

RUMSON FAIR HAVEN HIGH SCHOOL CAFETERIA MENU

June 2024

Students \$5.50

Adults \$5.50

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.

** = Gluten Free ** = Gluten Free Available*

HOT ENTREES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 NAE Chicken Bites w/ Tater Tots, Fresh Fruit and Homemade Soup	4 <i>**Rice Bowl Tuesday</i> Assorted Options w/ Fresh Fruit and Homemade Soup	5 <i>**Cheeseburger</i> w/ Tossed Salad, Fresh Fruit & Homemade Soup	6 <i>**Chef's Choice</i>	7 <i>**The Final Fiesta Friday of The Year Assorted Hot Entrees</i>
10 <i>Early Dismissal</i> Breakfast & Snacks Only	11 <i>Early Dismissal</i> Breakfast & Snacks Only	12 <i>Early Dismissal</i> Breakfast & Snacks Only	13 <i>Early Dismissal</i> Breakfast & Snacks Only	14 <i>Graduation Cafeteria Closed</i>
<i>Best Wishes Seniors!</i>				
<i>* = Gluten Free ** = Gluten Free Available</i>				

*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](https://www.instagram.com/simplifiedculinary_rfhcafe)

Rumson Fair Haven High School June 2024

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 Mozzarella Sticks	4 Acai Bowl	5 **Slice-Abilities (Plain, or Gluten Free)	6 Chicken Fingers (Plain or Buffalo Style) FINALE!	7 Chef's Choice
10 <u>Early Dismissal</u> Breakfast & Snacks Only	11 <u>Early Dismissal</u> Breakfast & Snacks Only	12 <u>Early Dismissal</u> Breakfast & Snacks Only	13 <u>Early Dismissal</u> Breakfast & Snacks Only	14 Graduation Cafeteria Closed
<i>Best Wishes Seniors!</i>				
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Specialty Salad Bowls Daily \$7.75

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

BLT- Bacon, Lettuce, Tomato on 7 Grain Bread

Chicken Caesar Wrap- Grilled Organic Chicken, Crisp Romaine, Seasoned Croutons, Homemade Caesar Dressing

Turkey and American- On a Freshly Baked Croissant

Ham and Swiss- On a Freshly Baked Croissant

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

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

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