

COLORADO MILITARY ACADEMY

MESS HALL

DECEMBER 2024

B: Breakfast L: Lunch / : Choice of

	MON	TUE	WED	THU	FRI
WEEK 1 12/2 - 12/6	B: Pancakes + Syrup + Fresh Diced fruit L: Pepperoni Pizza Baked Herbed Chicken Rice Pilaf Parsley Carrots Diced Melon	B: Cerial/fruit L: Taco Bar Black Bean Salsa Corn Salsa Oranges Banana	B: Parfait/breakfast bar/fruit L: Baked Herb Chicken Roasted Rosemary Potatoes + Roll Carrot Sticks Diced Fruit/Craisins	B: Skillet Potatoes / Breakfast Bar L: Chili Roasted Green Beans Balsamic Caesar Salad Organges/Craisins	B: Pancakes + Syrup w/Diced Fruit L: Beef Stir Fry Orange Rice Parsley Carrots Diced Melon
WEEK 2 12/9 - 12/13	B: Cereal / Yogurt / String Cheese L: Baked Herbed Chicken Orange Rice Parsley Carrots Diced Melon	B: Pancakes + Syrup / Yogurt + Melon L: L: Taco Bar Black Bean Salsa Corn Salsa Banana Craisins	B: Scrambled Eggs/ Granola L: Popcorn Chicken Rice Pilaf Carrot Sticks Balsamic Caesar Salad Diced Fruit/Craisins	B: Parfait / String Cheese L: Lasagna / Minestrone Soup w/ Roll Balsamic Caesar Salad Diced Fruit/Craisins	B: Skillet Potatoes / Breakfast Bar/Diced Melon L: CAP Burger / Chili Roasted Rosemary Potatoes, Peppers Oranges/Craisins
WEEK 3 12/16 - 12/20	B: Scrambled Eggs / Granola L: Baked 5 spice Chicken Orange Rice Roll Parsley Carrots Diced Melon	B: Parfait/Fresh Diced fruit L: Chicken Fajitas Black Beans Salsa Corn Salsa Banana Craisins	B: Breakfast Bar/Cereal/Diced Melon L: Spaghetti w/ Meatballs + Roll Balsamic Caesar Salad Diced Fruits	B: Sausage BRK Burrito / Breakfast Bar/fresh diced fruit L: Baked Herb Chicken + Roll Bug Bite WG Cracker Mashed Potatoes/Parsley Carrots & Diced Fruit	B: Skillet Potatoes / Whole grain toast L: Chicken Fajitas Black Bean Salsa Corn Salsa Banana Craisins

WEEK 4
12/23 - 12/27

WINTER BREAK

At this time of year, we are especially thankful for YOU,
CMA students and families.
Wishing you a restful and joyful holiday!

WEEK 5
12/30 - 1/3

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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