

RUMSON FAIR HAVEN HIGH SCHOOL CAFETERIA MENU

January 2019

Students \$4.00

Adults \$4.50

Lunch Specials include:

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

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 School Closed Happy New Year	2 NAE Chicken Club w/ Ranch Mashed Potatoes, Fresh Fruit and Vegetarian Soup	3 Pasta w/ NAE Meatballs, Fresh Fruit and & Chipotle Chicken Rice Soup	4 <u>Fiesta Friday</u> Assorted Hot Entrees Fresh Fruit and Chefs Special Soup
7 Baked Chicken Bites w/ French Fries, Fresh Fruit and Chicken Noodle Soup	8 NAE Chipotle Chicken Flatbread w/ Tossed Salad, Fresh Fruit & Loaded Baked Potato Soup	9 Tater Tot Bowl w/ Grass Fed Beef, Local Cheese Sauce, Fresh Fruit and Vegetarian Soup	10 NAE Chicken Parm w/ Pasta, Organic Marinara, Fresh Fruit & Rumson Clam Chowder	11 <u>Fiesta Friday</u> Assorted Hot Entrees Fresh Fruit and Chefs Special Soup
14 French Toast w/ Sausage, Tater Tots, Fresh Fruit and Spicy Chicken Rice Soup	15 Steak Teriyaki Rice Bowl w/ Steamed Broccoli, Fresh Fruit & AleHouse Cheddar Soup	16 NAE Soft Chicken Tacos w/ Rice & Beans, Fresh Fruit, and Vegetarian Soup	17 Organic Pasta Bar w/ Bread, Fresh Fruit and Chicken Florentine Soup	18 <u>Fiesta Friday</u> Assorted Hot Entrees Fresh Fruit and Chefs Special Soup
21 Martin Luther King Day	22 Grass Fed Steak Tacos w/ All The Fixings, Fresh Fruit & Rumson Clam Chowder	23 NAE Turkey Melt on Multi Grain Bread w/ Guacamole, Fresh Fruit and Vegetarian Soup	24 Pasta w/ NAE Meatballs, Fresh Fruit and & Tomato Bacon Bisque	25 <u>Fiesta Friday</u> Assorted Hot Entrees Fresh Fruit and Chefs Special Soup
28 Baked Chicken Bites w/ French Fries, Fresh Fruit and Chicken Tortilla Soup	29 Carnita Quesadilla w/ Rice & Beans, Fresh Fruit & Tortellini Primavera Soup	30 Grass Fed Nacho Bar w/ All The Fixings, Fresh Fruit and Vegetarian Soup	31 Blackened Chicken Pasta Primavera w/ Fresh Fruit and Chicken Enchilada 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 January 2019

A LA CARTE MENU

Hand Crafted Sandwiches on Freshly Baked Artisan Bread

Garden Fresh Salads Available Daily
PB&J on Whole Wheat Bread

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 School Closed Happy New Year	2 Mozzarella Sticks	3 Hand Tossed Pizza (Plain or Gluten Free)	4 Chicken Fingers (Plain or Buffalo Style) Lo-Fat Milkshake
7 Deluxe Philly Cheesesteak	8 Mozzarella Sticks	9 Buffalo Chicken Pizza (Plain or Gluten Free)	10 Cajun Fries Buffalo Chicken Poppers	11 Chicken Fingers (Plain or Buffalo Style) Lo-Fat Milkshake
14 Boneless Chicken Wings (Chefs Sauces)	15 Pasta with Organic Marinara	16 Hand Tossed Pizza (Plain or Gluten Free)	17 Ranch Chicken Cheddar Wrap	18 Chicken Fingers (Plain or Buffalo Style) Lo-Fat Milkshake
21 Martin Luther King Birthday	22 Mozzarella Sticks	23 Assorted Hand Tossed Pizza (Plain or Gluten Free)	24 Boneless Chicken Wings (Chefs Sauces)	25 Chicken Fingers (Plain or Buffalo Style) Lo-Fat Milkshake
28 Deluxe Philly Cheesesteak	29 Deluxe Chicken Parm	30 Hand Tossed Pizza (Plain or Gluten Free)	31 Chefs Special	

Specialty Salad Bowls Daily \$4.75