



Dear families of CRIA:

Welcome to another exciting school year (2019-20) and to the school nutrition program by Kid Gourmet!!!

Our commitment :

To provide the CRIA community with high quality meals, made fresh from scratch every day to ensure freshness and quality, using the best ingredients available in the market..

We offer delicious vegetarian dishes daily for those who prefer to avoid consuming animal protein, creating meals using the best and freshest vegetables and mixing them with superfoods like Quinoa and others to serve great quality vegetable protein.

To bring the school population tasty and healthy lunches that will stimulate them to make progressive improvements in their food eating habits.

Also, to explore foreign flavors and dishes that will expand their culinary knowledge, traveling the world through our food tasting journey.

At Kid Gourmet we don't use preservatives, artificial coloring, MSG or GMO's.

Our "light fruit" refreshments and teas are prepared with water filtered from our four stages filtration system, trying to keep the sugar intake at the minimum.

We do our own baked goods, from pizzas to pastries, cookies and breads, using zero preservatives and only the best ingredients.

We buy locally from the best suppliers and apply HACCP internationally recognized sanitation and safety standards.

Our Snack Bar offers a wide array of delicious and nutritive snacks for everyone to enjoy.

NOTE: Early childhood kids' lunches are served with special care to make it easier and safer for them to enjoy their meals.

For more information and your suggestions please contact us @:

kidgourmet.lunchboxcafe@gmail.com



Queridas familias de CRIA:

Bienvenidos a otro emocionante año escolar (2019-20) y al programa de nutrición escolar de Kid Gourmet!!!

Nuestro compromiso :

Proporcionar a la comunidad de CRIA comidas de alta calidad, elaboradas desde cero cada día para asegurar frescura y calidad, utilizando los mejores ingredientes disponibles en el mercado. Ofrecemos deliciosos platos vegetarianos diariamente para aquellos que prefieren evitar el consumo de proteína animal, creando comidas con las mejores y más frescas verduras y mezclándolos con superalimentos como la quinua y otros para servir proteína vegetal de gran calidad.

Traer a la población escolar almuerzos sabrosos y saludables que estimulen a realizar mejoras progresivas en sus hábitos alimenticios.

Además, explorar sabores y platos extranjeros que ampliarán sus conocimientos culinarios, viajando por el mundo a través de nuestro viaje de degustación.

En Kid Gourmet no utilizamos conservantes, colorantes artificiales, MSG ni OGM.

Nuestros refrescos de "fruta ligera" y tes se preparan con agua filtrada en nuestro sistema de filtración de cuatro etapas, e intentamos mantener la ingesta de azúcar a niveles mínimos.

Hacemos nuestros propios productos horneados, desde pizzas hasta pasteles, galletas y panes, utilizando cero conservantes y solo los mejores ingredientes.

Compramos localmente a los mejores proveedores y aplicamos el reconocido internacionalmente sistema HACCP en la higiene y seguridad de nuestros alimentos.

Nuestro Snack Bar ofrece una amplia variedad de deliciosos y nutritivos refrigerios para el deleite de todos.

NOTA: Los almuerzos para los más pequeños son servidos de manera que estos puedan ser ingeridos de la manera más fácil y segura.

Para mayor información o sugerencias favor comunicarse con nosotros al correo:

