

A Message from the LunchBox Cafe...

Dear Families , Faculty and Staff of CRIA,

We are very happy to welcome you back for the 2021-2022 school period!

It's an opportunity to continue thriving, working together and following all the health protocols in place for safety and peace of mind.

This pandemic has reminded us the importance of being healthy and our daily nutrition is instrumental in achieving that goal.

At Kid Gourmet we are committed to continue offering nothing but the best lunches and snacks to the CRIA community, as we have been for the last years, with strict safety protocols in order to provide the best service in the safest environment, working hand in hand with the school.

We would like to take the opportunity to invite you all to send us your meal suggestions so we can incorporate them in our Menus.

Thank you for trusting us!

The Kid Gourmet Team

Un Mensaje del LunchBox Cafe...

Estimadas Familias, Profesores y Personal de CRIA,

Estamos muy contentos de darles la bienvenida nuevamente al periodo escolar 2021-2022!

Es una oportunidad para seguir mejorando, de trabajar juntos siguiendo todos los protocolos de salud vigentes para la seguridad y tranquilidad de todos.

Esta pandemia nos ha recordado la importancia de estar saludables y nuestra nutrición diaria es fundamental para lograr este objetivo.

En Kid Gourmet tenemos el compromiso de seguir ofreciendo nada más que los mejores almuerzos y meriendas a la comunidad de CRIA, como lo hemos hecho durante los últimos años, con estrictos protocolos de seguridad con el fin de brindar el mejor servicio en el ambiente más seguro, trabajando mano a mano con la escuela.

Aprovechamos para invitarlos a todos a enviarnos sus sugerencias de comidas para poder incorporarlas a nuestros Menus.

Les deseamos a todos un regreso exitoso!

Gracias por confiar en nosotros!

El Equipo de Kid Gourmet



Dear families of CRIA:

Welcome back to the school cafeteria!

Our commitment :

To provide the CRIA community with high quality meals, made fresh from scratch every day to ensure freshness and nutritional value, 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.

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.

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, in addition with the COVID safety protocols in our kitchen.

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, and we offer a second option every day for those picky eaters.

WE DO NOT USE ANY PEANUTS OR OTHER NUTS IN OUR PRODUCTS

For more information and your suggestions please contact us @:

kidgourmet.lunchboxcafe@gmail.com



Queridas familias de CRIA:

Bienvenidas nuevamente a la cafetería escolar!

Nuestro compromiso :

Proporcionar a la comunidad de CRIA comidas de alta calidad, elaboradas desde cero cada día

para asegurar frescura y bienestar, 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.

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.

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, así como el seguimiento estricto de los protocolos de seguridad de COVID 19.

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 y ofrecemos una segunda opción diariamente para aquellos que así lo deseen.

NO UTILIZAMOS MANI NI NUECES EN NUESTROS PRODUCTOS

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

kidgourmet.lunchboxcafe@gmail.com

KID GOURMET / LUNCHBOX CAFE

PRICE LIST / LISTA DE PRECIOS

GRADE/ GRADO	PRICE/ PRECIO	MONTH / MES					TOTAL SEMESTER/ SEMESTRE (80)
		AUGUST/ AGOSTO (11)	SEPTEMBER/ SEPTIEMBRE (20)	OCTOBER/ OCTUBRE (19)	NOVEMBER/ NOVIEMBRE (18)	DECEMBER/ DICIEMBRE (11)	
M-K	\$5.00	55	100	95	90	55	395
1ST-12TH	\$6.00	66	120	114	108	66	474

* PRICE INCLUDES VAT / IVA TAX

*We are the only school cafeteria that allows to come back for more if any child feels the need to!
Somos la unica cafeteria escolar que permite venir por mas si el alumno/a siente la necesidad!*

PAYMENT OPTIONS

VIA BANK DEPOSIT OR TRANSFER

BANK: BANCO DE COSTA RICA
BENEFICIARY: EDEN GROUP DOS MIL QUINCE LTDA.
ACCOUNT (\$) # : 001-0321245-9
IBAN CR15015201001032124597
CEDULA JURIDICA : 3-102-697291

VIA PAYPAL

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

WALK- INS

WE GLADLY ACCEPT WALK-INS AT NO EXTRA CHARGE
YOU CAN PAY IN CASH AT THE REGISTER
JUST PAY, GRAB YOUR LUNCH AND ENJOY!

