

## GLOBAL FLAVORS

**M** Spaghetti & Meat Sauce  
Lasagna Roll Ups As Available

**T** Korean BBQ Flatbread  
Three Cheese Flatbread  
Asian Meatball Flatbread

**W** Taco Beef Calzone  
Cheese Calzone  
Turkey Taco Calzone

**TH** Greek Meatball Flatbread  
Three Cheese Flatbread

**F** Buffalo Chicken Calzone  
Cheese Calzone

Butternut Squash  
Parmesan Green Beans

Spicy Asian Vegetable Blend  
Soy-Roasted Potatoes

Frijoles a la Charro  
Mexican Zucchini

Roasted Chickpeas  
Summer Squash

Low Country Green Beans  
Potato Wedges

## SUPER FOODS

**M** NOODLE BOWLS  
Tokyo Teriyaki • Spicy Buffalo Chicken • The  
Grecian • The Garden

**T** WRAPS & FLATBREADS  
Turkey Cheddar Ranch • Classic Ham & Cheese •  
The Mediterranean • Spicy Buffalo Chicken

**W** SUPER SALADS  
Please Select Another Item

**TH** SMOOTHIE BOWLS  
Very Berry • Sunshine • Tropical (No Bananas)

**F** NOODLE BOWLS  
Tokyo Teriyaki • Spicy Buffalo Chicken • The  
Grecian • The Garden

PLANT-BASED, VEGETARIAN, NATURAL & MORE...  
ALL THE INGREDIENTS YOU LOVE!

**M** Including Kidney Beans  
Variety of Fresh Fruit  
Variety of Canned Fruit

**T** Including Basil Corn  
Salad  
Variety of Fresh Fruit  
Variety of Canned Fruit

**W** Including Baby Carrots  
Variety of Fresh Fruit  
Variety of Canned Fruit

**TH** Including Corn  
Variety of Fresh Fruit  
Variety of Canned Fruit

**F** Including Celery Sticks  
Variety of Fresh Fruit  
Variety of Canned Fruit



## EVERYDAY SELECTS

**M** Cheese Pizza  
Pepperoni Pizza  
Sausage Pizza

**T** Bean & Cheese Nachos  
Beef & Cheese Nachos  
Fajita Chicken Nachos  
All entrées served with Stewed Black Beans

**W** Chicken Nugget Basket  
Fish 'n' Chips Basket  
Cheese Filled Breadstick  
All entrées served with Seasoned Spiral Fries

**TH** Crispy Chicken Sandwich  
Cheeseburger  
Fish Stick Sandwich  
All entrées served with Baked French Fries

**F** Cheese Pizza  
Pepperoni Pizza  
Sausage Pizza

## SAUCE IT UP!

Add a kick to any dish with our featured sauces.

Music City Sauce  
Signature Nashville Hot Sauce  
with just the right kick of heat

MK Special Sauce  
The perfect blend of mayonnaise  
and ketchup

Spicy Cool Sauce  
Spicy sriracha meets cool,  
creamy mayonnaise

Spicy K Sauce  
Classic ketchup — with a kick!

IN A HURRY?

DOWNLOAD THE  
APP + DECIDE  
YOUR LUNCH  
IN ADVANCE!



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.