

GLOBAL FLAVORS

M Beef Burrito Bowl
Pinto Bean & Vegetable Burrito Bowl
Tinga Chicken Burrito Bowl

T Teriyaki Chicken Noodle Bowl
Sweet & Sour Chick'n Noodle Bowl
Korean BBQ Chicken Noodle Bowl

W Popcorn Chicken Bowl
Crispy Chick'n Bowl
BBQ Chicken Bowl

TH Meatball Marinara Bowl
Tuscan Vegetable Bowl
Bruschetta Chicken Bowl

F Greek Falafel Bowl
Greek Meatball Rice Bowl
Greek Turkey Rice Bowl

Mexican Black Beans
Chili Roasted Sweet Potatoes
Mexican Zucchini
Corn Elotes

Spicy Asian Vegetable Blend
Steamed Broccoli
Soy Roasted Potatoes

Mashed Potatoes
Low Country Green Beans
BBQ Baked Beans
Steamed Corn

Broccoli & Red Peppers
Butternut Squash
Parmesan Green Beans

Roasted Chickpeas
Summer Squash
Oven Roasted Broccoli
Moroccan Carrots

SUPER FOODS

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

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

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

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
Chilled Broccoli
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
Hawaiian 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
Fish 'n' Chips Basket
Herb Roasted Drumstick Basket
All entrées served with Seasoned Spiral Fries & Roasted Broccoli

F Crispy Chicken Sandwich
Cheeseburger
Grilled Cheese Sandwich
Baked French Fries & Burger Toppings

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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APP + DECIDE
YOUR LUNCH
IN ADVANCE!

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

