

AUGUST MENU/MENU AGOSTO

WEEK 15-18	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	NO SCHOOL	Chicken a la Creme Spinach Rice Pilaf Veggie Quinoa Salad	Italian Baked Pasta with Chicken and Spinach House Baked Bread Garden Salad	Teriyaki Beef with Broccoli Veggie Fried Rice Oriental Salad	Fetuccine Bolognese (Meat Sauce) Fresh Baked Garlic Bread Tomato-Cucumber Med Salad
Vegetarian		Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day
Dessert		Welcome Back Chef's Surprise	Fresh Fruit Cuts	Dessert	Fruit Salad

AUGUST MENU/MENU AGOSTO

WEEK 21-25	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Rice with Chicken Latin Style Black Beans Traditinal Coleslaw	Spaguetti with Ragu Or Neapolitan Sauce Grated Parmesan Optional Whole Wheat Honey Bread Green Salad	Oven Roasted BBQ Chicken Breast Indian Fried Rice with Lentils and Veggies Carrot Salad with Oranges	Marguerita Lasagna House Baguette Bread Italian Salad	Costa Rican Friday featuring Pork Or Chicken Chifrijo Red Beans Yellow Turmeric Rice Pico E' Gallo Corn Tortilla
Vegetarian	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day
Dessert	Seasonal Fruit Cuts	Fruit Jello	Dessert	Fruit Salad	Dessert

AUGUST MENU/MENU AGOSTO

WEEK 28 AGO 01 SEP	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken L' Orange Marinated with Orange Zest, Garlic and Ginger Cantonese Rice with Ham and Veggies Roasted Carrots Salad	Premium Ground Beef Picadillo with Veggies and Potatoes Saffron Rice Mango Coleslaw	Italian Bake Pasta with Marinara and Alfredo Sauce, Broccoli and Spinach House Garlic Bread Italian Style Sauteed Veggies	Chicken Fricasse with Vegetables Cheesy Mashed Potatoes Quinoa and Vegetables Bean Salad	Fiesta Friday featuring Assorted Pizza, Mac N' Cheese and Crudites with Ranch
Vegetarian	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day
Dessert	Dessert	Fresh Fruit Cuts	Beets and Chocolate Cookies	Dessert	Fruit Salad

SEPTEMBER MENU/MENU SEPTIEMBRE

WEEK 4-8	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Indian Style Chicken Stew served with Orzo and Vegetables (Light Spices) Coconut Rice Mixed Salad	Italian Beef Lasagna Fresh Baked Bread Roll Green Beans Salad	Marinated Rosemary Chicken Couscous pilaf with Spinach Morrocan Carrot Salad	Aioli Penne served with Fresh House Pesto Garlic Bread Carrot Cucumber Salad	BBQ Or Honey Mustard Chicken Tenders Seasoned Baked Potatoes Garden Salad
Vegetarian	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day
Dessert	Fresh Fruit Cuts	Fruit Salad	Dessert	Fresh Fruit Cuts	Dessert

SEPTEMBER MENU/MENU SEPTIEMBRE

WEEK 11-15	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Shepherd's Pie Broccoli Salad Hawaiian Bread	Spaguetti Carbonara with Or W/O Bacon Brioche Roll Mixed Salad	Chicken Tikka Massala Carrot Rice Sauteed Butter Vegetables	Granny's Beef Stew with Carrots and Potatoes White Rice Traditional Coleslaw	NO SCHOOL
Vegetarian	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day	
Dessert	Dessert	Fruit Salad	Dessert	Fresh Fruit Cuts	

SEPTEMBER MENU/MENU SEPTEMBER

WEEK 18-22	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken Breast a la Espagnole Bowtie Marinara Veggie Salad	Baked Fish Or Chicken Fingers BBQ Or Tartar Sauce Optional Potato Salad Corn Casserole	Slow Cooked Balsamic Beef Pot Roast with Carrots Mediterranean Rice Green Salad	Macarroni Bolognese House Baked Roll Mixed Salad	Premium Beef Hamburger Sliders Cheesy Cheddar Potatoes Carrots with Ranch
Vegetarian	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day
	Fruit Salad	Fresh Fruit Cuts	Dessert	Fruit Salad	Dessert

SEPTEMBER MENU/MENU SEPTIEMBRE

WEEK 25-29	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Aioli Pasta Elbows with Roasted Tomatoes, Basil and Spinach Cheese Bread Mixed Salad	New Orleans Style Chicken with Assorted Veggies Rice And Beans Garden Salad	Latin Style Shredded Beef Lime White Rice Carrot Salad	Breast Of Chicken Masala Linguine Pasta with Olive Oil And Garlic Veggie Salad	Greek Friday featuring Marinated Grilled Chicken Mini Homemade Pita Bread Green Salad with Tzatziki
Vegetarian	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day
Dessert	Fruit Salad	Dessert	Fresh Fruit Cuts	Dessert	Fruit Salad

