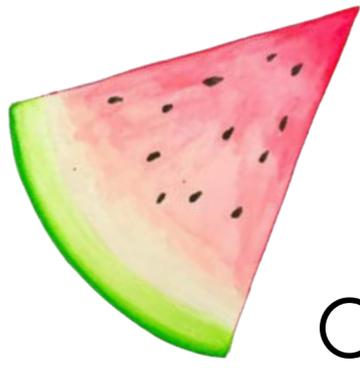


Children's Menu

School Lunches

New Parent Guide





About Us

Children's Menu is a delicious, organic, made-from-scratch school lunch delivery business.

Our aim is simple: we want to bring back the fundamentals of eating well by celebrating whole, fresh and healthful foods. Everything is made from scratch in the Children's Menu kitchen in Los Angeles. We make all of our own sauces and snacks with simple, whole ingredients so that you can feel good about the food your child is eating.

In addition to our food program, we have a serious sustainability focus and are proud to be the **ONLY** business of our kind to implement a reusable packaging program.

Included in this packet is ALL the information you need to get started - including how to order, allergy information, contact information and our ordering/cancellation policies.



What's included in our Meals

Organic
Ingredients
NO seed oils



NO processed
foods or artificial
ingredients

Vegetarian,
gluten-free and
dairy-free
options



ZERO peanuts
or tree nuts

Local produce
whenever
possible



Grass-fed, wild
and hormone/
antibiotic free
proteins

Size Guidelines

We serve two sizes: “Little Kid” and “Big Kid”. We suggest “Little Kid” for our preschools and elementary, and “Big Kid” for our middle and high schools.

Every meal on our website comes with images of portion sizes for each size in our containers. Examples below:

Little Kid



Little Kid



Big Kid



One Size



(Pasta dishes
come with
two sides)

Big Kid



Sustainability and Reusable Packaging Program

We are thrilled to be the first and only school lunch delivery service putting sustainability at the core of our business. By partnering with Deliver Zero, an innovative reusable food packaging company, we are completely eliminating large - container packaging waste associated with our service. That equates to 2.2 million packages staying out of landfills in one school year alone.



To find out more, visit our
website
www.Childrensmenu.com

Placing your order

Step 1: Create your account

Start by visiting www.Childrensmenu.com and click on the “PARENT LOGIN” header.



Children's Menu

Menus

Our Story

Contact

Sustainability

FAQ

PARENT LOGIN



Looking for Citizen Sprout? You're in the right place! Introducing our new name — Children's Menu!



Placing your order

Step 1: Create your account

You will be brought to the login screen. Click "Create New Account"

Login

Email

Password

Sign In

[Forgot your password?](#)

New to Children's Menu?

Create New Account



Placing your order

Step 1: Create your account

Create your parent profile

Create New Account

Personal Information

First Name

Last Name

Email

Phone

Password

Confirm Password

Create a profile for each child under “My Kids”. Then “SUBMIT”.

My Kids

Child's Full Name (first and last)

Child's Birthday Optional

Campus

Group

Child's school or camp

Grade, Group or room



+ Add Child

Submit

Placing your order

Step 2: Start ordering!

Once you've created your account, log back in using your new credentials. You will be brought to your "My Account" dashboard. To start an order, click on "New Order".



-  MY ORDERS

-  PROFILE

-  STORE CREDIT

-  LOGOUT

My Orders

No orders found. Visit [Menus](#) to begin adding meals to your cart.

New Order

Placing your order

Step 2: Start ordering!

Choose the month you'd like to order for, then choose your day and which child (if multiple) you'd like to start with.

Menus

< August 2024

August 2024 ▾

August 2024

July 2024

TUESDAY WEDNESDAY THURSDAY FRIDAY

		1	2
		Bobby Smith Order	Bobby Smith Order
		Sally Smith Order	Sally Smith Order
5	6	7	8
Bobby Smith Order	Bobby Smith Order	Bobby Smith Order	Bobby Smith Order
Sally Smith Order	Sally Smith Order	Sally Smith Order	Sally Smith Order



Placing your order

Step 2: Start ordering!

Once you click “Order”, our daily menu will appear. Our “Daily Special” is always at the top. Scroll down to see the rest of our “Classics” menu, available daily.