PRE-PAID MEAL PASS

(Coming soon)

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.

NOTICIA IMPORTANTE

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

**DAILY ALTERNATIVES TO RED MEATS, PORK & FISH
ALTERNATIVAS DIARIAS PARA CARNES ROJAS, PESCADO Y CERDO
LEMONADE OR LIGHT JUICES SERVED DAILY**

AUG-17/20	Monday	Tuesday	Wednesday	Thursday	Friday
-----------	--------	---------	-----------	----------	--------

Main Meal	-0-	Oriental Honey Chicken Lime White Rice Veggie Noodles Salad	Italian Comeback Baked Neapolitan Pasta Shells with Chicken and Spinach Fresh Baked Bread Roll Cesar Salad	Ground Beef Stew Or Fish Stew Yellow Turmeric Rice Garden Salad	BBQ Chicken Mashed Potatoes Au Gratin Or Fiesta Rice Mixed Veggies
Vegetarian	-0-	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request
Dessert	-0-	Fresh Fruit	Dessert	Fruit Salad	Dessert

AUG-23/27	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken Tikka Masala Golden Rice Mini Naan Tomato - Cucumber Salad	Linguine Bolognese Or Fresh Made Marinara Italian Focaccia Green Salad	House Chicken Tenders with BBQ Sauce Rosemary Baked Parmesan Potatoes Mixed Veggies	Asian Style Beef Or Chicken with Broccoli Oriental Fried Rice Thai Veggie Salad	Apple-BBQ Pulled Pork Sliders Or BBQ Shredded Chicken Sliders Traditional Coleslaw Fresh Baked Bun
Vegetarian	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request
Dessert	Fresh Seasonal Fruit	Dessert	Fruit Salad	Dessert	Fresh Fruit Cuts

AUG-30/31	Monday	Tuesday	Wednesday	Thursday	Friday
-----------	--------	---------	-----------	----------	--------

Main Meal	Rice & Chicken Latin Style Red Beans Casserole Corn Hush Puppies Garden Salad	Greek Style Beef Or Chicken Gyros House Pita Bread Cucumber- Yogurt Salad	-0-	-0-	-0-
Vegetarian	Vegetarian dishes available upon request	Vegetarian dishes available upon request	-0-	-0-	-0-
Dessert	Fresh Seasonal Fruit	Dessert	-0-	-0-	-0-

SEP-1/3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	-0-	-0-	Grilled Chicken Linguine Alfredo Focaccia Fingers Garden Salad	South of the Border Beef Or Vegetable Chili Fiesta Rice Mixed Salad	Honey Pop Corn Chicken White Lime Rice Garden Salad
Vegetarian	-0-	-0-	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request
Dessert	Fresh Fruit	Dessert	Fresh Fruit	Dessert	Fresh Fruit

SEP-06/10	Monday	Tuesday	Wednesday	Thursday	Friday
-----------	--------	---------	-----------	----------	--------

Main Meal	Marinated Roasted Brisquet with Chimichurri Or Chicken Breast Scallop Potatoes Garden Salad	Fish Stew with Fermiere Carrots Or House Chicken Nuggets BBQ Yellow Turmeric Rice Coleslaw	Chicken Teriyaki Coconut Thai Rice Vegetable Stir Fry	Italian Style Beef Lasagna Or Penne Marinara Fresh Baked Bread Rolls Green Salad	Pork Carnitas Or Chicken Fajitas Burrito Bar Nachos with Cheese Red Beans Santa Fe Salad
Vegetarian	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request
Dessert	Fruit Salad	Dessert	Fresh Fruit Cuts	Dessert	Fruit Salad

SEP-13/17	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	No School Independence Day	Pasta Fiesta featuring Assorted Sauces (Bolognese, Marinara) Sweet Honey Whole Wheat Bread Cesar Salad Salad	Old Fashioned Beef Or Chicken Stew with Carrots and Potatoes Golden Barley Rice Garden Salad	Sauteed Fish Or Chicken with Lemon Butter Sauce Mashed Potatoes Or White Veggie Rice Green Salad	Beef Or Chicken Casado Spinach Rice Chicken Noodles Soup Mixed Veggies Salad
Vegetarian	-O-	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request
Dessert	-O-	Dessert	Fruit Salad	Dessert	Fruit Cuts