OCTOBER MENU / MENU OCTUBRE

WEEK 2-6	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	BBQ Shredded Beef Pinto Rice Mango Pumpkin Coleslaw	Italian Style Beef Lasagna House Baked Roll Mixed Salad	Chicken Stroganoff Yellow Turmeric Rice Corn Casserole	Herb Marinated Baked Fish Or Chicken Spaguetti with Zucchini, Olive Oil And Garlic Italian Focaccia	Fiesta Friday featuring BBQ Chicken Tenders and Assorted Pizza Veggie Salad
Vegetarian	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day
Dessert	Fruit Salad	Fresh Fruit Cuts	Dessert	Dessert	Dessert

OCTOBER MENU / MENU OCTUBRE

WEEK 9-13	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Traditional Chicken Stew with Vegetables Yellow Saffron Turmeric Rice Mixed salad	Costa Rican Delight : Beef Casado with White Cilantro Rice and Red Beans Salad	Linguine with choice of Rocket Pesto Or Neapolitan Sauce served with Broccoli & Spinach Italian Focaccia Green Salad	Meatloaf Patties Mashed Potatoes with Gravy Garden Salad	BBQ Pulled Pork Or Chicken Sandwich House Brioche Bun Traditional Coleslaw
Vegetarian	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day
Dessert	Fruit Salad	Dessert	Fresh Fruit Cuts	Lemon Cookies	Dessert

OCTOBER MENU / MENU OCTUBRE

WEEK 16-20	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken L'Orange with Carrots Oven-Fried Rice Oriental Cabbage and Carrot Salad	Spaguetti Bologna House Whole Wheat Bread Cesar Salad	Roasted Pork Loin Or Chicken Creamy Baked Potatoes Green Beans and Zucchini Salad	PARENT-TEACHERS CONFERENCE NO SCHOOL	Chicken And Broccoli Creamy Farfale Pasta Cheese Breadsticks Italian Salad
Vegetarian	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day		Vegetarian dish available every day
Dessert	Dessert	Fresh Fruit Cuts	Dessert		Fruit Salad

OCTOBER MENU / MENU OCTUBRE

WEEK 23-27	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Traditional Beef Stew White Rice Garden Salad	CRIA HOLIDAY NO CLASSES	Neapolitan Lasagna Fresh Baked Bread Mixed Green Salad	BBQ Chicken Tenders Lentil Rice Pilaf Cabbage, Carrot and Tomato Salad	Cowboy Chili Mexican Rice Nachos with Cheese Cucumber Tomato Salad
Vegetarian	Vegetarian dish available every day		Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day
Dessert	Fresh Fruit Cuts		Oatmeal Cookies	Mini Brownie	Fruit Jello

OCTOBER MENU / MENU OCTUBRE

WEEK 30-31	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken Teriyaki Oriental Baked Cantonese Rice Asian Orange Salad	Pasta Station featuring Marinara, Alfredo & Fresh Pesto Sauces Grated Parmesan Optional Cesar Salad House Bread Roll	November Menu	November Menu	November Menu
Vegetarian	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day
Dessert	Dessert	Fresh Fruit Cuts			

KID GOURMET / LUNCHBOX CAFE

PRICE LIST / LISTA DE PRECIOS
(INCLUDES IVA TAX)

GRADE GRADO	PRICE PRECIO	AUGUST (13)	SEPTEMBER (20)	OCTOBER (20)	NOVEMBER (15)	DECEMBER (11)	JANUARY (17)	FEBRUARY (20)	MARCH (16)	APRIL (15)	MAY (22)	JUNE (5)	TOTAL SCHOOL YEAR (174)
M-K	\$6.50	84.50	130	130	97.50	71.50	110.50	130	104	97.50	143	32.50	1131
1 TO 12	\$7.50	97.50	150	150	112.50	82.50	127.50	150	120	112.50	165	37.50	1305

- (*) PAYMENT FOR A FULL SEMESTER 2.5% DISCOUNT
(**) PAYMENT FOR A FULL YEAR 5% DISCOUNT
(***) NUMBER OF SCHOOL DAYS BASED ON SCHOOL CALENDAR FOR 2023-24
ANY CHANGES WILL BE CREDITED/CHARGE ACCORDINGLY

PAYMENT OPTIONS

VIA BANK DEPOSIT OR TRANSFER

BANK: BANCO DE COSTA RICA
BENEFICIARY: EDEN GROUP DOS MIL QUINCE LTDA.
IBAN CR 15015201001032124597 (DOLLARS)
IBAN CR 97015202001262640564 (COLONES)

PAY PAL

DOLLARS kidgourmetcr@gmail.com

COLONES edengroup2015@gmail.com

WE ALSO ACCEPT CASH AT THE COUNTER

WALK- INS

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

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.

