

Like Us On Instagram!! [simplifiedculinary_rfhcafe](#)

RUMSON FAIR HAVEN HIGH SCHOOL CAFETERIA MENU

October 2017

Students \$4.00

Adults \$4.50



Lunch Specials include:

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

HOT ENTREES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Chicken Sandwich w/ French Fries, Fresh Fruit and Chicken Rice Soup</p>	<p>3</p> <p>Grilled Organic Cheese & Bacon w/ Greek Salad, Fresh Fruit & Tomato Soup</p>	<p>4</p> <p>ABF Buffalo Chicken Burrito w/ Jalapeno Caesar, Fresh Fruit and Vegetarian Soup</p>	<p>5</p> <p>Pasta w/ ABF Matballs, Fresh Veggies, Fresh Fruit and Chicken Florentine Soup</p>	<p>6</p> <p><u>Fiesta Friday</u> Assorted Chefs Creations Chefs Special Soup</p>
<p>9</p> <p>Staff Professional Day</p>	<p>10</p> <p>ABF Chipotle Chicken Flatbread w/ Chopped Salad, Fresh Fruit & Chicken Noodle Soup</p>	<p>11</p> <p>All Natural BBQ Pulled Pork Burrito w/ All the Fixings, Assorted Fruit and Vegetarian Soup</p>	<p>12</p> <p>ABF Chicken Parm w/ Pasta, Jersey Tomato Marinara, Fresh Fruit and SantaFe Corn Chowder</p>	<p>13</p> <p><u>Fiesta Friday</u> Assorted Chefs Creations Chefs Special Soup</p>
<p>16</p> <p>Chicken Nuggets w/ French Fries, Fresh Fruit and Chicken Vegetable Millet Soup</p>	<p>17</p> <p>ABF Turkey Melt on Whole Grain Bread w/ Danie's Guac, Fresh Fruit & Loaded Potato Ham Soup</p>	<p>18</p> <p>Tacos Y Papas w/ All the Fixings, Fresh Fruit and Vegetarian Soup</p>	<p>19</p> <p>Organic Pasta Bar w/ Fresh Veggies, Assorted Fruit and Ale House Cheddar Soup</p>	<p>20</p> <p><u>Fiesta Friday</u> Assorted Chefs Creations Chefs Special Soup</p>
<p>23</p> <p>Chicken Sandwich w/ Mashed Potatoes, Fresh Fruit and Spicy Chicken Rice Soup</p>	<p>24</p> <p>Grass Fed Burger w/ Organic Cheese, Steak Fries, Fresh Fruit, & Tortellini Primavera Soup</p>	<p>25</p> <p>Grass Fed Beef Nacho Bar w/ All the Fixings, Fresh Fruit and Vegetarian Soup</p>	<p>26</p> <p>Organic Pasta Bar w/ Fresh Veggies, Assorted Fruit and Chipotle Chicken Rice Soup</p>	<p>27</p> <p><u>Fiesta Friday</u> Assorted Chefs Creations Chefs Special Soup</p>
<p>30</p> <p>Meatball Parm Sub w/ French Fries, Fresh Fruit and Chicken Tortilla Soup</p>	<p>31</p> <p>ABF Grilled Chicken Tacos w/ Spanish Rice, Fresh Fruit & Tuscan Sausage & Bean Soup</p>			 

*RFH Cafe is Proud to say we Can and Do accomodate
Many dietary Needs and Requests. Just Ask!*

Like Us On Instagram!! [simplifiedculinary_rfhcafe](#)

Like Us On Instagram!! [simplifiedculinary_rfhcafe](#)

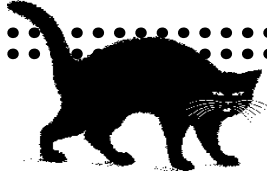
Rumson Fair Haven High School October 2017



A LA CARTE MENU

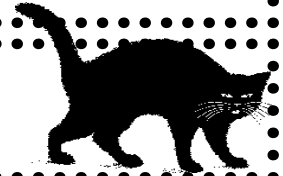
DELI DU JOUR

Fresh Deli Sandwiches with Lettuce, Tomato and Pickles



Garden Fresh Salads Available Daily

PB&J on Whole Wheat Bread



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Deluxe Philly Cheesesteak	3 Ranch Chicken Cheddar Wrap	4 Hand Tossed Pizza (Plain or Gluten Free)	5 Chicken Quesadilla w/ Salsa & Sour Cream	6 Chicken Fingers (Plain or Buffalo Style) Lo-Fat Milkshake
9 Staff Professional Day	10 Pasta Marinara Bowl	11 Buffalo Chicken Pizza (Plain or Gluten Free)	12 Mozzarella Sticks	13 Chicken Fingers (Plain or Buffalo Style) Lo-Fat Milkshake
16 Mozzarella Sticks	17 Boneless Wings w/ Chefs Sauces	18 Hand Tossed Pizza (Plain or Gluten Free)	19 Ranch Chicken Cheddar Wrap	20 Chicken Fingers (Plain or Buffalo Style) Lo-Fat Milkshake
23 Deluxe Philly Cheesesteak	24 Boneless Wings w/ Chefs Sauces	25 Hand Tossed Pizza (Plain or Gluten Free)	26 Ranch Chicken Cheddar Wrap	27 Chicken Fingers (Plain or Buffalo Style) Lo-Fat Milkshake
30 Deluxe Chicken Parm	31 Mozzarella Sticks			

Specialty Salad Bowls Daily \$4.00