Daily Menu for Bobby Smith on August 19, 2024



Chicken or Vegetable Gyoza Daily Special

Little Kid: \$10.75 Big Kid: \$11.95

with veggie fried rice

+ Add to Order

Our Everyday Favorites

Penne with Meatballs

Little Kid: \$10.95 Big Kid: \$12.25

Our signature recipe, handmade organic meatballs on top of penne pomodoro and sprinkled with parmesan. Served with garlic bread and veggies.



read.
ead.

'ree (GF pasta), Dairy-free (no

Bean and Cheese Burrito

Little Kid: \$10.95 Big Kid: \$10.95

Homemade black beans with melty Mexican blend cheese rolled in a warm flour tortilla. Served with corn tortilla chips and homemade pico de gallo.

ONE SIZE.

Contains: Gluten, Dairy.

Substitutions available: Dairy-Free

Side: Of the Day



read.
ead.

'ree (GF pasta), Dairy-free (no

Avocado Toast

Little Kid: \$12.50 Big Kid: \$12.50

Sliced avocado with a pinch of sea salt on fresh-baked bread with a lemon wedge and berries (or fruit of your choice) on the side.

slices.

'ree.

+ Add to Order



California Roll with Tamari

Little Kid: \$11.25 Big Kid: \$11.25

Made in house daily! Classic made with avocado, cucumber and imitation crab meat wrapped in seaweed and white rice. Served with Tamari.

One size contains: 10 pieces.

Contains: Gluten.

No Substitutaions available.

Side: Included

+ Add to Order



Placing your order

Step 3: Choose your size and extras (optional)

Once you make your selection, click “Add to order”. You’ll be taken to the product page where you select your size (required). You may also add drinks, snacks, desserts, etc here as well!

Daily Menu for Bobby Smith on August 21, 2024 ×

[←](#) CM Signature Baked Chicken Nuggets

Our signature baked chicken nuggets are crispy and delicious. Served with ketchup, baked fries and veggies. Sizing Guidelines:

Side: Included



Size Required

Little Kid \$10.95

Big Kid \$12.95

Drinks

1% Organic Milk +\$1.65

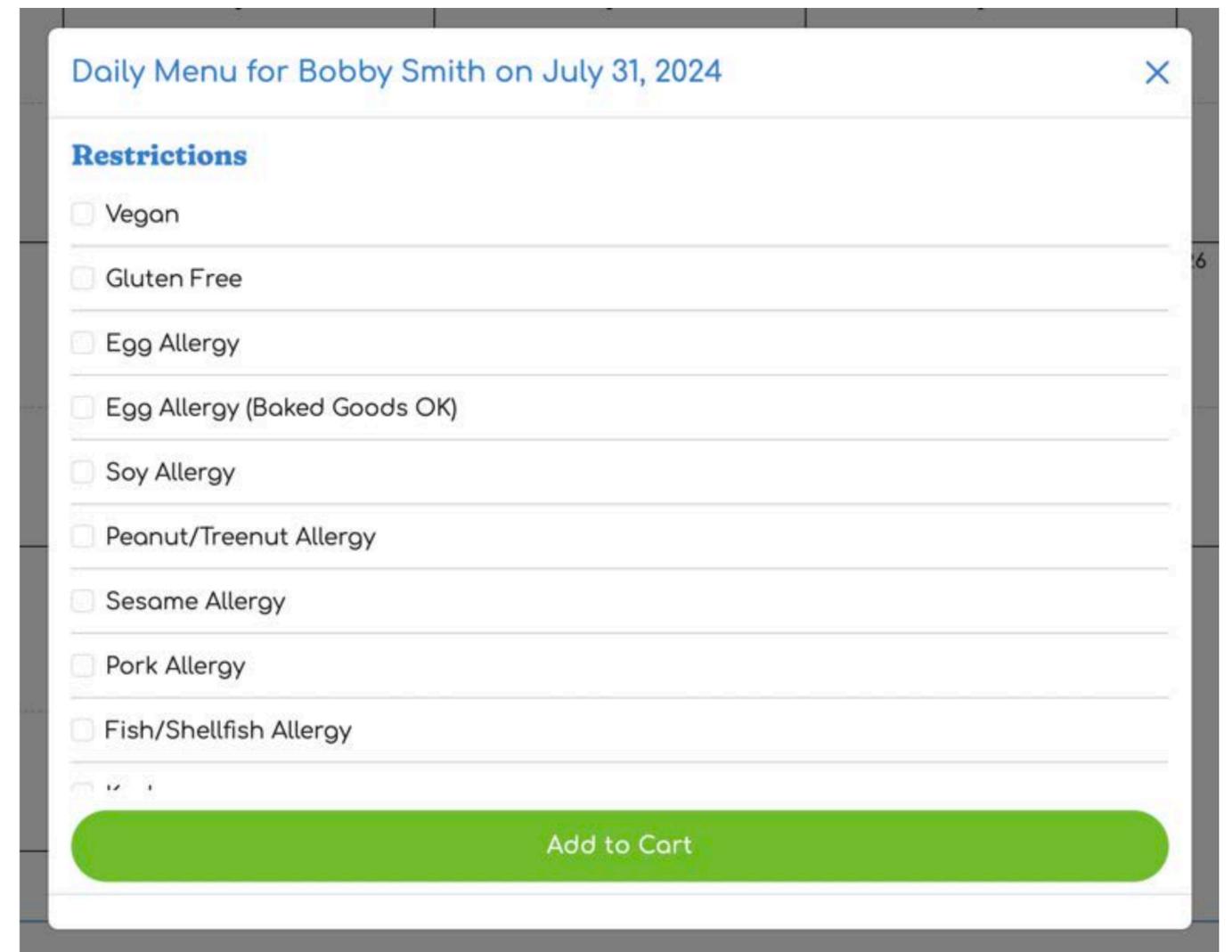
[Add to Cart](#)

