



# LITTLE GREEN GOURMETS

growing smart eaters

[www.littlegreengourmets.com](http://www.littlegreengourmets.com)

**LITTLE GREEN GOURMETS** is a fresh kids' meal service. Our colorful, healthy, delicious meals are made from scratch using local, sustainable and organic ingredients with children in mind. LITTLE GREEN GOURMETS is dedicated to **growing smart eaters!**

**ISABEL GUNTHER**, chef and mother to 13-year-old Kai, curates the monthly menus to reflect seasonal availability, variety, new inspirations and of course, fan favorites. Recipes incorporate an abundance of fresh vegetables (whether you see them or not!), fresh herbs and organic spices. Isabel carefully sources the ingredients, selecting the freshest local and organic ingredients. Isabel believes strongly in knowing food origins and that ingredients should have a 'story'; she wants to know where they come from and who is raising and producing them.

**HOT MEALS** are delivered daily, you can opt in for meals 2-5 days/week. Other dietary and allergy accommodations available, including gluten-free, vegan, dairy/egg free, and kosher-style for an additional fee. We offer **REGULAR**, **BEEF FREE** & **VEGETARIAN** menus, which are made monthly and reflect seasonal availability. Hot lunch components are separated and age appropriate. Other dietary and allergy accommodations available, including gluten-free, vegan, dairy/egg free, and kosher-style for an additional fee. "Small Bites" meals available for 12-18 months based on eating ability.

**[SIGN UP HERE](#)** and choose the meal options that best suit your preferences.

**PRICING is monthly and recurring**



## **LUNCHES\***

5 Meals Per Week \$228.90 per month  
4 Meals Per Week \$181.44 per month  
3 Meals Per Week \$136.08 per month  
2 Meals Per Week \$90.72 per month

## **SPECIAL DIETARY CONSIDERATIONS\***

+\$1.25 per consideration per day  
Vegetarian (no extra charge)  
Beef Free (no extra charge)  
Vegan  
Gluten-free

Dairy/Egg-Free (not prepared with dairy or egg)

## **ADD ONS\***

Fresh Fruit Cups +\$2.50 per day  
Healthy Snack +\$2.50 per meal  
Small Bites Option +\$1.25 per meal  
Large Portion +\$1.25 per meal  
Fish (every other Wednesday) +\$7 per month

**TWO WEEK TRIAL** (5 meals / week): 3-compartment hot lunches & cut fruit cup = \$120\*

*\*Tax not included in pricing. Special dietary considerations & add-on pricing per meal. Small bites and large portion options are not available for allergy meals. Please note, our meals, snacks, and fruits/vegetables are produced in a kitchen facility that processes egg, dairy, gluten, fish, corn and soy. We cannot guarantee that LGG's facility is free of your students' allergens and our meals, snacks and fruits/vegetables are NOT appropriate for children with severe or anaphylactic allergies. However, we do not use or process tree nuts, peanuts, sesame, pork or shellfish.*

Questions? Email us at [hello@littlegreengourmets.com](mailto:hello@littlegreengourmets.com)

**Thank you and we look forward to cooking for your little ones!**

