



YOU BELONG

LUNCH MENU

From 6th to 12th grade

FEBRUARY 2026

OPTIONS	MONDAY 2		TUESDAY 3		WEDNESDAY 4		THURSDAY 5		FRIDAY 6	
STARTER	Chicken soup		Vegetable cream soup		Quinoa soup		Green plantain soup		Potato soup	
PROTEIN 1	Grilled beef steak and egg		Chicken nuggets		Fritada (pork)		Grilled chicken fillet		Grilled pork chops	
SIDE DISH 1	Creole potato / salad bar		Rice / lentil stew / salad bar		Mote / llapingacho / salad bar		Creole potato / salad bar		Tigrillo / salad bar	
PROTEIN 2	Pasta carbonara		Grilled fish / tartar sauce		Beef goulash		Fish stew		Beef steak	
SIDE DISH 2	Salad bar		Rice / patacon / salad bar		Rice / salad bar		Rice / patacon / salad bar		Rice / salad bar	
VEGETARIAN	Pesto pasta		Vegetarian quesadilla		Vegetarian spaghetti bolognese		Breaded mushrooms		Vegetarian Meatloaf	
DESSERT	Passion fruit mousse		Seasonal fruit		Strawberries with chantilly		Seasonal fruit		Seasonal fruit	
DRINK	Lemonade / tamarillo juice		Peach juice / blackberry juice		Fruit iced tea / mango juice		Strawberry / naranjilla juice		Guayusa iced tea / passion fruit juice	
OPCIONES	MONDAY 9		TUESDAY 10		WEDNESDAY 11		THURSDAY 12		FRIDAY 13	
STARTER	Ajiaco soup		Pozole soup		Green plantain soup		Seafood soup		Tortilla soup	
PROTEIN 1	Stewed beef		Chicken and mushroom quesadilla		Mixed ceviche		Chicken lasagna		Beef burritos	
SIDE DISH 1	Rice / salad bar		Salad bar		Plantain chips / popcorn / salad bar		Salad bar		Salad bar	
PROTEIN 2	Pasta with tuna		Hornado (pork)		Grilled beef tenderloin		Grilled pork loin		Grilled fish	
SIDE DISH 2	Salad bar		Llapingacho / mote / salad bar		Steak fries / salad bar		Mashed potatoes / salad bar		Rice / patacon / salad bar	
VEGETARIAN	Vegetarian stew		Vegetarian quesadilla		Vegetarian ceviche		Vegetarian lasagna		Vegetarian calzone	
DESSERT	Espumilla and fruit		Seasonal fruit		Seasonal fruit		Seasonal fruit		Mini red velvet cupcake	
DRINK	Soursop / strawberry juice		Hibiscus iced tea / orangeade		Passion fruit / watermelon juice		Chamomile iced tea / guava juice		Tamarind juice / lemonade	
MONDAY 16		TUESDAY 17		WEDNESDAY 18		THURSDAY 19		FRIDAY 20		
HOLIDAY - NO SCHOOL - CARNIVAL										
OPCIONES	MONDAY 23		TUESDAY 24		WEDNESDAY 25		THURSDAY 26		FRIDAY 27	
STARTER	Vegetable and chicken soup		Pozole soup		Mote pata soup		Beef sancocho soup		Gazpacho (cold soup)	
PROTEIN 1	Beef macaroni and cheese		Chicken chaulafan		Pork loin medallions / English sauce		Grilled chicken with mushroom sauce		Grilled beef tenderloin	
SIDE DISH 1	Salad bar		Salad bar		Rice / salad bar		Steak fries / salad bar		Cassava fries / salad bar	
PROTEIN 2	Grilled pork chop		Battered fried fish		Clams in garlic sauce		Pork flautas		Mixed paella	
SIDE DISH 2	Rice / salad bar		Au gratin potato / salad bar		Rice / salad bar		Guacamole / salad Bar		Salad bar	
VEGETARIAN	Vegetarian wrap		Vegetarian arepa		Vegetarian empanada		Vegetarian flautas		Vegetarian paella	
DESSERT	Seasonal fruit		Fruit ice cream		Mille-feuille pastry		Seasonal fruit		Cherry jelly	
DRINK	Soursop / strawberry juice		Blackberry juice / orangeade		Lemonade / mango juice		Blackberry juice / lemon verbena iced tea		Tamarillo / guava juice	

	PROTEINS (animal and plant-based)
	MICRONUTRIENTS (vitamins, minerals, and trace elements)
	FATS (saturated, monounsaturated, polyunsaturated, trans fats, and cholesterol)
	CARBOHYDRATES (simple and complex)



ACADEMIA COTOPAXI
AMERICAN INTERNATIONAL SCHOOL



SNACK BAR MENU

From 6th to 12th grade

FEBRUARY 2026

OPTIONS	MONDAY 2		TUESDAY 3		WEDNESDAY 4		THURSDAY 5		FRIDAY 6	
MORNING SPECIAL	Green plantain empanada		French toast and strawberries		Mexican esquites		Ham and cheese flautas		Puff pastry meat pie	
DAILY SPECIAL	Ricotta and spinach ravioli		Pizza		Honduran baleadas		Salmon onigiri		Bagels	
OPTIONS	MONDAY 9		TUESDAY 10		WEDNESDAY 11		THURSDAY 12		FRIDAY 13	
MORNING SPECIAL	English muffins		Cheese empanadas		Pancakes		Green plantain bolones		Morocho empanada	
DAILY SPECIAL	Hot dog		Pizza		Poke bowl		Chicken shawarma		Focaccia	
MONDAY 16		TUESDAY 17		WEDNESDAY 18		THURSDAY 19		FRIDAY 20		
Holiday - NO SCHOOL Carnival										
OPTIONS	MONDAY 23		TUESDAY 24		WEDNESDAY 25		THURSDAY 26		FRIDAY 27	
MORNING SPECIAL	Beef empanadas		Cinnamon roll		Tigrillo and egg		Bacon, egg and cheese bagel		Pizzeta	
DAILY SPECIAL	Fusilli pomodoro - pesto		Pizza		Chori pan		Beef hamburger		Birria tacos	

	PROTEINS (animal and plant-based)
	MICRONUTRIENTS (vitamins, minerals, and trace elements)
	FATS (saturated, monounsaturated, polyunsaturated, trans fats, and cholesterol)
	CARBOHYDRATES (simple and complex)



ACADEMIA COTOPAXI
AMERICAN INTERNATIONAL SCHOOL