

# COLORADO MILITARY ACADEMY MESS HALL

SEPTEMBER 2024

B: Breakfast L: Lunch / : Choice of



Brain Food For You

	MON	TUE	WED	THU	FRI
<b>WEEK 1</b> 9/2-6	<b>LABOR DAY</b>  <b>CMA CLOSED</b>	B: Scrambled Eggs/Granola L: Chili Entree / Beef Stir Fry CMA Salad Roasted Green Beans	B: Parfait / Fresh Fruit L: Spaghetti w/Meatballs / Minestrone Soup Caesar Salad Fresh Diced Fruit	B: Breakfast Bar / Skillet Potatoes / Diced Melon L: Baked Chicken/Creamed Corn Soup Mashed Potatoes Parsley Carrots	B: Pancake / Fresh Diced Fruit L: Taco Bar/ Tortilla Soup Corn Salsa Black Bean Salsa Banana
<b>WEEK 2</b> 9/9-13	B: Maple French Toast / Yogurt / Melon L: Popcorn Chicken/ Tomato Soup + Grilled Cheese Rice Pilaf Roasted Broccoli	B: Chex Cereal / Yogurt String Cheese / Banana L: Lasagna / Minestrone Soup Dinner Roll Caesar Salad Fresh Diced Fruit	B: Sausage Burrito / Breakfast Bar / Fruit L: CAP Burger / Chili Roasted Potatoes Red Peppers Oranges	B: Skillet Potatoes / Whole Grain Toast / Melon L: 5-Spice Chicken / Creamed Corn Soup + String cheese Orange Rice / Parsley Carrots Dinner Roll	B: Pancake / Fresh Diced Fruit L: Chicken Fajitas / Tortilla Soup Corn Salsa Spanish Rice Banana
<b>WEEK 3</b> 9/16-20	B: Scrambled Eggs/Granola L: Sweet&Sour Pork / Tomato Soup + Grilled Cheese CMA Salad Steamed Brown Rice	B: Parfait / Fresh Diced Fruit L: Baked Herb Chicken Minestrone Soup Dinner Roll Roasted Zucchini + Squash	B: Skilled Potatoes / Breakfast Bar L: Spaghetti Pie / Chili Entree Roasted Green Beans Caesar Salad Oranges	B: Pancake / Fresh Fruit L: Pepperoni Pizza / Creamed Corn Soup Bug Bite Cracker Parsely Carrots Fresh Melon	<b>PROFESSIONAL DEVELOPMENT DAY</b>  ---- NO STUDENTS --
<b>WEEK 4</b> 9/23-27	B: Maple French Toast / Yogurt L: Taco Bar / Tortilla Soup Black Bean Salsa Banana	B: Cereal / Yogurt / String Cheese L: Salisbury Steak + Gravy Tomato Soup + Grilled Cheese CMA Salad / Banana	B: Sausage Burrito / Breakfast Bar L: Lasagna / Minestrone Soup + Yogurt Caesar Salad Dinner Roll	B: Skillet Potatoes / Whole Grain Toast L: CAP Burger / Chili Entree Roasted Potatoes Carrot Sticks Oranges	B: Pancake / Fruit L: Lemon Chicken / Creamed Corn Soup + String Cheese Rice Pilaf Tomato+Cucumber

The CMA Mess Hall is devoted to offering nutritious choices to our Cadets.

A healthy outside begins with a healthy inside!

All meals served with:

Fresh Fruit  
Choice of Milk (1% or Skim)  
Filtered Water