kidgourmet.lunchboxcafe@gmail.com

The LunchBox Cafe

2019 AUGUST MENU - 2019 MENU AGOSTO

DAILY VEGETARIAN OPTION OPCION VEGETARIANA DIARIA

WEEK/SEMANA	MONDAY/LUNES	TUESDAY/MARTES	WEDNESDAY/MIERCOLES	THURSDAY/JUEVES	FRIDAY/VIERNES
19-23 FIRST WEEK PRIMERA SEMANA	MARINATED ROASTED BEEF RICE PILAF SALAD/VEGGIES FRUIT-JUICE	ITALIAN COMEBACK BAKED NEAPOLITAN PASTA SHELLS WITH CHICKEN AND SPINACH FRESH BAKED ROLL SALAD/VEGGIES DESSERT-JUICE	GROUND BEEF STEW YELLOW TURMERIC RICE SALAD/VEGGIES FRUIT-JUICE	BBQ CHICKEN MASHED POTATOES AU GRATIN SALAD/VEGGIES DESSERT-JUICE	FISH STICKS WITH PANKO SERVED WITH TARTAR SAUCE PIZZA ROLLS SALAD/VEGGIES FRUIT-JUICE
26-30 SECOND WEEK SEGUNDA SEMANA	BEEF STEW WITH POTATOES AND CARROTS GOLDEN BARLEY RICE SALAD/VEGGIES FRUIT-JUICE	LINGUINE BOLOGNESE OR FRESH MARINARA ITALIAN FOCACCIA SALAD/VEGGIES DESSERT-JUICE	CHICKEN TENDERS WITH BBQ SAUCE ROSEMARY BAKED PARMESAN POTATOES SALAD/VEGGIES FRUIT-JUICE	ORIENTAL FRIED RICE WITH HAM AND VEGETABLES BROCCOLI TARTS WITH SWEET N SOUR SAUCE ORIENTAL SALAD/VEGGIES DESSERT-JUICE	BBQ-APPLE PULLED PORK SLIDERS COLESLAW FRESH BAKED BUN FRUIT-JUICE

(*) ALL OUR LUNCHES INCLUDE THE FOLLOWING:

VEGETARIAN OPTION DAILY

ASSORTED VEGETABLES AND SALAD MEDLEYS THAT VARY EVERY DAY

FRESH SEASONAL PRODUCE AND VEGGIES THAT COME FROM OUR CERTIFIED LOCAL PURVEYOR HAND PICKED FRESH CRISPY LETTUCE AND SPINACH, TOMATOES, CUCUMBERS, ZUCCHINI, CABBAGE, CARROTS, BEETS, ETC. WE FREQUENTLY USE RED, WHITE OR BLACK BEANS AND QUINOA IN OUR SALADS. WE OFFER CITRUS INSPIRED NATURAL HOUSE DRESSINGS USING EXTRA VIRGIN OLIVE OIL, WITH NO PRESERVATIVES OR MSG AND HANDMADE CROUTONS.

FRESH BAKED BREAD AND BAKERY ITEMS (WHEN INDICATED IN MENU)

ALL OUR BREAD, ROLLS AND PASTRIES ARE BAKED DAILY WITHOUT USING ANY PRESERVATIVES

FRUIT

WE OFFER FRESH SEASONAL FRUIT THREE DAYS A WEEK. SLICED OR DICED, ALWAYS FRESH.

DRINKS

FRUITY WATERS, LEMONADE OR ICED TEA MADE WITH WATER FROM OUR FOUR STAGES FILTRATION SYSTEM

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WE DO NOT USE ANY PEANUTS OR OTHER NUTS IN OUR PREPARATIONS AND DO NOT OFFER ANY KIND OF NUT PRODUCT IN OUR SNACK BAR. WE FOLLOW HACCP SANITATION AND SAFETY STANDARDS IN OUR KITCHEN. IF YOU ARE FOLLOWING A CELIAC, VEGETARIAN OR VEGAN DIET PLEASE LET US KNOW SO WE CAN OFFER YOU AN ALTERNATIVE TO THE DAILY FEATURED MENU. ALL ALLERGIES NEED TO BE DISCLOSED PLEASE

