



# FOOD FOR THOUGHT

Menu for 2/3/2026 – 2/26/2026

An accessible version of this menu is available on the [MCC Food For Thought webpage](#)

## Soups & Sides

**Soup:** Creamy Tomato-Basil (Vegetarian)  
Small \$3.00 Large \$4.00

<b>French Fries</b>	\$2.45
<b>House Fried Potato Chips</b>	\$2.25

## Salads

**Chicken Caesar Salad** \$7.10

Romaine lettuce, croutons, parmesan cheese, red onions and tomatoes with Caesar dressing topped with crispy or grilled chicken.

**Pesto Quinoa Grain Bowl** \$6.10

(Vegan and made without gluten)

Quinoa, spinach, grape tomato, cucumber, and pine nuts tossed in pesto sauce.

*Add-ons: grilled chicken \$2.50, crispy tofu \$3, bacon \$1*

## Pizzas

**Cheese** (Vegetarian) \$5.25

House made marinara and mozzarella cheese.

**Pepperoni** \$6.25

House made marinara, pepperoni and mozzarella cheese.

**Tomato-Basil** (Vegetarian) \$6.25

House made marinara, mozzarella cheese, vine-ripe tomatoes, and basil pesto.

**Buffalo Chicken** \$7.25

Buffalo blue cheese sauce, crispy buffalo chicken and mozzarella cheese.

## Entrees

**Chicken Fingers** \$7.50

Served with house fried potato chips, pickle and choice of sauce: Honey Mustard, BBQ, Bleu Cheese or Buffalo Sauce.

**Traditional Macaroni & Cheese** (Vegetarian) \$6.75

*Add-ons: Buffalo chicken \$2.50, crispy tofu \$3, bacon \$1*

## Sandwiches

*All sandwiches include house-fried potato chips and a pickle.*

**Breakfast Sandwich** \$5.25

Egg, bacon, and cheddar cheese on a soft roll.

**Classic Grilled Cheese Sandwich** (Vegetarian) \$6.00

Cheddar, provolone and pepper jack cheeses on focaccia bread.

Add tomato and bacon - \$1.00

**Caprese Panini** (Vegetarian) \$6.25

Vine-ripened tomato, provolone cheese and fresh pesto on toasted focaccia.

**1/2 Sandwich & Cup of Soup or Fries** \$6.00

(Grilled Cheese or Panini)

**Slider Burgers** \$7.40

Two mini burgers with your choice of cheese (cheddar, provolone, pepper jack), lettuce, tomato and sautéed onions on a soft roll. \*Add bacon for \$1.00

**Pesto Chicken Sandwich** \$7.40

Crispy or grilled chicken tossed in pesto sauce, topped with provolone cheese, lettuce and tomato on a soft roll.

## Beverages

**Milkshake** \$4.65

Chocolate, Peach, Raspberry, Strawberry, or Vanilla

**Assorted Beverages** \$2.00

Assorted bottled beverages, hot coffee, hot/iced tea, lemonade.

**Flavored Lemonade or Iced Tea** \$2.25

Peach, Raspberry, Strawberry, or Vanilla

## Desserts

**Brownie Sundae** \$3.90

Warm brownie, vanilla ice cream and whipped cream.

**Fudge Brownie** \$2.50

**Jamaican Pound Cake** w/ Whipped Cream \$3.75

**Please inform us of any food allergies**



## Dining Options

The Hospitality Program at Monroe Community College welcomes you to **Food For Thought**.

### Hours

Our students are available to serve you in this instructional laboratory Monday through Thursday from 11:30 a.m. to 1:00 p.m. for dine-in and take-out service.

### Reservations

Please call **(585) 292-FOOD (x3663)** for reservations and information about Food For Thought.

The faculty, staff, and students thank you for your patronage.

## Social Media

Check-out our Facebook page at [@FoodForThoughtMCC](https://www.facebook.com/monroecc.foodforthought)



Food For Thought is located in Building 3, Room 146

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness