



**YOU
BELONG**

LUNCH MENU

Pre - kinder to 5th 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		Chicken nuggets		Shredded pork		Grilled chicken fillet		Grilled pork loin	
SIDE DISH 1	Creole potato / salad bar		Rice / lentil stew / salad bar		Llapingacho / salad bar		Creole potato / salad bar		Tigrillo / salad bar	
PROTEIN 2	Pasta carbonara		Grilled fish		Beef goulash		Baked fish		Meatballs	
SIDE DISH 2	Salad bar		Rice / lentil stew / 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		Blackberry juice		Fruit iced tea		Strawberry juice		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		Salad bar		Salad bar		Salad bar	
PROTEIN 2	Pasta with tuna		Margherita pizza		Grilled beef tenderloin		Grilled pork loin		Grilled fish	
SIDE DISH 2	Salad bar		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	Strawberry juice		Orangeade		Watermelon juice		Chamomile iced tea		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 fried rice		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		Breaded shrimp		Pork flautas		Grilled cheese sandwich	
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		Mini alfajor		Seasonal fruit		Cherry jelly	
DRINK	Strawberry juice		Blackberry juice		Lemonade		Blackberry juice		Tamarillo juice	



ACADEMIA COTOPAXI
AMERICAN INTERNATIONAL SCHOOL

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



SNACK MENU

EARLY YEARS

FEBRUARY 2026

OPTIONS	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
FRUIT	Pear - papaya	Melon - orange	Tangerine - apple	Watermelon - pear	Strawberries - banana
SNACK	Grilled cheese on whole wheat bread	Chicken empanada	Quinoa meatballs / hummus	Potato tortillas - scrambled eggs	Oatmeal and blueberry pancake
OPTIONS	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
FRUIT	Tangerine - banana	Apple - orange	Watermelon - cantaloupe	Apple - papaya	Strawberry - banana
SNACK	Cassava bread - fruit yogurt	Arepa with beef - guacamole	Ham and cheese flauta	Zucchini, oat and carrot fritters	French toast
	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
FRUIT	Papaya - pear	Apple - cantaloupe	Pineapple - tangerine	Strawberry - banana	Pear - apple
SNACK	Bean purée quesadilla	Hash brown - scrambled egg	Chicken salad - whole wheat toast	Meat empanada-guacamole	Margherita pizzetta



ACADEMIA COTOPAXI
AMERICAN INTERNATIONAL SCHOOL

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