

GLOBAL FLAVORS

M Tacos Al Pastor
Bean & Cheese Tacos
Turkey Carnitas

T Teriyaki Meatball Sub
Korean BBQ Chicken Sub

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

TH Chicken Alfredo Mac
Cheddar Mac & Cheese
Tuscan Vegetable Mac
Chicken Bruschetta Mac

F Lemon Pepper Chicken Bowl
Greek Falafel Bowl
Greek Meatball Rice Bowl
Greek Turkey Rice Bowl

Frijoles a la Charro
Chili Roasted Sweet Potatoes
Mexican Zucchini
Broccoli Lime Salad
Corn Elotes

Spicy Asian Vegetable Blend
Steamed Broccoli
Soy-Roasted Potatoes
Ginger Carrot Salad
Steamed Edamame

Roasted Broccoli
Low Country Green Beans
BBQ Baked Beans
Carrot and Celery Sticks
Citrus Glazed Carrots

Broccoli & Red Peppers
Butternut Squash
Parmesan Green Beans
Basil Corn Salad
Italian Seasoned Chickpeas

Roasted Chickpeas
Summer Squash
Oven-Roasted Broccoli
Chilled Peas
Moroccan Carrots

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 Caesar • 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
Broccoli Lime Salad
Corn Elotes
Variety of Fresh Fruit
Variety of Canned Fruit

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

W Super Salad
Carrot & Celery Sticks
Citrus Glazed Carrots
Variety of Fresh Fruit
Variety of Canned Fruit

TH Caesar Salad
Basil Corn Salad
Italian Seasoned Chickpeas
Variety of Fresh Fruit

F Spinach Salad
Chilled Peas
Moroccan Carrots
Variety of Fresh Fruit
Variety of Canned Fruit



EVERYDAY SELECTS

M Crispy Chicken Sandwich
Cheeseburger
Grilled Cheese Sandwich
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
Turkey 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 Local Favorites Menu Day
Visit the cafeteria to check it out!

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!



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