GLUTEN FREE OPTIONS AVAILABLE - ADD \$1 SURCHARGE PER LUNCH

DAILY ALTERNATIVES TO RED MEATS, PORK & FISH
ALTERNATIVAS DIARIAS PARA CARNES ROJAS, PESCADO Y CERDO
LEMONADE OR LIGHT JUICES SERVED DAILY
FRUIT AND DESSERT INCLUDED WITH LUNCH
VEGETARIAN OPTION SERVED DAILY

OUR LUNCHES INCLUDE THE FOLLOWING:

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 CUT, ALWAYS FRESH.

DRINKS

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

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.

IF YOU ARE FOLLOWING A CELIAC, VEGETARIAN OR VEGAN DIET PLEASE LET US KNOW SO WE CAN OFFER YOU AN ALTERNATIVE TO THE DAILY MENU MENU. ALL ALLERGIES NEED TO BE DISCLOSED PLEASE

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.

All our produce come fresh twice a week from co-op farms 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

(ACF Certified)

FAQ's

1. What services are offered at the school cafeteria?

There is a Snack Bar where students can get breakfast items in the morning and a variety of fruit, beverages, pastries, empanadas, corn dogs, grilled cheese sandwiches, burritos, etc. in the first recess and again at lunch time.

Also, we serve hot lunch made from scratch every day and offer a vegetarian dish alternative. Gluten Free option is available for a small surcharge.

2. How do I pay for this services?

There are several ways to pay for the different options available, all designed to make it easier for families to secure a healthy, delicious nutrition for their children.

PAYING FOR SNACKS ONLY:

WE HAVE PRE PAID CARDS AVAILABLE THAT CAN BE USED TO PURCHASE SNACKS AT THE COUNTER.

WE ACCEPT CASH TOO.

NO CREDIT IS AVAILABLE AND PAYMENT WILL BE REQUIRED AT THE MOMENT OF PURCHASE

PAYING FOR LUNCH ONLY:

IF YOUR CHILDREN WILL ONLY HAVE LUNCH DAILY, YOU CAN ENROLL IN THE LUNCH PROGRAM.

PAYMENT CAN BE MADE MONTHLY, SEMESTERLY OR YEARLY.

HE/SHE WILL BE GIVEN A THREE DIGIT CODE THAT WILL USE WHEN RECEIVING THE LUNCH.

IF CHOOSING THE MONTHLY OPTION, PAYMENT IS DUE ON THE FIRST FIVE DAYS OF THE MONTH.

SERVICE WILL BE SUSPENDED IF PAYMENT IS NOT RECEIVED ON TIME.

WE ACCEPT CASH TOO FOR WALK INS

NO CREDIT IS AVAILABLE AND PAYMENT WILL BE REQUIRED AT THE MOMENT OF PURCHASE

IF YOUR CHILDREN WILL ONLY HAVE LUNCH WITH US OCCASIONALLY, NOT DAILY, YOU CAN GET A PRE PAID CARD AND USE IT ONLY WHEN NEEDED.

PAYING FOR SNACKS AND LUNCH:

IF YOUR CHILDREN CHOOSE TO HAVE LUNCH EVERY DAY AND ALSO ENJOY SOME SNACKS TOO, IT IS RECOMMENDED THAT THEY GET ENROLLED IN THE LUNCH PROGRAM AND ALSO GET A PRE PAID CARD FOR SNACK BAR PURCHASES.

FOR THE OCCASIONAL SNACK/LUNCH EATER WE RECOMMEND THE PRE PAID CARD THAT CAN BE USED FOR BOTH, SNACKS AND LUNCH.

WE ACCEPT CASH AT ANYTIME.

3. Is there a Vegetarian option available?

Yes, there is a daily Vegetarian option available at lunch.

4. Are Gluten Free meals available?

Yes, Gluten Free meals are available upon request with a surcharge of \$1.

5. What happens if the Pre Paid card is lost?

Pre Paid cards are the responsibility of the Card holder, just like carrying cash. When possible, an approximate balance will be calculated taken in consideration the date of the card purchase and the average spending, and a new Card will be issued. Card replacement will have a cost of \$5.

6. What happens if the school is closed due to weather conditions or force majeure?

Lunch days lost due to causes beyond control will be either credited or refunded.

7. How do I contact Kid Gourmet?

You may contact us @ kidgourmetcr@gmail.com

We welcome you to another exciting and flavorful school year!!!