

RUMSON FAIR HAVEN HIGH SCHOOL CAFETERIA MENU

December 2025

Students \$6.00

Adults \$6.00

Lunch Specials include:

*Hot Entree, Soup, Vegetable, Salad,
Apple, Orange or Banana and Choice of Milk or Boz, Water*

**Please Note Menu is subject to change*

*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
2 Chicken Bites w/ Tater Tots, Fresh Fruit and Homemade Soup	3 <u>Rice Bowl Tuesday</u> Carolina BBQ Chicken w/ Corn, Fresh Fruit and Homemade Soup	4 Grass Fed Burger w/ French Fries, Fresh Fruit and Homemade Soup	5 Grilled Chicken Pesto Pasta w/ Salad, Fresh Fruit and Homemade Soup	6 <u>Fiesta Friday</u> Assorted Hot Entrees Fresh Fruit
9 Chicken Bites w/ Potato Wedges, Fresh Fruit and Homemade Soup	10 <u>Rice Bowl Tuesday</u> Carnita Taco Bowl w/ All The Fixings, Fresh Fruit & Homemade Soup	11 Breakfast for Lunch French Toast Bites, Sausage, Tots, Fresh Fruit and Homemade Soup	12 Pasta w/ Meatballs Salad, Fresh Fruit and Homemade Soup	13 <u>Fiesta Friday</u> Assorted Hot Entrees Fresh Fruit
16 Chicken Bites w/ Mashed Potatoes, Fresh Fruit and Homemade Soup	17 <u>Rice Bowl Tuesday</u> Sesame Chicken w/ Asian Veggies, Fresh Fruit and Homemade Soup	18 <u>The Grilled Cheese Project</u> Beef Brisket w/ French Fries, Fresh Fruit and Homemade Soup	19 Pasta w/ Bolognese or Marinara Salad, Fresh Fruit and Homemade Soup	20 <u>Fiesta Friday</u> Assorted Hot Entrees Fresh Fruit
23  <u>Holiday Feast</u> Shrimp Bisque, Lemon Chicken, Rice Pilaf, Veggies & Brownie a la mode	24  1/2 Day Cafeteria Closed Dawg Den Will Be Open	25 	26 	27 
30 	31 			

Happy Holidays

*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 December 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 Deluxe Philly Cheesesteak	2 Boneless Wings w/ Chefs Sauces	3 Assorted Hand Tossed Pizza (Plain or Gluten Free)	4 Mozzarella Sticks	5 Chicken Fingers (Plain or Buffalo Style)
8 Vodka Chicken Parm on a Ciabatta Roll	9 Steak Quesadilla w/ Salsa & Sour Cream	10 My Own Pizza	11 Chicken Burrito w/ Salsa & Sour Cream	12 Chicken Fingers (Plain or Buffalo Style)
15 1/2 Pound Wagyu Burger on a Potato Roll	16 Mozzarella Sticks	17 Hand Tossed Pizza (Plain or Gluten Free)	18 The Pennetti's Ranch Chicken Cheddar Wrap	19 Chicken Fingers (Plain or Buffalo Style)
22 Chicken Quesadilla w/ Salsa & Sour Cream	23 1/2 Day Cafeteria Closed Dawg Den Will Be Open	24 Happy Holidays	25	26
29	30	31		

Menus Are Subject To Change

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

Grilled Chicken Strawberry Salad- Fresh Spinach, Sliced Strawberries, Tomatoes, Fresh Mozzarella, Toasted Pecans, Balsamic 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

Toasted Menu

All of Our Sandwiches are served on Baked Fresh Daily Artisan Bread

And Panini Pressed To Order

December Special

Roast Beef & Brie House Roasted Eye Round Beef, Creamy Brie, Caramelized
Onion Jam,

Wild Arugula on Crusty Baguette

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 Sourdough Bread

Grilled Cheese with Bacon- American & Provolone, Bacon on Sourdough Bread

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

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