

RUMSON FAIR HAVEN HIGH SCHOOL CAFETERIA MENU

October 2025

Students \$6.00

Adults \$6.00

Lunch Specials include:

Hot Entree, Homemade Soup, Vegetable, Apple Orange or Banana and Milk or 8oz. Water

SIMPLIFIED CULINARY SERVICES Only Sources Hormone Free Chicken, Turkey and Beef Products. Our Fruits and Veggies are Organic and Locally Sourced when possible

HOT ENTREES

**Menu is subject to change*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Grass Fed Cheeseburger w/ French Fries & Fresh Fruit	2 Yom Kippur School Closed	3 <u>Fiesta Friday</u> Assorted Chefs Creations
6 Chicken Bites w/ Tater Tots, Fresh Fruit & Homemade Soup	7 <u>Rice Bowl Tuesday</u> Beef Taco w/ Salsa and Sour Cream, Fresh Fruit & Homemade Soup	8 Chicken Quesadilla w/ Spanish Rice, Salsa, Crema, Fresh Fruit & Homemade Soup	9 Pasta w/ Meatballs Caesar Salad, Fresh Fruit & Homemade Soup	10 <u>Fiesta Friday</u> Assorted Chefs Creations
13 Columbus Day School Closed	14 Chicken Bites w/ Tater Tots, Fresh Fruit & Homemade Soup	15 Waffle Sticks w/ Sausage, Breakfast Potatoes, Fresh Fruit & Homemade Soup	16 Chicken Parm w/ Pasta, Caesar Salad, Fresh Fruit & Homemade Soup	17 <u>Fiesta Friday</u> Assorted Chefs Creations
20 Chicken Sandwich w/ Pesto Pasta Salad, Fresh Fruit & Homemade Soup	21 <u>Rice Bowl Tuesday</u> Chicken Gyro w/ Lettuce, Tomato, Tzatziki Sauce, Fresh Fruit & Soup	22 Nachos w/ Beef, Cheese, Lettuce, Salsa, Sour Cream, Fresh Fruit & Homemade Soup	23 Pasta w/ Bolognese, Tossed Salad, Fresh Fruit & Homemade Soup	24 <u>Fiesta Friday</u> Assorted Chefs Creations
27 Chicken Bites w/ Potato Wedges, Fresh Fruit & Homemade Soup	28 <u>Rice Bowl Tuesday</u> Chicken Teriyaki w/ Steamed Broccoli, Fresh Fruit & Homemade Soup	29 Grass Fed Cheeseburger w/ French Fries & Fresh Fruit	30 Grilled Pesto Chicken Pasta, Tossed Salad, Fresh Fruit & Homemade Soup	31 <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 October 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 Assorted Hand Tossed Pizza (Plain or Gluten Free)	2 Yom Kippur School Closed	3 Chicken Fingers (Plain or Buffalo Style)
6 1/2 Pound Wagyu Burger	7 OctoberFeast Hot Pretzel w/ Buffalo Chicken or Beer Cheese Dip	8 My Own Pizza	9 Asian Chicken Chop Chop Wrap	10 Chicken Fingers (Plain or Buffalo Style)
13 Columbus Day School Closed	14 Boneless Wings w/ Chefs Sauces	15 Assorted Hand Tossed Pizza (Plain or Gluten Free)	16 Mozzarella Sticks	17 Chicken Fingers (Plain or Buffalo Style)
20 Deluxe Philly Cheesesteak	21 Mozzarella Sticks	22 Assorted Hand Tossed Pizza (Plain or Gluten Free)	23 Ranch Chicken Cheddar Wrap	24 Chicken Fingers (Plain or Buffalo Style)
27 1/2 Pound Wagyu Burger	28 Bulldog Crispy Chicken Sandwich	29 Assorted Hand Tossed Pizza (Plain or Gluten Free)	30 Boneless Wings w/ Chefs Sauces	31 Chicken Fingers (Plain or Buffalo Style)

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