

GLOBAL FLAVORS

M Italian Combo Sub
Caprese Sub
Meatball Marinara Sub

T BBQ Chicken Sandwich
Southern Style Crispy Chick'n Sub
BBQ Rib Sandwich

W Soft or Crunchy Beef Tacos
Soft or Crunchy Bean Tacos
Tinga Chicken Tacos

TH Greek Meatball Sub
Falafel Sub
Greek Turkey Sub

F Teriyaki Chicken Tacos
Sweet 'n' Sour Chick'n Tacos
Korean BBQ Chicken Taco

Broccoli and Red Peppers
Butternut Squash
Parmesan Green Beans

Mashed Potatoes
Low Country Green Beans
BBQ Baked Beans
Chilled Broccoli
Citrus Glazed Carrots

Mexican Black Beans
Chili Roasted Sweet Potatoes
Mexican Zucchini

Roasted Chickpeas
Summer Squash
Oven Roasted Broccoli

Spicy Asian Vegetable Blend
Steamed Broccoli
Soy Roasted Potatoes

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**
Very Berry • Sunshine • Tropical • Banana Berry

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

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
Chilled Broccoli
Citrus Glazed Carrots
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 Caesar Salad
Chilled Peas
Moroccan Carrots
Variety of Fresh Fruit
Variety of Canned Fruit

F Spinach Salad
Ginger Carrot Salad
Steamed Edamame
Variety of Fresh Fruit
Variety of Canned Fruit

EVERYDAY SELECTS

M Cheese Pizza
Pepperoni Pizza
BBQ Chicken Pizza
All entrées served with Caesar Salad

T Bean and Cheese Nachos
Beef and 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
Turkey Kielbasa Roll
All entrées served with Baked French Fries & Burger Toppings

F Cheese Pizza
Pepperoni Pizza
BBQ Chicken Pizza
Caesar Salad

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.

