

Quesadilla Day

Spanish	Atlantic Ocean (east)	Costa Rica	Panama	Honduras
Central America	San Salvador (El Salvador capital)	Mountains (all throughout)	Belize	Pacific Ocean (west)
San Jose (Costa Rica capital)	Tegucigalpa (Honduras capital)	FREE	Belmopan (Belize capital)	Guatemala
Guatemala City (Guatemala capital)	Panama City (Panama capital)	Hispanic Heritage Month	Fruits & Vegetables	Managua (Nicaragua capital)
El Salvador	Between North & South America	Nicaragua	Tres Leches Cake	Corn beans plantains and rice

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Tegucigalpa (Honduras capital)	Belize	Panama	Central America	Mountains (all throughout)
Costa Rica	Tres Leches Cake	Honduras	Between North & South America	Pacific Ocean (west)
Guatemala City (Guatemala capital)	Belmopan (Belize capital)	FREE	Guatemala	Atlantic Ocean (east)
Fruits & Vegetables	Nicaragua	Spanish	Corn beans plantains and rice	Panama City (Panama capital)
Hispanic Heritage Month	Managua (Nicaragua capital)	San Jose (Costa Rica capital)	San Salvador (El Salvador capital)	El Salvador

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Between North & South America	Nicaragua	Belize	Managua (Nicaragua capital)	Belmopan (Belize capital)
Spanish	Guatemala City (Guatemala capital)	Hispanic Heritage Month	San Salvador (El Salvador capital)	Honduras
San Jose (Costa Rica capital)	Corn beans plantains and rice	FREE	Panama City (Panama capital)	Fruits & Vegetables
Tegucigalpa (Honduras capital)	Pacific Ocean (west)	Panama	Tres Leches Cake	Costa Rica
Guatemala	Atlantic Ocean (east)	Mountains (all throughout)	Central America	El Salvador