YOU BELONG

SNACK MENU

EARLY YEARS & KINDER

OCTOBER 2026

OPTIONS					THURSDAY 1	FRIDAY 2
FRUIT					Watermelon - pineapple	Orange - banana
SNACK					Llapingacho and mozzarella cheese	Oatmeal pancake with red berries
OPTIONS	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9	
FRUIT	Pear - cantaloupe	Apple - pineapple	Orange - papaya	Vegetable sticks	Holiday - NO SCHOOL Guayaquil Independence	
SNACK	Arepa with shredded beef	Quesadilla - bean puree - guacamole	Scrambled eggs - whole wheat bread	French toast with banana and strawberries		
OPTIONS	LUNES 12	MARTES 13	MIÉRCOLES 14	JUEVES 15	VIERNES 16	
FRUIT	Pineapple - papaya	Orange - pear	Apple - papaya	Strawberries - cantaloupe	Pear - watermelon	
SNACK	Wholemeal toast with mushroom, tomato and cheese	Hash brown - mozzarella cheese	Fusilli and chicken salad	Green plantain tortillas - lupin hummus	Beef and lentil wrap - guacamole	
OPTIONS	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23	
FRUIT	Papaya - pear	Fruit mix	Strawberries - apple	Watermelon - apple	Banana - cherry tomato broccoli	
SNACK	Bean flutes - guacamole	Yogurt - granola	Chicken salad - saltine crackers	Tigrillo (green plantain, egg and cheese)	Carrot, zucchini, oat and blueberry muffin	
OPTIONS	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30	
FRUIT	Watermelon - pear	Melon - pineapple	Apple - orange	Strawberries - banana	Cantaloupe - papaya	
SNACK	Bean and tomato quesadilla - guacamole	Spinach and beef empanada	Zucchini, oat and carrot fritters	Cassava bread - plain yogurt	Quinoa meatballs and chickpea hummus	

ACADEMIA COTOPAXI
AMERICAN INTERNATIONAL SCHOOL

Protein · Micro nutrients · Fats · Carbo hydrates