SEP-20/24	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Baked Pasta with Chicken in White Sauce House Whole Wheat Bread Roasted Zucchini	Popcorn Chicken Served with Honey Mustard Sauce Mashed Potatoes Or White Rice Mixed Vegetables Salad	Ropa Vieja (Shredded Beef) Or Fish Tenders Baked Red Beans Yellow Turmeric Rice	BBQ Chicken Tenders Roasted Potatoes Or Mac 'N Cheese Garden Salad	Burger Friday Premium Ground Beef Or Chicken Patties Fresh Baked Bun Lettuce, Tomatoes Potato Chips
Vegetarian	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request
Dessert	Fresh Seasonal Fruit	Dessert	Fruit Cuts	Dessert	Fresh Fruit

SEP-27/30	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Salmon Sprinkled Creamy Farfalle Pasta House Baked Bun Cesar Salad	Rice With Chicken Latin Style Cream Of Broccoli Carrot Salad	Early Release	Cowboy Chili with Beef Or Chicken Mexican Rice Nachos with or W/O Cheese	-0-
Vegetarian	Vegetarian dishes available upon request	Vegetarian dishes available upon request	-0-	Vegetarian dishes available upon request	-0-
Dessert	Fresh Fruit	Dessert	-0-	Dessert	-0-

<i>OCT-01</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Main Meal</i>	<i>-0-</i>	<i>-0-</i>	<i>-0-</i>	<i>-0-</i>	<i>House Chicken Tenders BBQ Krunchy Fries Green Salad</i>
<i>Vegetarian</i>	<i>-0-</i>	<i>-0-</i>	<i>-0-</i>	<i>-0-</i>	<i>Vegetarian dishes available upon request</i>
<i>Dessert</i>	<i>-0-</i>	<i>-0-</i>	<i>-0-</i>	<i>-0-</i>	<i>Seasonal Fruit</i>

<i>OCT-04/08</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Main Meal</i>	<i>Grilled Chicken with House Chimichurri Rosemary Baked Potatoes Oven Roasted Zuchini</i>	<i>Fish Stew with Fermiere carrots Or Chicken Nuggets Yellow Turmeric Rice Coleslaw</i>	<i>Spaguetti with Italian Meat Balls And/OR Marinara Sauce House Bread Roll Cesar Salad</i>	<i>Chicken Cacciatore Scalloped Potatoes Garden Salad</i>	<i>Chalupa Station Ground Beef Melted Cheese Baked Red Beans Pico de Gallo Chopped Lettuce</i>
<i>Vegetarian</i>	<i>Vegetarian dishes available upon request</i>	<i>Vegetarian dishes available upon request</i>	<i>Vegetarian dishes available upon request</i>	<i>Vegetarian dishes available upon request</i>	<i>Vegetarian dishes available upon request</i>
<i>Dessert</i>	<i>Fresh Seasonal Fruit</i>	<i>Dessert</i>	<i>Fruit Salad</i>	<i>Dessert</i>	<i>Fresh Fruit</i>

<i>OCT-11/15</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
------------------	---------------	----------------	------------------	-----------------	---------------

<i>Main Meal</i>	<i>Baked Pasta with Chicken in White Sauce House Whole Wheat Bread Mixed Veggies</i>	<i>Beef Broccoli Or Chicken Broccoli Thai Noodles Oriental salad</i>	<i>Fish Or Chicken Stew Casserole Baked Potatoes Wedges Vegetable Medley</i>	<i>BBQ Pulled Pork Or Shredded Chicken Black Beans Fresh Baked Bun Mixed Salad</i>	<i>Chicken Tenders with Honey Mustard or Ketchup House Baked Fries Garden Salad</i>
<i>Vegetarian</i>	<i>Vegetarian dishes available upon request</i>	<i>Vegetarian dishes available upon request</i>	<i>Vegetarian dishes available upon request</i>	<i>Vegetarian dishes available upon request</i>	<i>Vegetarian dishes available upon request</i>
<i>Dessert</i>	<i>Fresh Seasonal Fruit</i>	<i>Dessert</i>	<i>Fruit Salad</i>	<i>Dessert</i>	<i>Fruit Cuts</i>

<i>OCT-18/22</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
------------------	---------------	----------------	------------------	-----------------	---------------

