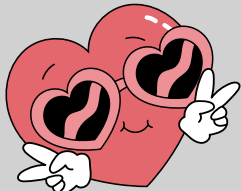




COLORADO MILITARY ACADEMY MESS HALL

FEBRUARY 2025



B: Breakfast L: Lunch / : Choice of

	MON	TUE	WED	THU	FRI
WEEK 1 2/3 - 2/7	B: Oatmeal with Fruit Bug Bite Crackers Oranges L: Teriyaki Chicken Lo Mein, Stir fried Vegetables & Fruit	B: Omelet, Bacon & Spinach + Diced Fruit L: BBQ Beef Sandwich, Bug Bite WG Cracker, Tater Tots & Fruit	B: Waffle Sandwich Diced Fruit L: Country Chicken w/ White Gravy Mashed Potatoes, Green Beans & Fruit	B: Bug Bite Crackers/Yogurt/Fruit L: Raptor Fingers, String Cheese, CMA Salad & Fruit	B: Cereal or Bug Bite Crackers/Diced Fruit L: Grilled Chicken Sandwich, Balsamic Caesar Salad & Fruits
WEEK 2 2/10 - 2/14	B: Bug Bite Crackers/Yogurt/Fruit L: Cream of Chicken Soup with Dinner Rolls, CMA Salad & Fruit	B: Scrambled eggs/biscuit/fruit L: Chicken Alfredo , Roasted Broccoli & Fruits	B: Maple French Toast & Fruit L: Chili String Cheese Salad & Fruit	B: Scrambled eggs/biscuit/fruit L: Pepperoni Pizza CMA Salad Diced Fruit	 PD DAY NO STUDENTS
WEEK 3 2/17 - 2/21	 CMA CLOSED	B: Parfait/Craisins L: Chicken Taco Spanish Rice Refried Beans Diced Fruit	B: Scrambled eggs/biscuit/fruit L: Chili Roll + Salad Diced Fruit	B: Pancakes + Syrup / Yogurt + Fruit L: Salisbury Steak & Gravy Roll, Mashed Potatoes, Roasted Zucchini/Squash, & Diced Fruit	B: Sausage & Gravy Biscuit w/ Dice Fruit L: Popcorn chicken Tater tots
WEEK 4 2/24 - 2/28	B: Parfait/Craisins L: Chick Pot Pie w/ CMA Salad Diced Fruit	B: Bug Bite Crackers/Yogurt/Fruit L: CAP Burger w/ Tater Tots Diced Fruit	B: Scrambled eggs/biscuit/fruit L: Chicken Cordon Bleu w/ Mashed Potatoes & Green Beans Diced Fruit	B: Maple French Toast & Fruit L: Grilled Cheese Balsamic Caesar Salad Diced Fruit	B: Scrambled eggs/biscuit/fruit L: Ravioli Veggie Stir Fir Apples
WEEK 5					



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

A healthy outside begins with a healthy inside!

MENU IS SUBJECT TO CHANGE

ALL meals served with:
Fresh Fruit
Choice of Milk (1% or Skim)
Filtered Water