

## GLOBAL FLAVORS

**M** Spaghetti & Meat Sauce  
Lasagna Roll Ups  
Pasta and Veggies

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

**W** Taco Beef Calzone  
Cheese Calzone

**TH** No School

**F** No School

Broccoli and Red Peppers  
Roasted Butternut Squash  
Parmesan Green Beans

Spicy Asian Vegetable Blend  
Steamed Broccoli  
Soy-Roasted Potatoes

Mexican Black Beans  
Chili Roasted Sweet Potatoes  
Mexican Zucchini

## SUPER FOODS

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

**T** **NOODLE BOWLS**  
Turkey Cheddar Ranch • Classic Ham & Cheese • The Mediterranean • Spicy Buffalo Chicken

**W** **WRAPS & FLATBREADS**  
Garden • Chef • Chicken Caesar • Spicy Buffalo Chicken

**TH** **SUPER SALADS**  
No School

**F** **SMOOTHIE BOWLS**  
No School

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

**M** Garden Salad  
Basil Corn Salad  
Italian Seasoned Chickpeas  
Variety of Fresh Fruit

**T** Caesar Salad  
Ginger Carrot Salad  
Steamed Edamame  
Variety of Fresh Fruit  
Variety of Canned Fruit

**W** Super Salad  
Broccoli Lime Salad  
Corn Elotes  
Variety of Fresh Fruit  
Variety of Canned Fruit

**TH** No School

**F** No School

## EVERYDAY SELECTS

**M** Cheese Pizza  
Pepperoni Pizza  
Sausage Pizza  
*All entrées served with Caesar Salad*

**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** No School  
*All entrées served with*

**F** No School

## 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.