Main Meal	Premium Ground Beef Or Sauteed Chicken Breast Golden Rice Mixed Greens Salad	BBQ Chicken Drums Mac And Cheese Hawaiian Bread Garden Salad	No School	Chicken A La Creme Rice Pilaf Thai Quinoa Salad	Fish Or Chicken Croquettes with Cilantro Yogurt Mayo Spring Pasta w/ Veggies and Pesto Original Coleslaw
Vegetarian	Vegetarian dishes available upon request	Vegetarian dishes available upon request	-O-	Vegetarian dishes available upon request	Vegetarian dishes available upon request
Dessert	Fruit Salad	Dessert	-O-	Dessert	Fruit Cuts

OCT-25/29	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	No School CRIA Holiday	Sweet And Sour Chicken with Carrots and Pineapple Oriental White Fried Rice Orange Salad	Broccoli And Spinach Bowtie Pasta With Creamy Alfredo Or Marinara Sauce Garlic Bread Cesar Salad	Roasted Shredded Beef Or Chicken With Chimichurri Pinto Rice Tropical Coleslaw	Halloween Surprise Menu
Vegetarian	-O-	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request
Dessert	-O-	Dessert	Fruit Salad	Dessert	Fruit Cuts

<i>NOV-01/05</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Main Meal</i>	<i>Ground Beef Patties with Gravy Or Oven Roasted Chicken Carrot Rice Vegetable Quinoa Stew</i>	<i>Italian Style Chicken Lasagna Fresh Baked Bread Roll Cesar Salad</i>	<i>Light Curry Chicken with Coconut Milk White Rice Sauteed Vegetables</i>	<i>Skipper's Fish Fingers Or Chicken Fingers Lentil White Rice Green Salad</i>	<i>Roasted Herb Marinated Chicken Seasoned Baked Fries Coleslaw</i>
<i>Vegetarian</i>	<i>Vegetarian dishes available upon request</i>	<i>Vegetarian dishes available upon request</i>	<i>Vegetarian dishes available upon request</i>	<i>Vegetarian dishes available upon request</i>	<i>Vegetarian dishes available upon request</i>
<i>Dessert</i>	<i>Fresh Seasonal Fruit</i>	<i>Dessert</i>	<i>Fruit Salad</i>	<i>Dessert</i>	<i>Fruit Cut</i>

NOV-08/12	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Orange Chicken Rice Pilaf Oriental Lettuce and Cabbage Salad	Spaguetti Bolognese Or Marinara Oregano Breadsticks Cesar Salad	Lemon-Citrus Chicken Breast Lentil Rice Med Style Garden Salad	Granny's Beef Or Chicken Stew with Carrots and Potatoes White Rice Mixed Veggies Salad	Chicken Stir Fry Steamed Veggies with Noodles Spinach, Quinoa and Cranberry Salad
Vegetarian	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request
Dessert	Fresh Fruit	Dessert	Fruit Salad	Dessert	Fresh Fruit

NOV-15/19	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Autum Ground Turkey Picadillo Broccoli Rice Green Beans Salad	Fish Or Chicken Stew with Diced Butternut Squash And Carrots Baked Potatoes Casserole Cucumber And Tomato Salad	Sweet And Sour Pork Or Chicken Lo Mein Vegetable Asian Salad	Beef Or Chicken Burritos Tortilla Wrap Mexican Lime Rice Nachos with Or W/O Cheese Chopped Lettuce And Tomatoes	Pasta Station Friday Pasta Tricolor Served With Alfredo, Pesto Or Marinara Fresh Made Sauces Our Homemade Focaccia Garden Salad
Vegetarian	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request
Dessert	Fruit Salad	Dessert	Fresh Fruit Cuts	Dessert	Mixed Fruits

<i>NOV-22/26</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Main Meal</i>	<i>Seasonal Beef Pot Roast Mediterranean Couscous with Broccoli Veggie Salad</i>	<i>Thanksgiving Surprise Lunch</i>	<i>Early Release</i>	<i>Thanksgiving Break</i>	<i>Thanksgiving Break</i>
<i>Vegetarian</i>	<i>Vegetarian dishes available upon request</i>	<i>Vegetarian dishes available upon request</i>	<i>-0-</i>	<i>-0-</i>	<i>-0-</i>
<i>Dessert</i>	<i>Fresh Seasonal Fruit</i>	<i>Dessert</i>	<i>-0-</i>	<i>-0-</i>	<i>-0-</i>

