homemade Soup	20 Pasta w/ Meatballs Tossed Salad, Fresh Fruit & Homemade Soup	21 <u>Fiesta Friday</u> Assorted Hot Entrees w/ Fresh Fruit and Homemade Soup
24 Chicken Bites w/ Tater Tots, Fresh Fruit & Homemade Soup	25 <u>Rice Bowl Tuesday</u> BBQ Pulled Pork w/ Crispy Onions and Homemade Soup	26 Grass Fed Burger w/ Sweet Potato Fries, Fresh Fruit and Homemade Soup	27 Blackened Chicken Pasta Primavera w/ Tossed Salad, Fresh Fruit & Homemade Soup	28 <u>Fiesta Friday</u> Assorted Hot Entrees w/ Fresh Fruit and Homemade Soup
31 Crispy Chicken Sandwich w/ French Fries, Fresh Fruit & Homemade Soup				

*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 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

**Menu is subject to change*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Deluxe Philly Cheesesteak	4 Mozzarella Sticks	5 Assorted Hand Tossed Pizza (Gluten Free Available)	6 Boneless Chicken Wings w/ Chefs Sauces	7 Chicken Fingers (Plain or Buffalo Style)
10 Mozzarella Sticks	11 Pasta w/ Chefs Sauces	12 Assorted Hand Tossed Pizza (Gluten Free Available)	13 The Pennetti's Ranch Chicken Cheddar Wrap	14 Chicken Fingers (Plain or Buffalo Style)
17 Cheese Quesadilla (with salsa & sour cream)	18 Crispy Chicken Sandwich w/ Lettuce and Tomato	19 My Own Pizza	20 Mozzarella Sticks	21 Chicken Fingers (Plain or Buffalo Style)
24 Deluxe Philly Cheesesteak	25 Mozzarella Sticks	26 Assorted Hand Tossed Pizza (Gluten Free Available)	27 Chicken Caesar Wrap	28 Chicken Fingers (Plain or Buffalo Style)
31 Mozzarella Sticks				

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