

GLOBAL FLAVORS

M NO SCHOOL

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
Herb Roasted Chicken Bowl

F Lemon Pepper Chicken or Turkey Bowl
Greek Falafel Bowl
Greek Meatball Rice Bowl

Spicy Asian Vegetable Blend
Steamed Broccoli
Roasted Sesame Carrots
Ginger Carrot Salad
Steamed Edamame

Mashed Potatoes
Low Country Green Beans
Corn
Citrus Glazed Carrots

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

Roasted Chickpeas
Summer Squash
Oven Roasted Broccoli
Chilled Peas
Moroccan Carrots

SUPER FOODS

M SMOOTHIE BOWLS
NO SCHOOL

T NOODLE BOWLS
The Garden • Tokyo Teriyaki • Spicy Buffalo Chicken •
The Grecian

W WRAPS & FLATBREADS
Turkey Ham Cheddar Ranch • The Mediterranean •
Classic Turkey Ham & Cheese • Spicy Buffalo

TH SUPER SALADS
SALAD FIELD GREENS NOT YET AVAILABLE

F SMOOTHIE BOWLS
Very Berry • Sunshine • Tropical • Banana Berry

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



M NO SCHOOL

T Ginger Carrot Salad
Steamed Edamame
Variety of Fresh Fruit
Variety of Canned Fruit

W Citrus Glazed Carrots
Variety of Fresh Fruit
Variety of Canned Fruit

TH Basil Corn Salad
Italian Seasoned Chickpeas
Variety of Fresh Fruit
Variety of Canned Fruit

F Chilled Peas
Roasted Chickpeas
Moroccan Carrots
Variety of Fresh Fruit
Variety of Canned Fruit



EVERYDAY SELECTS

M NO SCHOOL

T Cheese Pizza
Pepperoni Pizza
Hawaiian Pizza

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 Spicy Chicken Sandwich
Classic Cheeseburger
Grilled Cheese Sandwich
All entrees served with Oven Baked Fries

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.