

GLOBAL FLAVORS

M Pancakes and Sausage Stacker
Chick'n and Waffles
Scrambled Eggs and Pancakes
Popcorn Chicken and Waffles

T Teriyaki Chicken Burrito
Sweet 'n' Sour Chick'n Burrito
Korean BBQ Chicken Burrito
Ginger Garlic Chicken Burrito

W Pepperoni Flatbread
Three Cheese Flatbread
Herb Roasted Chicken Flatbread
Caprese Flatbread

TH Hand Rolled Beef Burrito
Hand Rolled Bean & Cheese Burrito
Hand Rolled Tinga Chicken Burrito
Hand Rolled Turkey Carnitas Burrito

F Greek Meatball Gyro
Falafel Gyro
Lemon Pepper Chicken Gyro
Greek Turkey Gyro

Baked Cinnamon Apples
Sweet Potato Fries
Homestyle Hash Browns
Chilled Broccoli
Citrus Glazed Carrots

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

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

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

Roasted Chickpeas
Summer Squash
Oven Roasted Broccoli
Chilled Peas
Moroccan Carrots

SUPER FOODS

M **WRAPS & FLATBREADS**
Turkey Cheddar Ranch • Classic Ham & Cheese
• The Mediterranean • Spicy Buffalo Chicken

T **SUPER SALADS**
Garden • Chef • Chicken Caesar • Spicy Buffalo Chicken

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

TH **GRAIN BOWLS**
Tokyo Teriyaki • Spicy Buffalo Chicken • The Grecian • The Garden

F **WRAPS & FLATBREADS**
Turkey Cheddar Ranch • Classic Ham & Cheese • The Mediterranean • Spicy Buffalo Chicken

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

M Garden Salad
Chilled Broccoli
Citrus Glazed Carrots
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
Basil Corn Salad
Italian Seasoned Chickpeas
Variety of Fresh Fruit

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

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

EVERYDAY SELECTS

M Bean and Cheese Nachos
Beef and Cheese Nachos
Turkey Carnitas Nachos
All entrées served with Stewed Black Beans

T Holiday Meal
Glazed Ham

All entrées served with Mashed Potatoes & Gravy

W Crispy Chicken Sandwich
Cheeseburger
BBQ Rib Sandwich
All entrées served with Baked French Fries & Burger Toppings

TH Cheese Pizza
Pepperoni Pizza
Supreme Pizza
All entrées served with Caesar Salad

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.

