



Menu for 4/20/2026 – 5/7/2026

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

Soups & Sides

Soup: Italian Wedding	
Small \$3.00 Large \$4.00	
French Fries	\$2.45
House Fried Potato Chips	\$2.25
Fresh Fruit cup	\$3.50
Strawberries, pineapple, cantaloupe, grapes	

Salads

Cobb Salad	\$7.50
Mixed greens with hard-boiled egg, crumbly bleu cheese, tomato, red onion, bacon, avocado mash and croutons. <i>Dressing options: Ranch, Caesar, House Vinaigrette, Bleu Cheese, or Honey Mustard.</i>	
Asian-Style Quinoa Bowl	\$6.10
<i>(Vegetarian, made without gluten)</i>	
Quinoa tossed in a sesame ginger dressing, topped with edamame, purple cabbage, kale, mandarin oranges and sesame seeds. <i>Add-ons: grilled chicken \$2.50, crispy tofu \$3, bacon \$1</i>	

Entrees

Chicken Fingers	\$7.50
Served with house fried potato chips, pickle and choice of sauce: Honey Mustard, BBQ, Bleu Cheese or Buffalo Sauce.	
Ramen Bowl <i>(Vegan)</i>	\$6.80
Ramen with roasted shiitake mushrooms, baby Bok choy, pickled carrots, and daikon radish in a lemongrass and ginger vegetable ramen broth topped with toasted sesame seeds and green onions, and Siracha. <i>Add sauteed chicken for \$2.50 or crispy tofu for \$3</i>	

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 <i>(vegetarian)</i>	\$6.00
Cheddar, provolone and pepper jack cheeses on focaccia.	
Santa Cruz Panini	\$7.40
Roasted turkey, avocado spread, bacon, tomato and provolone cheese on focaccia bread.	
The Boss Chicken Sandwich	\$7.40
Crispy or grilled chicken tossed in Boss Sauce, topped with bacon, lettuce and tomato on a soft roll.	
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.	
Asian Tofu Wrap <i>(Vegetarian)</i>	\$7.40
Crispy tofu, purple cabbage, kale, shredded carrots and sesame seeds with sesame-ginger dressing in a whole wheat wrap.	

Beverages

Milkshake	\$4.65
Salted Caramel, 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	\$3.80
Warm brownie with vanilla ice cream & whipped cream.	
Raspberry Sorbet	\$3.25
Lemon Bundt Cake with Blueberries	\$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/FoodForThoughtMCC)



Hospitality Management
MONROE COMMUNITY COLLEGE

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