

## 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** Holiday Meal!  
Roasted Turkey with all the fixings

**F** Manager Choice

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

Mashed Potatoes and Gravy  
Green Beans  
Cornbread Dressing  
Dinner Rolls

Manager Choice

## SUPER FOODS

**M** **WRAPS & FLATBREADS**  
Very Berry • Sunshine • Tropical • Banana Berry

**T** **SUPER SALADS**  
Tokyo Teriyaki • Spicy Buffalo Chicken • The Grecian • The Garden

**W** **SMOOTHIE BOWLS**  
Turkey Cheddar Ranch • Classic Ham & Cheese • The Mediterranean • The Garden

**TH** **GRAIN BOWLS**  
Garden • Chef • Chicken Caesar • Spicy Buffalo Chicken

**F** **WRAPS & FLATBREADS**  
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** Cheeseburger  
Spicy Chicken Sandwich  
*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!*

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

**IN A HURRY?**

DOWNLOAD THE  
APP + DECIDE  
YOUR LUNCH  
IN ADVANCE!