Placing your order

Step 3: Note any allergies and restrictions.

You may enter your child's allergies in this section. A couple things to keep in mind when adding restrictions:

- We have completely NUT FREE kitchen.
- Available substitutions such as gluten-free and dairy-free will be listed in the product description of each meal.
- Dairy and Gluten are listed on each meal product description if the meal includes either.
- We make every effort to accommodate as many allergies and restrictions as possible and pride ourselves on our large menu that has something delicious for everyone. To maintain the integrity of our meals and deliver a stellar customer experience, we are unable to customize meals further than what is listed in their descriptions.



Daily Menu for Bobby Smith on July 31, 2024

Restrictions

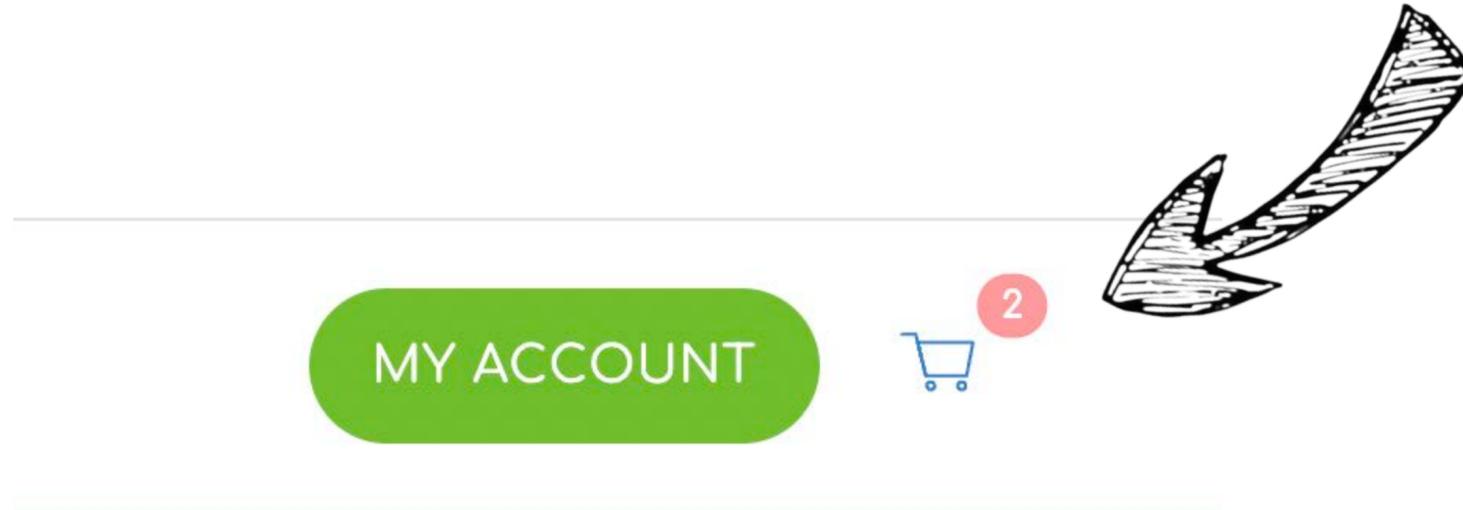
- Vegan
- Gluten Free
- Egg Allergy
- Egg Allergy (Baked Goods OK)
- Soy Allergy
- Peanut/Treenut Allergy
- Sesame Allergy
- Pork Allergy
- Fish/Shellfish Allergy

Add to Cart

Placing your order

Step 4: Add to cart and check out!

