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Introductory Letter

Welcome everyone to a new school year. This season we'll introduce changes leading into an even more sustainable, eco friendlier ways and also, a healthier life style.

By eliminating or reducing radically the use of plastics, totally avoiding frying foods (no more fried empanadas guys, only baked ones!), jacking up the offer of fresh fruit and vegetable items as well as super foods like quinoa, etc. , and, of course, your active participation by encouraging your children to embrace this changes, we expect this movement will be for better, much better!

Thank you very much for your continuing support, understanding and participation!

THE KID GOURMET TEAM

KID GOURMET / LUNCHBOX CAFE

PRICE LIST / LISTA DE PRECIOS
(INCLUDES IVA TAX)

GRADE GRADO	PRICE PRECIO COLONES	AUGUST 10	SEPTEMBER 19	OCTOBER 21	NOVEMBER 19	DECEMBER 14	TOTAL FIRST SEMESTER 83
M-K	C3,500	35,000	66,500	73,500	66,500	49,000	290500
1 TO 12	C4,500	45,000	85,500	94,500	85,500	63,000	373500

(***) 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

edengroup2015@gmail.com

WE ALSO ACCEPT CASH AT THE COUNTER

PUNCH CARD/MEAL PASS

WE HAVE AVAILABLE FOR YOUR CONVENIENCE OUR MEAL PASS
A PUNCH CARD THAT IS DESIGNED TO USE ONLY WHEN NEEDED,
TO PURCHASE LUNCH OR ANY ITEMS FROM THE SNACK BAR.
THE FACIAL VALUE IS \$100

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 C1,000 SURCHARGE PER LUNCH

LEMONADE OR LIGHT JUICES SERVED DAILY
FRUIT AND DESSERT INCLUDED WITH LUNCH

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, BAKED empanadas, 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 your 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, OR BY FULL SEMESTER.

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. (MEAL PASS)

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 1,000 COLONES.

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

AUGUST MENU / MENU AGOSTO

WEEK 19-23	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Herb Marinated Baked Chicken Oven Roasted Potatoes Sauteed Zucchini & Broccoli Salad	Spaguetti or Penne with our homemade Bolognese (Meat), Marinara or Pesto Sauces FreshBaked Bread Tomato Cucumber Salad	Medley of Vegetables Teriyaki Asian Style Fried Rice w/Carrots Roasted Zucchini	Latin Style Rice and Chicken Black Beans Garden Salad	Combo Friday Pumpkin Soup Chicken Wrap Green Salad
Vegetarian	Vegetarian/Gluten Free dish available upon request	Vegetarian/Gluten Free dish available upon request		Vegetarian/Gluten Free dish available upon request	Vegetarian/Gluten Free dish available upon request
Dessert	Fresh Fruit	Fresh Fruit	Fruit Jello	Fresh Fruit	Fresh Fruit

WEEK 26-30	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Lemon Butter Chicken Breast Spinach Rice Carrot Salad	Baked Pasta Bolognese House Bread Italian Salad	Eggplant Parmigiana Roasted Potatoes Mixed Salad	Roasted Beef Chimichurri House Mashed Potatoes Seasonal Salad	Combo Friday Chicken Noodles Soup Chicken Quesadilla Garden Salad
Vegetarian	Vegetarian/Gluten Free dish available upon request	Vegetarian/Gluten Free dish available upon request		Vegetarian/Gluten Free dish available upon request	Vegetarian/Gluten Free dish available upon request
Dessert	Fresh Fruit	Fresh Fruit	Fruit Jello	Fresh Fruit	Fresh Fruit

SEPTEMBER MENU / MENU SEPTIEMBRE

WEEK 2-6	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Oven Roasted Chicken Mexican Rice Cucumber Salad	Italian Style Neapolitan Lasagna with Vegetables Fresh Baked Roll Broccoli Salad	Broccoli and Cauliflower L' Orange Lime White Rice Roasted Carrots	Costa Rican Beef Casado Pinto Rice Coleslaw	Combo Friday Creme of Vegetables Beef Burritos Nixed Salad
Vegetarian	Vegetarian/Gluten Free dish available upon request	Vegetarian/Gluten Free dish available upon request		Vegetarian/Gluten Free dish available upon request	Vegetarian/Gluten Free dish available upon request
Dessert	Fresh Fruit	Fresh Fruit	Fruit Jello	Fresh Fruit	Fresh Fruit

WEEK 9-13	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Baked Chicken Breast with or W/O Chimichurri Sauce White Lime Rice Tropical Salad	Beef Lasagna House Italian Focaccia Garden Salad	Mixed Vegetables Oriental Style w/wo House Sweet N Sour Sauce Thai Noodles Orange Roasted Sweet Potatoes	Latin Style Shredded Beef White Rice Red Beans Cabbage and Carrot Salad	Combo Friday Italian Minestrone Soup Chicken Focaccia Sandwich Italian Salad
Vegetarian	Vegetarian/Gluten Free dish available upon request	Vegetarian/Gluten Free dish available upon request		Vegetarian/Gluten Free dish available upon request	Vegetarian/Gluten Free dish available upon request
Dessert	Fresh Fruit	Fresh Fruit	Fruit Jello	Fresh Fruit	Fresh Fruit

SEPTEMBER MENU / MENU SEPTIEMBRE

WEEK 16-20	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	BBQ Chicken Drums Roasted Potatoes Garden Salad	Spaguetti with Bolognese or Marinara Sauce House Garlic Bread Mixed Salad	Zuchini, Broccoli and Carrots Frittata Cilantro Spinach Rice Green Beans Salad	Chicken Fricasse Carrot Rice Coleslaw	Combo Friday Cheddar Broccoli Soup Chicken Quesadilla Green Salad
Vegetarian	Vegetarian/Glut en Free dish available upon request	Vegetarian/Glut en Free dish available upon request		Vegetarian/Glut en Free dish available upon request	Vegetarian/Glut en Free dish available upon request
Dessert	Fresh Fruit	Fresh Fruit	Fruit Jello	Fresh Fruit	Fruit Yogurt

WEEK 23-27	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken a L' Crème Spinach Rice Pilaf Quinoa Veggie Salad	Aioli Pasta with Chicken & Veggies House Bread Roll Garden Salad	Vegetable Ratatouille with Quinoa Mashed Potatoes Or White Rice Tropical Corn Salad	Beef Brisquet BBQ Rice & Beans Mixed Salad	Combo Friday Lentil Soup Beef Burrito Green Salad
Vegetarian	Vegetarian/Glut en Free dish available upon request	Vegetarian/Glut en Free dish available upon request		Vegetarian/Glut en Free dish available upon request	Vegetarian/Glut en Free dish available upon request
Dessert	Fresh Fruit	Fresh Fruit	Fruit Jello	Fresh Fruit	Fresh Fruit

SEPTEMBER MENU / MENU SEPTIEMBRE

<i>30/09</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Main Meal</i>	<i>Roasted Chicken with Herbs Baked Potatoes Seasonal Salad</i>	<i>October Menu</i>	<i>October Menu</i>	<i>October Menu</i>	<i>October Menu</i>
<i>Vegetarian</i>	<i>Vegetarian/Gluten Free dish available upon request</i>				
<i>Dessert</i>	<i>Fresh Fruit</i>				