The LunchBox Cafe

2019 SEPTEMBER MENU - 2019 MENU SEPTIEMBRE
DAILY VEGETARIAN OPTION OPCION VEGETARIANA DIARIA

WEEK/SEMANA	MONDAY/LUNES	TUESDAY/MARTES	WEDNESDAY/MIERCOLES	THURSDAY/JUEVES	FRIDAY/VIERNES
02-06 FIRST WEEK/ PRIMERA SEMANA	BAKED HAWAIIAN CHICKEN TERIYAKI FRIED WILD RICE SALAD/VEGGIES FRUIT-JUICE	BALSAMIC POT ROAST BEEF WITH CARROTS AND GREEN BEANS MEDITERRANEAN COUSCOUS WITH ZUCCHINI SALAD/VEGGIES DESSERT-JUICE	BRAISED CHICKEN STEW YELLOW RICE OR MASHED POTATOES SALAD/VEGGIES FRUIT-JUICE	VEGETARIAN DELIGHT PENNE PASTA SERVED WITH MARINARA AND FRESH PESTO GARLIC BREAD SALAD/VEGGIES DESSERT-JUICE	NEW MEXICO COWBOY CHILI WITH PREMIUM GROUND BEEF RED KIDNEY BEANS ZESTY FIESTA RICE MELTED CHEESE WITH NACHOS SALAD/VEGGIES FRUIT-JUICE
09-13 SECOND WEEK/ SEGUNDA SEMANA	HERB MARINATED ROASTED CHICKEN SCALLOPED POTATOES SALAD/VEGGIES FRUIT-JUICE	LIGHT CURRY FISH WITH CARROTS YELLOW TURMERIC RICE SALAD/VEGGIES DESSERT-JUICE	CHICKEN FETUCCINE ALFREDO FRESH BAKED ROLL SALAD/VEGGIES FRUIT-JUICE	MARINATED ROASTED BRISQUET BBQ GARLIC MASHED POTATOES OR WHITE RICE SALAD/VEGGIES DESSERT-JUICE	INDEPENDENCE DAY HOLIDAY- TO BE DISCLOSED
16-20 THIRD WEEK/ TERCERA SEMANA	NEW ORLEANS STYLE CHICKEN COLORFUL VEGGIE CASSEROLE RICE AND BEANS FRUIT-JUICE	LATIN STYLE SHREDDED BEEF GARLIC PARMESAN HERB SEASONED ROASTED POTATOES SALAD/VEGGIES DESSERT-JUICE	CUBAN PLATTER FEATURING ROASTED CUBAN STYLE CITRUS GARLIC PORK LIME WHITE RICE BLACK BEANS SALAD/VEGGIES FRUIT-JUICE	NEAPOLITAN LASAGNA WITH MARINARA AND RICOTTA CHEESE WITH ROASTED VEGGIES FRESH BAKED ROLL SALAD/VEGGIES DESSERT-JUICE	GROUND BEEF CHALUPAS PICO DE GALLO CHEDDAR POTATOES AU GRATIN SALAD/VEGGIES FRUIT-JUICE
23-27 FOURTH WEEK/ CUARTA SEMANA	ASIAN STYLE ORANGE CHICKEN FRIED BROCCOLI RICE SALAD/VEGGIES FRUIT-JUICE	ATLANTIC SALMON FLAKES OVER BOWTIE PASTA WITH CREAMY PARISIENNE SAUCE OREGANO FOCACCIA SALAD/VEGGIES DESSERT-JUICE	CHICKEN STEW WITH VEGGIES SAFFRON RICE SALAD/VEGGIES FRUIT-JUICE	BEEF STRIPS WITH BROCCOLI ORIENTAL STYLE ORIENTAL NOODLES CHOWMEIN SALAD/VEGGIES DESSERT-JUICE	FIESTA FRIDAY FEATURING BBQ ROASTED CHICKEN ASSORTED PIZZA SLICES SALAD/VEGGIES FRUIT-JUICE
30 FIFTH WEEK/ QUINTA SEMANA	CHICKEN BREAST SERVED WITH CREAMY CILANTRO LIME SAUCE HOUSE MAC N CHEESE SALAD/VEGGIES FRUIT-JUICE	-0-	-0-	-0-	-0-

