



Rumson School District

Lunch Menu for October 2019



*** 3 LUNCH CHOICES DAILY ***

Hot Entrees, Deli du Jour or Bagel Lunch,

All Lunches come with Fruit, Veggies and Choice of Beverage

Fresh Homemade Soup on Tuesday, Wednesday and Thursday Free with the Purchase of a Student Lunch

Deane Porter \$4.25

Forrestdale \$4.75

Weekly Deli Du Jour

Monday

Tuesday

Wednesday

Thursday

Friday

Turkey

Ham & Cheese

Chicken Salad

Turkey & Cheese

Tuna Salad

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 Crunchy Grass-Fed Beef Tacos w/ Rice & Beans, Fresh Fruit and Chicken Noodle Soup	2 Jersey Pork Roll Breakfast Burrito w/ Tater Tots, Fresh Fruit & Tuscan Farro Soup	3 NAE Buttermilk Chicken Tenders w/ Caesar Salad, Fresh Fruit & Tortellini Primavera Soup	4 Hand Tossed Pizza w/ Fresh Veggies, Fresh Fruit
7 French Toast Sticks w/ Hashbrowns, and Yogurt & Fresh Berries	8 Pasta and Grass-Fed Meat Sauce w/ Green Beans, Fresh Fruit & Sausage Kale & White Bean Soup	9 School Closed Yom Kippur	10 NAE Chicken Quesadilla w/ all the Fixings, Fresh Fruit & Spinach & Artichoke AuGratin Soup	11 Hand Tossed Pizza w/ Fresh Veggies, Fresh Fruit
14 School Closed for Students	15 NAE Chicken Nuggets w/ Steamed Broccoli, Fresh Fruit & Minestrone Soup	16 Grass-Fed Beef Hot Dogs w/ French Fries, Fresh Fruit & Spicy Bean Soup	17 Cheese Tortellini w/ Organic Marinara, Fresh Veggies, Fresh Fruit & Chicken Corn Chowder	18 Hand Tossed Pizza w/ Fresh Veggies, Fresh Fruit
21 Waffle Sticks w/ Sausage, Hashbrowns & Fresh Fruit	22 Pasta w/ Organic Marinara, Wilted Baby Spinach, Fresh Fruit & Apple Cheddar Bacon Soup	23 NAE Chicken Tenders w/ Sweet Potato Wedges, Fresh Fruit and Lima Bean Sun Dried Tomato Pesto Soup	24 Grass-Fed Cheeseburger w/ Fresh Veggies, Fresh Fruit & Broccoli Cheddar Soup	25 Hand Tossed Pizza w/ Fresh Veggies, Fresh Fruit
28 Italian Grilled Cheese w/ Organic Marinara Dip, Shredded Caesar Salad & Fresh Fruit	29 Soft Carnitas Tacos w/ Rice & Beans, Fresh Fruit & Chicken Tortilla Soup	30 Pasta w/, NAE Meatballs, Fresh Fruit & Corn & Sweet Potato Soup	31 NAE Chicken Sandwich w/ Mashed Potatoes, Fresh Fruit & Loaded Baked Potato Soup	

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