Once you've completed the orders for your child or children, head on up to the header and click on your cart.



You will be able to review each child's order per day before checking out.



A screenshot of a mobile app's 'Cart' screen. The title 'Cart' is at the top right with a close 'X' button. Below the title is the date 'July 31'. The cart is divided into two sections for different users: 'Bobby Smith' and 'Sally Smith'. Each section lists items and their prices. At the bottom, there is a 'Subtotal' of \$33.90, a note 'Taxes and discounts calculated at checkout.', and a large green 'Check Out' button.

Bobby Smith	
Avocado Toast Little Kid	\$12.50
Blueberry Banana Smoothie - 8oz	\$3.25
Homemade Cranberry Granola Bar	\$4.00

Sally Smith	
Avocado Toast Little Kid	\$12.50
1% Organic Milk	\$1.65

Subtotal	\$33.90
Taxes and discounts calculated at checkout.	

The Details & FAQs

How will my child receive their food in the reusable containers? For your convenience, images of the plating in our containers and sizing have been included to you can see exactly how your child's food will arrive.

Are the containers labeled? Each meal container is labeled with your child's name, school, group, meal and allergies (if specified). All additional snacks, drinks, etc are also labeled.

What if my child doesn't eat all their food, can they bring home their containers? Our containers are collected at the end of each lunchtime, but we do provide to-go containers for kids who would like to take home their unfinished meal.

What are the containers made of and how "sustainable" are they? Deliver Zero containers are made of sturdy 100% bpa free plastic and can sustain up to 1,500 washes per container. In one year alone, Children's Menu is saving 2.2 million packages out of landfills and trash cans by utilizing this program.

Where can I find out more about these containers? You may learn more by visiting www.DeliverZero.com.

Why make this packaging shift at all? Why go through the trouble? We believe that we have a unique position as a company in the food service industry to effect change and move the needle on sustainability in a real way. Not only is the volume of packages we are saving impressive (2.5 million in one year) but as we serve children, the MOST important aspect is exposing this young generation to a daily reusable practice. We know this is new and we know this is different. But we are committed to this new way of packaging and appreciate the tremendous support of parents and schools alike as we embark on this new path.

Is there any benefit to ordering in advance? YES! Parents that place an order for the entire month in advance get 10% off with code MONTH10.

Do I need to commit to a certain amount of days? Ordering is a la carte! Parents do not need to commit to a certain amount of days in the week or month.

How late can I place my order? Order cut off time is 11pm the night before. Some day orders are available for a \$2 fee and must be submitted before 7am via email.

How does delivery work? Our trusty drivers deliver your child's meals warm directly to your school in time for lunch!

What if my child has a special allergy? We take allergies very seriously and maintain a completely nut free kitchen. In addition, we can accommodate dietary restrictions such as dairy and gluten free. If your child has further needs, our staff is available to chat and determine if the program is a fit for your child.

What if I need to cancel?: Cancellations are accepted until 7am day off and will receive a credit towards a future order. Please send your request via email to hello@childrensmenu.com

My school has set certain dietary restrictions. How do I know what to order?: We have the same menu available for all our schools. It is the responsibility of the parent to order per their school's dietary policies.

What if I want to show the staff a little extra appreciation? Can I add gratuity to my order? It takes a lot to make our little business tick and we not only depend on the hard work of our staff, but also their passion and dedication to the Children's Menu mission. Your gratuity goes a long way in showing them your appreciation for what they do. We appreciate you considering at least a 15% gratuity per order, which can be added at check out.

What is "Backpack Mail"?: Once a month, your child will be sent home with our monthly flyer (aka "Backpack Mail"). This newsletter will include our specials calendar for the upcoming month and all the fun stuff happening in the kitchen and beyond.

Contact Info

Our amazing staff members are ready and willing to help with any questions you may have.

Email: hello@childrensmenu.com

Monday - Friday

5am - 5pm

Phone

Call & Text: (424) 209 - 7290

10am - 5pm