

Lunch Menu

KLA Schools of West Kendall



Monday	Tuesday	Wednesday	Thursday	Friday
(3 oz.) Beef Stew (½ cup) Mashed Potatoes (½ cup) Mixed Vegetables (3 oz.) Vanilla Pudding	(3oz) Baked Chicken (½ cup) White Rice (½ cup) Ajiaco Soup with veggies (½ cup) Green Beans (3 oz.) Applesauce	3oz) Picadillo/Ground Beef (½ cup) White Rice (½ cup) Split pea (Chicharo) Soup (½ cup) Baked Potato (3 oz.) Chocolate pudding	(3oz.) Pork Fricassee (4 oz.) Lentil Soup (½ cup) Sweet Plantains (Fricassee de Cerdo) (½ cup) White Rice (3 oz) Arroz con Leche	(3oz.) Chicken Fricassee (½ cup) White Rice (½ cup) Sweet Plantain ½ cup Green Beans (3 oz) Arroz con Leche
(3oz.) Chicken Cordon Blue (4oz.) Guiso de Maiz Criollo (Corn and Veggies Soup) (1/2 cup) Yellow Rice with Veggies (3 oz.) Vanilla Pudding	(3oz.) Ground Beef (½ cup) White Rice (½ cup) Red Beans (½ cup) Sweet Potato Fries (3 oz.) Apple Sauce	(3oz) Pork Casserole (Cerdo asado en Cazuela) (½ cup) White Rice (½ cup) Black Beans (½ cup) Yuca (3 oz.) Chocolate Pudding	(½ cup) Pasta (Spaghetti)w/ Beef (½ cup) Mixed Veggies Garlic bread (3 oz.) Fruit Salad	(3oz.) Shredded BBQ Chicken (½ cup) Yellow Rice with Vegetables (½ cup) Baked Potato (3 oz) Arroz con Leche
(3oz) Fish (½ cup) Mashed Potatoes (½ cup) Mixed Veggies (3 oz) Vanilla Pudding	(3oz) Pork Fricassee (½ cup) White Rice (½ cup) Garbanzos Beans (½ cup) Sweet Plantains (3 oz) Chocolate pudding	(3oz.) Baked Chicken (½ cup) White Rice (½ cup) Lentil Soup with veggies (½ cup) Sweet Potato Fries (3 oz.) Fruit Salad	(3oz.) Picadillo/Ground Beef (4 oz) Split pea (Chicharo) Soup (1/2 cup) White Rice (1/2 cup) Sliced Carrots (3 oz) Apple Sauce	(3oz) Chicken (½ cup) Rice (½ cup) Green Beans (3 oz.) Fruit Salad
(3oz) Pork Fricassé (Cerdo asado en cazuela) (½ cup) White Rice (½ cup) Black Beans (½ cup) Sweet Potato Fries (3 oz.) Apple Sauce	(3oz.) Ground Beef (1/2 cup) Arroz Moro (Rice and Beans) (1/2 cup) Yuca (3 oz.) Vanilla Pudding	(½ cup) Fish (1/2 cup) Mashed Potatoes (½ cup) Mixed Veggies (3 oz.) Fruit Salad	(½ cup) Pasta (Spaghetti)w/ Beef (½ cup) Mixed Veggies Garlic bread (3 oz.) Fruit Salad	(3oz) Pollo Teriyaki Chicken in Teriyaki sause. (½ cup) Yellow Rice with Vegetables (½ cup) Sweet Plantains (3 oz) Arroz con Leche

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

Revised: 10/13/2025

Caterer: Sergio's Catering