

RUMSON FAIR HAVEN HIGH SCHOOL CAFETERIA MENU

May 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.*

**All Menus Are Subject To Change*

HOT ENTREES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Pasta w/ Meatsauce Tossed Salad, Fresh Fruit and Homemade Soup	2 <u>Fiesta Friday</u> Assorted Hot Entrees w/ Fresh Fruit and Homemade Soup
5 NAE Chicken Bites w/ Tater Tots, Fresh Fruit and Homemade Soup	6 <u>Rice Bowl Tuesday</u> BBQ Pulled Pork w/ Crispy Onions and Homemade Soup	7 Grass Fed Burger w/ French Fries, Fresh Fruit and Homemade Soup	8 Pasta w/ Meatballs Caesar Salad, Fresh Fruit and Homemade Soup	9 <u>Fiesta Friday</u> Assorted Hot Entrees w/ Fresh Fruit and Homemade Soup
12 NAE Chicken Bites w/ Tater Tots, Fresh Fruit and Homemade Soup	13 <u>Rice Bowl Tuesday</u> Chicken Teriyaki w/ Steamed Broccoli, Fresh Fruit and Homemade Soup	14 <u>Breakfast for Lunch</u> French Toast w/ Sausage, Bacon, Potatoes Fresh Fruit and Homemade Soup	15 Blackened Chicken Pasta Primavera w/ Tossed Salad, Fresh Fruit and Homemade Soup	16 <u>Fiesta Friday</u> Assorted Hot Entrees w/ Fresh Fruit and Homemade Soup
19 NAE Chicken Bites w/ Tater Tots, Fresh Fruit and Homemade Soup	20 <u>Rice Bowl Tuesday</u> Buffalo Chicken w/ Celery, Carrots, Fresh Fruit and Homemade Soup	21 Grass Fed Burger w/ French Fries, Fresh Fruit and Homemade Soup	22 NAE Chicken Parm w/ Pasta, Caesar Salad Fresh Fruit & Homemade Soup	23  School Closed
26  Memorial Day School Closed	27 <u>Rice Bowl Tuesday</u> Steak or Chicken Teriyaki w/ Steamed Broccoli, Fresh Fruit and Homemade Soup	28 Chicken Burrito w/ Lettuce, Salsa, Sour Cream, Fresh Fruit and Homemade Soup	29 Pasta w/ Meatsauce Tossed Salad, Fresh Fruit and Homemade Soup	30 <u>Fiesta Friday</u> Assorted Hot Entrees w/ Fresh Fruit and 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 May 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
			1 Steak Quesadilla w/ Salsa & Sour Cream	2 Chicken Finger Friday (Plain or Buffalo Style)
5	6 Crispy Chicken Sandwich w/ lettuce & tomato	7 Hand Tossed Pizza (Plain or Gluten Free)	8 Mozzarella Sticks	9 Chicken Finger Friday (Plain or Buffalo Style)
12 Deluxe Philly Cheesesteak	13 Chicken Quesadilla w/ Salsa & Sour Cream	14 Hand Tossed Pizza (Plain or Gluten Free)	15 The Pennetti's Ranch Chicken Cheddar Wrap	16 Chicken Finger Friday (Plain or Buffalo Style)
19 Steak Burrito w/ Salsa & Sour Cream	20 Boneless Chicken Wings with Chefs Sauces	21 Hand Tossed Pizza (Plain or Gluten Free)	22 Chicken Finger Thursday (Plain or Buffalo Style)	23  School Closed
26  Memorial Day School Closed	27 Mozzarella Sticks	28 Hand Tossed Pizza (Plain or Gluten Free)	29 Acai Bowl	30 Chicken Finger Friday (Plain or Buffalo Style)

**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

