

GLOBAL FLAVORS

M Tacos Al Pastor
Bean & Cheese Tacos
Turkey Carnitas

T Teriyaki Meatball Sub
Sweet & Sour Chick'n Sub(v)
Korean BBQ Chicken Sub

W Chicken Tenders w/ Sauces
Chick'n Nuggets w/ Sauces

TH Chicken Alfredo Mac
Cheddar Mac & Cheese
Tuscan Vegetable Mac

F Medd Veggie & Cheese Bowl
Greek Meatball Rice Bowl
Greek Turkey Rice Bowl

Frijoles a la Charro
Mexican Zucchini

Spicy Asian Vegetable Blend
Soy-Roasted Potatoes

Potato Wedges

Butternut Squash
Parmesan Green Beans

Roasted Chickpeas
Summer Squash

SUPER FOODS

M SMOOTHIE BOWLS
Very Berry • Sunshine • Tropical • Banana Berry

T NOODLE BOWLS
Tokyo Teriyaki • Spicy Buffalo Chicken • The
Grecian • The Garden

W WRAPS & FLATBREADS
Turkey Cheddar Ranch • Classic Ham & Cheese •
The Mediterranean • The Garden

TH SUPER SALADS
Garden • Chef • Chicken Fajita • Spicy Buffalo
Chicken

F SMOOTHIE BOWLS
Very Berry • Sunshine • Tropical • Banana Berry

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



M Garden Salad
Kidney Beans
Variety of Fresh Fruit
Variety of Canned Fruit

T Caesar Salad
Basil Corn Salad
Variety of Fresh Fruit
Variety of Canned Fruit

W Super Salad
Baby Carrots
Variety of Fresh Fruit
Variety of Canned Fruit

TH Caesar Salad
Apple Glazed Baby
Carrots
Variety of Fresh Fruit
Variety of Canned Fruit

F Mixed Greens
Celery Sticks
Variety of Fresh Fruit
Variety of Canned Fruit



EVERYDAY SELECTS

M Crispy Chicken Sandwich
Spicy Chicken Sandwich
Classic Burgers Including Vegetarian
All entrées served with Baked French Fries & Burger Toppings

T Cheese Pizza
Pepperoni Pizza
Buffalo Chicken Pizza
All entrées served with Caesar Salad

W Bean & Cheese Nachos
Beef & Cheese Nachos
Chicken Carnitas Nachos
All entrées served with Stewed Black Beans

TH Chicken Nugget Basket
Fish 'n' Chips Basket
Herb Roasted Drumstick Basket
All entrées served with Seasoned Spiral Fries

F Crispy Chicken Sandwich
Spicy Chicken Sandwich
Classic Burgers Including Vegetarian
Baked French Fries & Burger Toppings

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?

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