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The LunchBox Cafe

2019 OCTOBER MENU - 2019 MENU OCTUBRE DAILY VEGETARIAN OPTION OPCION VEGETARIANA DIARIA

WEEK/SEMANA	MONDAY/LUNES	TUESDAY/MARTES	WEDNESDAY/MIERCOLES	THURSDAY/JUEVES	FRIDAY/VIERNES
01-04 FIRST WEEK/ PRIMERA SEMANA	-0-	BEEF STEW WITH POTATOES MEDITERRANEAN RICE PILAF SALAD/VEGGIES DESSERT-JUICE	TILAPIA FILLETS SERVED WITH LEMON BUTTER SAUCE CREAMY CHEDDAR SCALLOPED POTATOES SALAD/VEGGIES FRUIT-JUICE	CHICKEN TENDERS HOMEMADE FRIES SALAD/VEGGIES DESSERT-JUICE	ORANGE GLAZED DICED PORK WITH CARROTS LIME ZEST RICE SALAD/VEGGIES FRUIT-JUICE
07-11 SECOND WEEK/ SEGUNDA SEMANA	PREMIUM GROUND BEEF ITALIAN LASAGNA GARLIC BREADSTICKS SALAD/VEGGIES FRUIT-JUICE	CHICKEN TERIYAKI WITH BROCCOLI SPINACH WHITE RICE SALAD/VEGGIES DESSERT-JUICE	AMERICAN STYLE MARINATED ROAST BEEF MASHED POTATOES SALAD/VEGGIES FRUIT-JUICE	PASTA STATION FEATURING BOLOGNESE AND MARINARA SAUCE HAWAIIAN BAKED ROLL SALAD/VEGGIES DESSERT-JUICE	TEX MEX FRIDAY BURRITO BAR CHICKEN FAJITAS FLOUR OR CORN TORTILLAS MEXICAN TOMATO RICE BLACK BEANS SALAD/VEGGIES FRUIT-JUICE
14-18 THIRD WEEK/ TERCERA SEMANA	DIA DE LAS CULTURAS CULTURES DAY TO BE DISCLOSED	RIGATONI PASTA WITH DICED PANCETTA AND SUNDRIED TOMATOES AND PESTO ROSSO SAUCE ITALIAN FOCACCIA SALAD/VEGGIES DESSERT-JUICE	OVEN ROASTED WHITE FISH WITH LEMON BUTTER SAUCE SEASONED BAKED POTATOES WHOLE GRAINS GARLIC ROLL SALAD/VEGGIES FRUIT-JUICE	VALENCIANA SPANISH STYLE RICE WITH CHICKEN, IBERIC CHORIZO AND VEGETABLES SWEET PLANTAINS SALAD/VEGGIES DESSERT-JUICE	GROUND BEEF CHALUPAS PICO DE GALLO CHEDDAR BACON POTATOES AU GRATIN SALAD/VEGGIES FRUIT-JUICE
21-25 FOURTH WEEK/ CUARTA SEMANA	GROUND TURKEY AND CHICKEN LASAGNA CHEESE BREAD ROLL SALAD/VEGGIES FRUIT-JUICE	ASIAN BEEF STRIPS WITH VEGETABLES FRIED WHITE RICE ASIAN SALAD/VEGGIES DESSERT-JUICE	FISH STEW SAFFRON RICE SALAD/VEGGIES FRUIT-JUICE	CURRY CHICKEN COCONUT JAZMIN RICE SALAD/VEGGIES DESSERT-JUICE	COSTA RICAN DELIGHT PORK CHIFRIJO DICED ROASTED PORK RED BEANS WHITE RICE CORN TORTILLA PICO DE GALLO TORTILLA CHIPS SALAD/VEGGIES FRUIT-JUICE
28-31 FIFTH WEEK/QUINTA SEMANA	CHICKEN CACCIATORE LINGUINE IN PEPPONE SAUCE (BUTTER, TOMATO, BASIL, LIGHT HEAVY CREAM) SALAD/VEGGIES FRUIT-JUICE	BEEF CASADO WHITE RICE BLACK BEANS SALAD/VEGGIES DESSERT-JUICE	PREMIUM GROUND BEEF MEATLOAF MASHED POTATOES SALAD/VEGGIES FRUIT-JUICE	HALLOWEEN SURPRISE MENU	-0-

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Important announcement:

Due to the enforcement of the Value Added Tax by the Tax Administration, we are obliged to make adjustments to our established prices, which have remained unchanged for three consecutive years.

