

## GLOBAL FLAVORS

**M** Tacos Al Pastor  
Bean & Cheese Tacos  
Turkey Carnitas

**T** Teriyaki Meatball Sub  
Korean BBQ Chicken Sub

**W** Chicken Tenders w/ Sauces  
Chicken Nuggets w/ Sauces

**TH** Chicken Alfredo Mac  
Cheddar Mac & Cheese  
Chicken Bruschetta Mac

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

Frijoles a la Charro  
Chili Roasted Sweet Potatoes  
Mexican Zucchini

Spicy Asian Vegetable Blend  
Steamed Broccoli

Low Country Green Beans  
BBQ Baked Beans  
Carrot and Celery Sticks

Broccoli & Red Peppers  
Parmesan Green Beans

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 Garden

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

**TH** SUPER SALADS  
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  
Variety of Fresh Fruit  
Variety of Canned Fruit

**T** Caesar Salad  
Variety of Fresh Fruit  
Variety of Canned Fruit

**W** Super Salad  
Carrot & Celery Sticks  
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** 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  
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!

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

