

GLOBAL FLAVORS

M Spaghetti & Meat Sauce
Lasagna Roll Ups

T Korean BBQ Flatbread
Asian Meatball Flatbread
Three Cheese Flatbread

W Taco Beef Calzone
Cheese Calzone

TH Greek Meatball Flatbread
Three Cheese Flatbread

F Buffalo Chicken Flatbread Rollup
Cheese Calzone

Broccoli and Red Peppers
Parmesan Green Beans

Spicy Asian Vegetable Blend
Steamed Broccoli

Mexican Black Beans
Chili Roasted Sweet Potatoes
Mexican Zucchini

Summer Squash
Oven Roasted Broccoli

Roasted Broccoli
Low Country Green Beans
Potato Wedges

SUPER FOODS

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

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

W **SUPER SALADS**
Chef • Chicken Caesar • Spicy Buffalo Chicken

TH **SMOOTHIE BOWLS**
Very Berry • Sunshine • Tropical • Banana Berry

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

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

M Garden Salad
Variety of Fresh Fruit
Variety of Canned Fruit

T Caesar Salad
Variety of Fresh Fruit
Variety of Canned Fruit

W Super Salad
Variety of Fresh Fruit
Variety of Canned Fruit

TH Caesar Salad
Variety of Fresh Fruit
Variety of Canned Fruit

F Spinach Salad
Variety of Fresh Fruit
Variety of Canned Fruit

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
Cheese Filled Breadstick
All entrées served with Seasoned Spiral Fries

TH Crispy Chicken Sandwich
Cheeseburger
Spicy Chicken Sandwich
All entrées served with Baked French Fries & Burger Toppings

F Cheese Pizza
Pepperoni Pizza
Sausage 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?

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YOUR LUNCH
IN ADVANCE!



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