

## 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** **NOODLE BOWLS**  
Tokyo Teriyaki • Spicy Buffalo Chicken • The Grecian • The Garden

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

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

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

**F** **NOODLE 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.

