



# COLORADO MILITARY ACADEMY

# MESS HALL

JANUARY 2025



B: Breakfast L: Lunch / : Choice of

|  | MON   | TUE   | WED  | THU  | FRI   |
|--|---|---|--|--|---|
| <b>WEEK 1</b><br>12/30 - 1/3<br>                    | <h1>WINTER break</h1>   |   |  |  |   |
| <b>WEEK 2</b><br>1/6 - 1/10<br><b>NO SCHOOL</b>  |   | B: Scrambled eggs/biscuit/fruit<br><br>L: Pepperoni Pizza Salad Oranges                 | B: Pancake/fruit<br><br>L: Chili String Cheese Salad Fruit   | B: Sausage Gravy/Biscuit/Fruit<br><br>L: Salisbury Steak Roll Mashed Potatoes Green Beans Fruit  | B: Scrambled eggs/biscuit/fruit<br><br>L: Grilled Cheese Salad Craisins                   |
| <b>WEEK 3</b><br>1/13 - 1/17   | B: Bug Bite Crackers/Yogurt/Fruit<br><br>L: Tortilla soup Roll Balsamic Caesar Salad Fruit          | B: Scrambled eggs/biscuit/fruit<br><br>L: Lemon Pepper Chicken Rice, Carrots, and Fruit | B: Maple French Toast/Fruit<br><br>L: Popcorn chicken Bug Bite Cracker Salad & Fruit                   | B: Scrambled eggs/biscuit/fruit<br><br>L: Sweet n Sour Pork Orange Rice Vegetable stir fry Green beans & Fruit                         | B: Parfait/Craisins<br><br>L: CAP Burger Salad Craisins                                   |
| <b>WEEK 4</b><br>1/20 - 1/24<br> <b>NO SCHOOL</b> |   | B: Scrambled Eggs/ Biscuit/Fruit<br><br>L: Baked Herb Chicken Rice, Carrots, & Melon    | B: Pancakes + Syrup / Yogurt + Fruit<br><br>L: Taco Bar Black Bean Salsa Corn Salsa Banana Craisins    | B: Sausage Gravy/Biscuit/Fruit<br><br>L: Lasagna Roll Balsamic Caesar Salad Craisins   | B: Parfait/Craisins<br><br>L: Popcorn chicken Mashed potatoes Green Beans Fruit           |
| <b>WEEK 5</b><br>1/27 - 1/31   | B: Bug Bite Crackers/Yogurt/Fruit<br><br>L: Corn dog Bug Bite Cracker, String cheese, Salad & Fruit | B: Scrambled Eggs/ Biscuit/Fruit<br><br>L: Grilled Chicken Sandwich Salad & Banana      | B: Maple French Toast/Fruit<br><br>L: Spaghetti w/ Meatballs + Roll Balsamic Caesar Salad Diced Fruits | B: Scrambled Eggs/ Biscuit/Fruit<br><br>L: Baked Herb Chicken + Roll Bug Bite WG Cracker Mashed Potatoes/Parsley Carrots & Diced Fruit | B: Parfait/Craisins<br><br>L: Chicken Fajitas Black Bean Salsa Corn Salsa Banana Craisins |



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