

RUMSON FAIR HAVEN HIGH SCHOOL CAFETERIA MENU

March 2023

Students \$5.25

Adults \$5.50

Lunch Specials include:

Hot Entree, Soup of the Day, Vegetable, Fruit, Organic Milk or Water

*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
		1 Buffalo Chicken Burrito w/ Fiesta Rice, Fresh Fruit & Vegetarian Soup	2 NAE Chicken Parm w/ Pasta, Fresh Fruit & Bacon Cauliflower AuGratin Soup	3 <u>Fiesta Friday</u> Assorted Hot Entrees w/ Fresh Fruit and Chefs Special Soup
6 NAE Chicken Bites w/ Tater Tots, Fresh Fruit & Chicken Noodle Soup	7 <u>Rice Bowl Tuesday</u> J. Beaver's Steak or Chicken Teriyaki w/ Steamed Broccoli, Cream of Veggie Soup	8 Grass Fed Burger w/ French Fries, Fresh Fruit and Matt's Choice Soup	9 Pasta w/ Grass Fed Meat Sauce, Caesar Salad, w/ Fresh Fruit & Corn Chowder	10 <u>Fiesta Friday</u> Assorted Hot Entrees w/ Fresh Fruit and Chefs Special Soup
13 NAE Chicken Tenders w/ Crinkle Fries, Fresh Fruit & Spicy Chicken Rice Soup	14 <u>Rice Bowl Tuesday</u> Beef Taco w/ Fresh Fruit and Potato Cheddar Soup	15 NAE Carnita Quesadilla w/ Cilantro Rice, Fresh Fruit and Matt's Choice Soup	16 <u>Grilled Cheese Project</u> Corned Beef Reuben w/ Mashed Potatoes and Chefs Special Soup	17 <u>Fiesta Friday</u> Assorted Hot Entrees w/ Fresh Fruit and Chefs Special Soup
20 NAE Chicken Bites w/ Potato Wedges, Fresh Fruit & Chicken Tortilla Soup	21 <u>Rice Bowl Tuesday</u> Chicken Fajita w/ Fresh Fruit and Ale House Cheddar	22 Grilled Chicken Gyro w/ Onion Rings, Fresh Fruit & Matt's Choice Soup	23 Pasta w/ Grassfed Meatballs, Caesar Salad, Fresh Fruit & Broccoli Cheddar Soup	24 <u>Fiesta Friday</u> Assorted Hot Entrees w/ Fresh Fruit and Chefs Special Soup
27 NAE Chicken Bites w/ Tater Tots, Fresh Fruit & Chicken Noodle Soup	28 <u>Rice Bowl Tuesday</u> Sesame Chicken w/ Fresh Fruit and Matt's Clam Chowder	29 <u>Grilled Cheese Project</u> w/ Jersey Pork Roll, Breakfast Taters, Fresh Fruit and Tomato Soup	30 NAE Chicken Parm w/Pasta, Fresh Fruit & Beef Barley Soup	31 <u>Fiesta Friday</u> Assorted Hot Entrees w/ Fresh Fruit and Chefs Special Soup

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

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Rumson Fair Haven High School March 2023



A LA CARTE MENU



Hand Crafted Sandwiches on Freshly Baked Artisan Bread



Garden Fresh Organic Salads and Noodle Bowls Available Daily



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 My Own Pizza	2 Chicken Caesar Wrap	3 Chicken Fingers (Plain or Buffalo Style)
6 Mozzarella Sticks	7 Crispy Chicken Sandwich w/ Lettuce and Tomato	8 Assorted Hand Tossed Pizza (Gluten FreeAvailable)	9 Boneless Chicken Wings w/ Chefs Sauces	10 Chicken Fingers (Plain or Buffalo Style)
13 Deluxe Philly Cheesesteak	14 Mozzarella Sticks	15 Ranch Chicken Cheddar Wrap	16 Assorted Hand Tossed Pizza (Gluten FreeAvailable)	17 Chicken Fingers (Plain or Buffalo Style)
20 Pasta Marinara	21 Mozzarella Sticks	22 Assorted Hand Tossed Pizza (Gluten FreeAvailable)	23 Boneless Chicken Wings w/ Chefs Sauces	24 Chicken Fingers (Plain or Buffalo Style)
27 Deluxe Philly Cheesesteak	28 Mozzarella Sticks	29 My Own Pizza	30 Chefs Special	31 Chicken Fingers (Plain or Buffalo Style)

Specialty Salad Bowls Daily \$7.00