

National Speech & Debate Tournament Menu

Breakfast Specials

MONDAY

Sausage Pancake on a Stick

TUESDAY

Homemade Breakfast Burrito

WEDNESDAY

Sausage, Egg & Cheese Bagel Sandwich with Tots

THURSDAY


Homemade Breakfast Burrito

Daily choices include cereal & assorted baked goods.

Lunch Specials

MONDAY


Enchilada-Style Bean & Cheese Burrito with Spanish Rice & Refried Beans

Bacon Cheeseburger with Fries
Seasoned Bean Burrito 

Chicken Caesar Salad
Turkey Club Croissant 

TUESDAY

Orange Chicken, Brown Rice & Steamed Broccoli & Carrots

Spicy Chicken Sandwich with Fries
Black Bean Burger with Fries 

Southwest Chicken Salad
Italian Ciabatta Sandwich 

WEDNESDAY


Nachos Deluxe with Refried Beans

Cheeseburger with Fries
Seasoned Bean Burrito 

BBQ Chicken Salad
Spicy Chicken Wrap





THURSDAY

Homestyle Chicken Strips with Fries

Spicy Chicken Sandwich with Fries
Black Bean Burger with Fries 

Crispy Chicken Salad
Ham & Cheese Sandwich 

Lunch Daily Offerings

Fresh Baked Cheese Pizza 
Fresh Baked Pepperoni Pizza
Veggie Wrap 
Hummus Plate 
Fresh Fruit & Yogurt Plate
PB&J Uncrustable 



Gluten-Free, Dairy-Free, Vegetarian & Vegan Options Available Daily.



All Children 18 Years Old or Younger: FREE

Adult Breakfast: \$5.00

Adult Lunch: \$7.00

CASH ONLY

Daily Breakfast Offerings:


Choose between featured entrée, cereal, or assorted baked goods, with fruit/juice & milk.

Daily Lunch Offerings:

Choice of entrée, fruit, vegetables & milk (flavored skim, skim, or 1%). All cold sandwiches & wraps are served with baked chips. All salads are served with cornbread.

Daily Fruit & Veggie Choices:

Daily hot and cold vegetables, assorted fresh fruit, assorted fruit cups & 100% fruit juice.

 = Vegan

 = Vegetarian

Menu items are subject to change.

This institution is an equal opportunity provider.



@MPSFoodandNutrition



Last Updated: 4/28/2023