

Lunch Menu

KLA Schools of West Kendall



Monday	Tuesday	Wednesday	Thursday	Friday
(3oz) Beef Stew (4oz) Beef Soup (1/2 cup) Mashed Potatoes (1/2 cup) Mixed Vegetables (3oz) Vanilla Pudding	(3oz) Baked Chicken (1/2 cup) White Rice (1/2 cup) Ajiaco Soup with veggies (1/2 cup) Green Beans (3oz) Apple Sauce	(3oz) Ground Beef (1/2 cup) White Rice (1/2 cup) Split Pea Soup (1/2 cup) Baked Potato (3oz) Chocolate Pudding	(3oz) Pork Stew (4oz) Lentil Soup (1/2 cup) Sweet Plantains (1/2 cup) White Rice (3oz) Rice Pudding	(3oz) Meatballs (1/2 cup) Brown Rice (1/2 cup) Green Beans (3oz) Fruit Salad
(3oz) Chicken Cordon Blue (4oz) Corn & Veggie Soup (1/2 cup) Yellow Rice with Veggies (3oz) Vanilla Pudding	(3oz) Beef Stew (1/2 cup) White Rice (1/2 cup) Red Beans (1/2 cup) Sweet Potato Fries (3oz) Apple Sauce	(3oz) Pork Casserole (1/2 cup) White Rice (1/2 cup) Black Beans (1/2 cup) Yuca (3oz) Chocolate Pudding	(1/2 cup) Spaghetti with Beef (1/2 cup) Mixed Veggies (3oz) Fruit Salad Garlic Bread	(3oz) Chicken Stew (1/2 cup) Sweet Plantains (1/2 cup) White Rice (1/2 cup) Green Beans (3oz) Rice Pudding
(3oz) Beef Stew (1/2 cup) Mashed Potatoes (1/2 cup) Mixed Veggies (3oz) Vanilla Pudding	(3oz) Pork Stew (1/2 cup) White Rice (1/2 cup) Garbanzo Beans (1/2 cup) Sweet Plantains (3oz) Chocolate Pudding	(3oz) Baked Chicken (1/2 cup) White Rice (1/2 cup) Lentil Soup with Veggies (1/2 cup) Sweet Potato Fries (3oz) Fruit Salad	(3oz) Ground Beef (1/2 cup) White Rice (4oz) Split Pea Soup (1/2 cup) Sliced Carrots (3oz) Apple Sauce	(3oz) Meat Balls (1/2 cup) Yellow Rice with Vegetables (1/2 cup) Baked Potato (3oz) Rice Pudding
(3oz) Pork Casserole (1/2 cup) White Rice (1/2 cup) Black Beans (1/2 cup) Sweet Potato Fries (3oz) Apple Sauce	(3oz) Ground Beef (1/2 cup) Rice and Beans (1/2 cup) Yuca (3oz) Vanilla Pudding	(1/2 cup) Fish (1/2 cup) Mashed Potatoes (1/2 cup) Mixed Veggies (3oz) Fruit Salad	(3oz) Pepper Steak (4oz) Red Beans Soup (1/2 cup) White Rice (1/2 cup) Green Beans (3oz) Chocolate Pudding	(3oz) Chicken Teriyaki (1/2 cup) Yellow Rice and Vegetables (1/2 cup) Sweet Plantains (3oz) Rice Pudding
(3oz) Cuban Stew (carne estofada con vegetales) (4oz) Garbanzos (1/2 cup) White Rice (1/2 cup) Sweet Potato Fries (3oz) Vanilla Pudding	(3oz) Pork Stew (1/2 cup) White rice (1/2 cup) Yuca (4oz) Lentil Soup (3oz) Chocolate Pudding	(3oz) Chicken Patty (1/2 cup) Yellow Rice with Veggies (4oz) Corn and Veggie Soup (3oz) Fruit Salad	(3oz) Ground Beef (1/2 cup) White Rice (1/2 cup) Sweet Plantains (4oz) Black Beans (3oz) Apple Sauce	(3oz) Chicken Stew (1/2 cup) Rice and Beans (1/2 cup) Mixed Veggies (3oz) Rice Pudding

*Nuts, allergen or menu may change based on needs of the schools' disclaimer

Revised Date: 6/2/23

Caterer: Sergio's Catering