

## GLOBAL FLAVORS

**M** Beef Frito Chili Pie  
Rainbow Chili Frito Pie  
Lentil Crumble Chili(v)

**T** Beef and Cheese Enchilada  
Bean and Cheese Enchilada(v)  
Enchilada Suiza

**W** Old School Spud  
Broccoli and Cheese Baked Potato(v)  
Taco Beef Potato  
Roasted Turkey Baked Potato

**TH** Spaghetti and Meat Sauce  
Cheese Lasagna Roll Ups(v)

**F** Teriyaki Chicken w/ Rice  
Sweet & Sour Chick'n w/ Rice(v)  
Orange Chicken w/ Rice

Black Beans  
Sweet Potato Fries  
Roasted Peppers & Onion  
Chilled Broccoli  
Citrus Glazed Carrots

Frijoles a la Charro  
Chili Roasted Sweet Potatoes  
Mexican Zucchini  
Broccoli Lime Salad  
Corn Elotes

Aztec Corn  
Low Country Green Beans  
Roasted Broccoli  
Chilled Peas  
Moroccan Spiced Carrots

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

Spicy Asian Vegetable Blend  
Roasted Broccoli  
Soy-Roasted Potatoes  
Ginger Carrot Salad  
Steamed Edamame

## SUPER FOODS

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

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

**W GRAIN BOWLS**  
Tokyo Teriyaki • Spicy Buffalo Chicken • The Grecian •  
The Garden

**TH SUPER SALADS**  
**FIELD GREENS FOR SALADS UNAVAILABLE**

**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** Chilled Broccoli  
Citrus Glazed Carrots  
Variety of Fresh Fruit  
Variety of Canned Fruit

**T** Broccoli Lime Salad  
Corn Elotes  
Variety of Fresh Fruit  
Variety of Canned Fruit

**W** Chilled Peas  
Moroccan Spiced  
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** Ginger Carrot Salad  
Steamed Edamame  
Variety of Fresh Fruit  
Variety of Canned Fruit



## EVERYDAY SELECTS

**M** Chicken Nugget Basket  
Fish 'n' Chips Basket  
Cheese Filled Breadstick(v)  
*All entrées served with Seasoned Spiral Fries*

**T** Crispy Chicken Sandwich  
Cheeseburger  
Chicken Corn Dog  
*All entrées served with Baked French Fries*

**W** Cheese Pizza(v)  
Pepperoni Pizza  
Taco Pizza

**TH** Bean & Cheese Nachos(v)  
Beef & Cheese Nachos  
Fajita Chicken Nachos  
*All entrées served with Stewed Black Beans*

**F** Chicken Nugget Basket  
Fish 'n' Chips Basket  
Cheese Filled Breadstick(v)  
*All entrées served with Seasoned Spiral 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.