In order to minimize the effect of these increases, we have decided to lower our base prices.

The new prices for the 2019-20 school period are as follows:

$$M-K = 3.98 + 0.52 \text{ (VAT)} = 4.50$$

$$1\text{st-5th} = 4.87 + 0.63 \text{ (VAT)} = 5.50$$

$$6\text{th-12th} = 5.75 + 0.75 \text{ (VAT)} = 6.50$$

Anuncio importante:

Debido a la puesta en vigencia del Impuesto al Valor Agregado por parte de la Administracion Tributaria, nos vemos en la obligacion de hacer ajustes en nuestros precios establecidos, los cuales han permanecido sin cambios por tres años consecutivos.

A los fines de minimizar el efecto de estos aumentos, hemos decidido rebajar nuestros precios base.

Los nuevos precios para el periodo escolar 2019-20 son los que a continuacion se detallan:

$$M-K = 3.98 + 0.52 \text{ (VAT)} = 4.50$$

$$1\text{st-5th} = 4.87 + 0.63 \text{ (VAT)} = 5.50$$

$$6\text{th-12th} = 5.75 + 0.75 \text{ (VAT)} = 6.50$$

KID GOURMET / LUNCHBOX CAFE

PRICE LIST / LISTA DE PRECIOS

GRADE/ GRADO	PRICE* PRECIO \$	MONTH / MES					TOTAL (83)
		AUGUST/ AGOSTO (10)	SEPTEMBER/ SEPTIEMBRE (20)	OCTOBER/ OCTUBRE (22)	NOVEMBER/ NOVIEMBRE (18)	DECEMBER DICIEMBRE (13)	
M-K	4,50	45,00	90,00	99,00	81,00	58,50	373,50
1st-5th	5,50	55,00	110,00	121,00	99,00	71,50	456,50
6th-12th	6,50	65,00	130,00	143,00	117,00	84,50	539,50
TEACHERS/ STAFF	C2,500	C25,000	C50,000	C55,000	C45,000	C32,500	C207,500
GUESTS/ VOLUNTEERS	C3,000						

* PRICE INCLUDES IVA TAX

+++ PAY FOR THE WHOLE SEMESTER AND GET A 5% DISCOUNT +++

PAYMENT OPTIONS

VIA BANK DEPOSIT OR TRANSFER
BANK: BANCO DE COSTA RICA
BENEFICIARY: EDEN GROUP DOS MIL QUINCE LTDA.
ACCOUNT (\$) # : 001-0321245-9
SINPE : 15201001032124597
CEDULA JURIDICA : 3-102-697291

VIA PAPPAL
YOU CAN TRANSFER FUNDS VIA PAPPAL EASILY :
kidgourmetcr@gmail.com

WALK- INS
WE GLADLY ACCEPT WALK-INS
YOU CAN PAY IN CASH AT THE REGISTER
JUST PAY, GRAB YOUR LUNCH AND ENJOY!

PRE-PAID MEAL PASS
FOR YOUR CONVENIENCE WE HAVE AVAILABLE FIVE DAYS PRE-PAID PAYMENT CARDS
(MEAL PASSES)
USE IT WHEN YOU WANT IT WITH NO EXPIRATION DATE

IMPORTANT NOTICE
WHEN MAKING A PAYMENT, PLEASE WRITE THE STUDENT(S) NAME, GRADE AND ANY ALLERGIES INFORMATION.
THANK YOU!

NOTICIA IMPORTANTE
AL EFECTUAR EL PAGO, POR FAVOR INDICAR EL NOMBRE DEL ESTUDIANTE(S), GRADO E INFORMACION DE ALERGIAS.
GRACIAS!