<i>NOV-29/30</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Main Meal</i>	<i>No School</i>	<i>Neapolitan Lasagna With Ricotta Cheese And Marinara Sauce Italian Focaccia Cesar Salad</i>	<i>-0-</i>	<i>-0-</i>	<i>-0-</i>
<i>Vegetarian</i>	<i>-0-</i>	<i>Vegetarian dishes available upon request</i>	<i>-0-</i>	<i>-0-</i>	<i>-0-</i>
<i>Dessert</i>	<i>-0-</i>	<i>Fresh Seasonal Fruit</i>	<i>-0-</i>	<i>-0-</i>	<i>-0-</i>

<i>DEC-01/03</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Main Meal</i>	<i>-O-</i>	<i>-O-</i>	<i>Marinated Breast of Chicken Marsala Light Pesto Penne House Bread Roll Garden Salad</i>	<i>Beef Casado Special Rice Lentil Casserole Mixed Greens Salad</i>	<i>Burrito Bar Beef Carnitas Or Chicken Strips Black Beans Lettuce Salad Wheat Tortillas</i>
<i>Vegetarian</i>	<i>-O-</i>	<i>-O-</i>	<i>Vegetarian dishes available upon request</i>	<i>Vegetarian dishes available upon request</i>	<i>Vegetarian dishes available upon request</i>
<i>Dessert</i>	<i>-O-</i>	<i>-O-</i>	<i>Fruit Salad</i>	<i>Dessert</i>	<i>Fresh Fruit</i>

<i>DEC-06/10</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Main Meal</i>	<i>Pasta Fiesta featuring Assorted Sauces (Bolognese, Marinara, Alfredo) Focaccia Fingers Cesar Salad</i>	<i>Fish Or Chicken Enchiladas Baked Red Beans Mexican Corn Salad</i>	<i>Oriental Beef Or Chicken With Broccoli White Rice Asian Salad</i>	<i>American Meatloaf Served with Mashed Potatoes And Gravy Honey Pumpkin Carrot Salad</i>	<i>House Chicken Tenders Krunchy Fries Cucumber - Tomato Salad</i>
<i>Vegetarian</i>	<i>Vegetarian dishes available upon request</i>	<i>Vegetarian dishes available upon request</i>	<i>Vegetarian dishes available upon request</i>	<i>Vegetarian dishes available upon request</i>	<i>Vegetarian dishes available upon request</i>

Dessert	Fruit Salad	Dessert	Fresh Fruit Cuts	Dessert	Fresh Fruit
---------	-------------	---------	------------------	---------	-------------

DEC-13/17	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Early Release	Beef Or Chicken Stroganoff Spaguetti Aioli Green Salad	BBQ Pork Baby Ribs Or BBQ Chicken Roasted Potatoes Pasta Salad	Chicken And Spinach Lasagna Fresh Baked Hawaian Bread Mixed Salad with Veggies	Early Release
Vegetarian	-0-	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request	-0-
Dessert	-0-	Dessert	Fruit Salad	Dessert	-0-

Snack Bar

We also provide delicious and nutritious snacks prepared fresh daily in our kitchen for those students that don't feel like having a full lunch.

The price ranges from 500 to 2,000 colones.

In compliance with the COVID protocols regarding money handling, we ask that parents open a snack bar account with a minimum deposit of \$50.

If interested, please send us an email and we'll gladly open a snack bar account for your child (children).

No credit will be given without the express consent of parents.

Important Message

We prepare our food from scratch every day using whole fresh ingredients without the use of processed foods, avoiding products with preservatives or high levels of sodium and sugars.

We featured organic local and fair trade products as availability and pricing allows. In our effort to become more sociable responsible we have zero out the use of non-biodegradable disposable containers.

Food safety is of paramount importance for us at Kid Gourmet/LunchBox Cafe. We follow HACCP procedures in our kitchen and are licensed by the local health authority.

Never before the expression Cost-Efficiency made more sense.

Leave the worries of cooking every day to us.

From beverages to desserts and array of worldwide inspired delicious and healthy dishes brought to your children by professionals every day.

The Kid Gourmet Team