

# RUMSON FAIR HAVEN HIGH SCHOOL CAFETERIA MENU

*November 2024*

**Students \$5.75**

**Adults \$5.75**

*Lunch Specials include:*

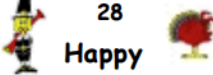
*Hot Entree, Vegetable, Fruit (Apple, Orange or Banana) and Choice of Milk or 8oz. Water*

***\* 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
				1 <u>Fiesta Friday</u> Assorted Hot Entrees
4 NAE Chicken Bites w/ Mashed Potatoes, Fresh Fruit & Homemade Soup	5 <u>Rice Bowl Tuesday</u> Carnita Taco Bowl w/ All The Fixings, Fresh Fruit & Homemade Soup	6 <u>Fiesta Wednesday</u> Assorted Hot Entrees	7  <b>NJEA</b> <b>School Closed</b>	8  <b>NJEA</b> <b>School Closed</b>
11 NAE Chicken Sandwich w/ French Fries, Fresh Fruit & Homemade Soup	12 <u>Rice Bowl Tuesday</u> Chicken Fajita w/ Peppers and Onions, Fresh Fruit & Homemade Soup	13 Grass Fed Cheeseburger w/ French Fries, Fresh Fruit & Homemade Soup	14 Blackened Chicken Pasta Primavera w/ Fresh Fruit & Homemade Soup	15 <u>Fiesta Friday</u> Assorted Hot Entrees
18 NAE Chicken Bites w/ Potato Wedges, Fresh Fruit & Homemade Soup	19 <u>Rice Bowl Tuesday</u> Teriyaki Chicken or Steak w/ Steamed Broccoli, Fresh Fruit & Homemade Soup	20 Chicken Parm Sub w/ Caesar Salad, Fresh Fruit & Homemade Soup	21 Pasta w/ Sausage & Peppers or Marinara, Salad & Fresh Fruit	22 <u>Fiesta Friday</u> Assorted Hot Entrees
25 NAE Chicken Bites w/ Tater Tots, Fresh Fruit & Homemade Soup	26 <u>Thanksgiving Feast Bowl</u> Turkey, Stuffing, Mashed, Gravy and Veggies	27  <b>1/2 Day</b> <b>Cafeteria Closed</b>	 28 <b>Happy</b> <b>Thanksgiving</b> <b>School Closed</b>	29  <b>School Closed</b>

*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 November 2024*

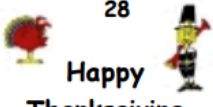
**A LA CARTE MENU**

*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
				1 Chicken Fingers (Plain or Buffalo Style)
4 Chicken Quesadilla (Salsa & Sour Cream)	5 Boneless Wings w/ Chefs Sauces	6 My Own Pizza (Plain, or Gluten Free)	7 NJEA School Closed	8 NJEA School Closed
11 Deluxe Philly Cheesesteak	12 Mozzarella Sticks	13 Assorted Hand Tossed Pizza (Plain, or Gluten Free)	14 The Pennetti's Ranch Chicken Cheddar Wrap	15 Chicken Fingers (Plain or Buffalo Style)
18 Grilled Beef Burrito	19 Boneless Wings w/ Chefs Sauces	20 Assorted Hand Tossed Pizza (Plain, or Gluten Free)	21 Mozzarella Sticks	22 Chicken Fingers (Plain or Buffalo Style)
25 Deluxe Philly Cheesesteak	26 Assorted Hand Tossed Pizza (Plain, or Gluten Free)	27 1/2 Day Cafeteria Closed	28  Happy Thanksgiving School Closed	29 School Closed

***Specialty Salad Bowls Daily \$7.75***

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

# 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

Turkey BLAT- NAE Roasted Turkey Breast Sliced Thin, Bacon, Lettuce, Avocado, American Cheese, Tomato on Thick Sliced 7 Grain Bread

## **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**