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**RUMSON FAIR HAVEN HIGH SCHOOL**  
**CAFETERIA MENU**

*February 2017*

**Students \$4.00**

**Adults \$4.50**

**Lunch Specials include:**

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

**HOT ENTREES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Pasta Bar w/ Organic Marinara, Grass Fed Meat Sauce, Fresh Fruit & Roaster Red Pepper & Tomato	<b>2</b> <u>Fiesta Friday</u> Assorted Hot Entrees w/ Fresh Fruit and Chefs Special Soup
<b>5</b> Chicken Sandwich w/ French Fries, Fresh Fruit & Chicken Rice Soup	<b>6</b> Grass Fed Sliced Steak over Garlic Toast w/ Mashed Potatoes, Fresh Fruit & Potato Ham Soup	<b>7</b> ABF Chicken Quesadilla w/ Rice & Beans, Fresh Fruit and Vegetarian Soup	<b>8</b> Pasta w/ Organic Marinara, ABF Meatballs, Fresh Fruit & Chicken Enchilada Soup	<b>9</b> <u>Fiesta Friday</u> Assorted Hot Entrees w/ Fresh Fruit and Chefs Special Soup
<b>12</b> <b>School Closed Winter Break</b>	<b>13</b> <b>School Closed Professional Day</b>	<b>14</b> KJ Grass Fed Chili and Organic Cheese Tot Bowl w/ , Fresh Fruit & Vegetarian Soup	<b>15</b> ABF Chicken Melt w/ Sweet Potatoes, Fresh Fruit and Loaded Baked Potato Soup	<b>16</b> <u>Fiesta Friday</u> Assorted Hot Entrees w/ Fresh Fruit and Chefs Special Soup
<b>19</b> Lil's Pancakes w/ Sausage, Hashbrowns Fresh Fruit & Chicken Noodle Soup	<b>20</b> ABF Blackened Chicken Flatbread w/ Chopped Salad, Fresh Fruit & Ale-house Cheddar Soup	<b>21</b> Grass Fed Nacho Bar w/ All The Fixings, Fresh Fruit and Vegetarian Soup	<b>22</b> ABF Chicken Parm Tossed Salad w/ Fresh Fruit and Chipotle Chicken Rice Soup	<b>23</b> <u>Fiesta Friday</u> Assorted Hot Entrees w/ Fresh Fruit and Chefs Special Soup
<b>26</b> Chicken Nuggets w/ French Fries, Fresh Fruit & Chicken Noodle Soup	<b>27</b> Grass Fed Burger w/ Organic Cheese, Herb Roasted Potatoes Fresh Fruit and Rumson Clam Chowder	<b>28</b> ABF Buffalo Chicken Burrito w/ Rice & Beans, Fresh Fruit and Vegetarian Soup		

**Check This Out**

**Gluten Free Pizza & Chicken Fingers Just Ask!**

**VISIT OUR SNACK SHACK**

**For a Complete Selection of Snacks, Beverages, Healthy Treats and Frozen Yogurt**

*RFH Cafe 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 February 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
			<b>1</b>  Boneless Wings with Chefs Sauces	<b>2</b>  Chicken Fingers (Plain or Buffalo Style) Lo-Fat Milkshake
<b>5</b>  Deluxe Philly Cheesesteak	<b>6</b>  Mozzarella Sticks	<b>7</b>  Hand Tossed Pizza (Plain or Gluten Free)	<b>8</b>  Ranch Chicken Cheddar Wrap	<b>9</b>  Chicken Fingers (Plain or Buffalo Style) Lo-Fat Milkshake
<b>12</b>  School Closed Winter Break	<b>13</b>  School Closed Professional Day	<b>14</b>  Boneless Wings with Chefs Sauces	<b>15</b>  Pasta Marinara  Cajun Fries	<b>16</b>  Chicken Fingers (Plain or Buffalo Style) Lo-Fat Milkshake
<b>19</b>  Deluxe Chicken Parm	<b>20</b>  Mozzarella Sticks	<b>21</b>  Assorted Hand Tossed Pizza (Plain or Gluten Free)	<b>22</b>  Chefs Special	<b>23</b>  Chicken Fingers (Plain or Buffalo Style) Lo-Fat Milkshake
<b>26</b>  Deluxe Philly Cheesesteak	<b>27</b>  Boneless Wings with Chefs Sauces	<b>28</b>  Hand Tossed Pizza (Plain or Gluten Free)		

***Specialty Salad Bowls Daily \$4.00***