



LUNCH MENU

From 6th to 12th grade

JUNE 2026

OPTIONS	MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
STARTER	Green plantain soup	Cream of vegetable soup	Quinoa soup	Tortilla soup	Potato soup
PROTEIN 1	Grilled beef tenderloin with egg	Grilled chicken leg fillet	Grilled pork loin	Sweet and sour chicken	BBQ pork ribs
SIDE DISH 1	Rice & salad bar	Rice / lentil stew & salad bar	Llapingacho & salad bar	Rice & salad bar	Creole potatoes & salad bar
PROTEIN 2	Pasta carbonara	Breaded fish / tartar sauce	Beef goulash	Fish stew	Grilled beef tenderloin
SIDE DISH 2	Salad bar	Rice / lentil stew & salad bar	Rice & salad bar	Rice & salad bar	Creole potatoes & salad bar
VEGETARIAN	Four-cheese pasta with mushrooms	Vegetarian quesadilla	Garlic mushrooms with quinoa bread	Chop suey	Stuffed potato
DESSERT	Strawberries with chocolate	Seasonal fruit	Tres leches cake	Seasonal fruit	Pistiños
DRINK	Lemonade / tamarillo juice	Blackberry / peach juice	Iced fruit tea / mango juice	Strawberry / naranjilla juice	Orangeade / iced fruit tea
OPTIONS	MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
STARTER	Ajiaco	Pozole	Pumpkin and corn cream soup	Seafood soup	Aji de carne
PROTEIN 1	Beef stroganoff	Chicken quesadilla	Seafood ceviche	Chicken lasagna	Beef and chorizo skewer
SIDE DISH 1	Rice & salad bar	Salad bar & guacamole	Plantain chips & salad bar	Garlic bread & salad bar	Corn & salad bar
PROTEIN 2	Pasta with tuna	Sweet and sour pork	Beef Milanese	Grilled pork chop	Grilled fish
SIDE DISH 2	Salad bar	Rice with soy sauce & salad bar	Mashed potatoes & salad bar	Tigrillo & salad Bar	Rice & salad Bar
VEGETARIAN	Vegetarian stew	Vegetarian quesadilla	Vegetarian ceviche	Vegetarian lasagna	Vegetarian calzone
DESSERT	Mixed berry mousse	Seasonal fruit	Apple pie	Seasonal fruit	Mini red velvet cupcake
DRINK	Soursop / strawberry juice	Hibiscus iced tea / orangeade	Passion fruit / watermelon juice	Lemonade / guava juice	Blackberry juice / lemonade
OPTIONS	MONDAY 15	TUESDAY 16	WEDNESDAY 17		
STARTER	Tomato and basil cream soup	Minestrone	AC Last Day of Classes - 1/2 day - Noon dismissal for students		
PROTEIN 1	Grilled chicken	Grilled beef tenderloin			
SIDE DISH 1	Rice / bean stew & salad bar	Potato gratin & salad bar			
PROTEIN 2	Pork flautas	Breaded calamari			
SIDE DISH 2	Salad bar & guacamole	Rice & salad Bar			
VEGETARIAN	Vegetarian flautas	Vegetarian stuffed rice			
DESSERT	Caramel cookies	Seasonal fruit			
DRINK	Mixed berry / naranjilla juice	Lemonade / strawberry 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

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OPTIONS	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
MORNING SPECIAL	Morocho empanada	Beef puff pastry empanada	Chocolate bread	Pancake with fruit	Mexican Esquites
DAILY SPECIAL	Bagel with cream cheese and bacon	Pizza	Salmon nigiri	Calzone pomodoro	Ham and cheese flautas
OPTIONS	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
MORNING SPECIAL	Green plantain empanadas	Chili nachos	Tigillo with egg	Tequeños	Ham and cheese cupcakes
DAILY SPECIAL	Hot dog	Pizza	Dumplings	Beef hamburger	Chicken wings
OPTIONS	MONDAY 16	TUESDAY 17	WEDNESDAY 18		
MORNING SPECIAL	English muffins	Bolones de verde	Cheese empanada		
DAILY SPECIAL	Choripan	Pizza	1/2 day - Noon dismissal for students		

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



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