

RUMSON FAIR HAVEN HIGH SCHOOL CAF- ETERIA MENU

November 2025

Students \$6.00

Adults \$6.00

Lunch Specials include:

Hot Entree, Salad, Vegetable, Fruit(Apple, Orange or Banana) and Choice of 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

Menus Are 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 Fajita w/ Peppers and Onions, Fresh Fruit & Homemade Soup	5 <u>Fiesta Wednesday</u> Assorted Hot Entrees	6 NJEA School Closed	7 NJEA School Closed
10 Chicken Sandwich w/ Mashed Potatoes, Fresh Fruit & Homemade Soup	11 <u>Rice Bowl Tuesday</u> Sausage & Peppers w/ All The Fixings, Fresh Fruit & Homemade Soup	12 Grass Fed Cheeseburger w/ French Fries, Fresh Fruit & Homemade Soup	13 Blackened Chicken Pasta Primavera w/ Fresh Fruit & Homemade Soup	14 <u>Fiesta Friday</u> Assorted Hot Entrees
17 Chicken Bites w/ Tater Tots, Fresh Fruit & Homemade Soup	18 <u>Rice Bowl Tuesday</u> Buffalo Chicken w/ All The Fixings, Fresh Fruit & Homemade Soup	19 <u>Breakfast For Lunch</u> French Toast Sticks, w/ Sausage, Potatoes, Fresh Fruit & Homemade Soup	20 Pasta w/ Bolognese or Marinara, Caesar Salad, Fresh Fruit & Homemade Soup	21 <u>Fiesta Friday</u> Assorted Hot Entrees
24 Grass Fed Cheeseburger w/ French Fries, Fresh Fruit & Homemade Soup	25 <u>Rice Bowl Tuesday</u> Teriyaki Steak or Chicken w/ Steamed Broccoli, Fresh Fruit & Homemade Soup	26 1/2 Day Cafeteria Closed	 27  Happy Thanksgiving School Closed	28 School Closed

***Simplified Culinary Services is Proud to say we Can and Do accomodate
Many dietary Needs and Requests. Just Ask!***

Follow Us On Instagram! [simplifiedculinary_rfhcafe](#)

Rumson Fair Haven High School November 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
3 Vodka Chicken Parm on Ciabatta	4 Mozzarella Sticks	5 Chicken Fingers (Plain or Buffalo Style)	6 NJEA School Closed	7 NJEA School Closed
10 Deluxe Philly Cheesesteak	11 Mozzarella Sticks	12 My Own Pizza (Plain, or Gluten Free)	13 Grilled Balsamic Chicken Wrap	14 Chicken Fingers (Plain or Buffalo Style)
17 1/2 Pound Wagyu Burger	18 Boneless Wings w/ Chefs Sauces	19 Assorted Hand Tossed Pizza (Plain, or Gluten Free)	20 The Pennetti's Ranch Chicken Cheddar Wrap	21 Chicken Fingers (Plain or Buffalo Style)
24 Carnita Quesadilla (Salsa & Sour Cream)	25 Chicken Fingers (Plain or Buffalo Style)	26 1/2 Day Cafeteria Closed	 27  Happy Thanksgiving School Closed	28 School Closed

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

NOVEMBER SPECIAL

Turkey Gobbler- House Roasted Turkey, Herbed Stuffing, Cranberry Mayo on Ciabatta

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