

## 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** Chicken Nugget Basket  
Fish 'n' Chips Basket  
Herb Roasted Drumstick Basket  
*All entrées served with Seasoned Spiral Fries*

**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!



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