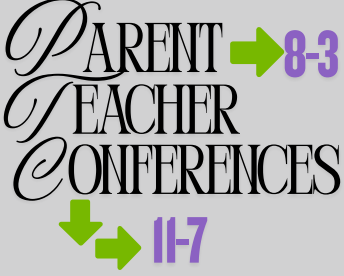


COLORADO MILITARY ACADEMY

MESS HALL

OCTOBER 2025

B: Breakfast L: Lunch / : Choice of

	MON	TUE	WED	THU	FRI
WEEK 1 9/29 - 10/3	B: Biscuits & Country Gravy, Apples L: Sloppy Joe WG, House Salad, Fruit Cocktail	B: Scrambled Eggs, whole grain toast, fruit cocktail L: Bean Tostada, Spanish Rice, Salad, Apples	B: Cereal, Cinnamon toast, craisins L: Grilled Chicken Sandwich, Cole Slaw, Oranges	B: Scrambled eggs, biscuits, fruit cocktail L: Chicken and Veg Quesodilla, House Salad, Diced Melon	B: Granola Parfait, goldfish cracker, apples L: Cheese Burger, Cheese Stick, House Salad, Oranges
WEEK 2 10/6 - 10/10	B: Cinnamon Rolls w/ string cheese strings L: Salisbury Steak, WG Roles, Mashed Potatoes, Fruit Cocktail	B: Cereal, Goldfish, cheese string, fruit cocktail L: BBQd Chicken, Biscuits, Bean Pot, Corn on the Cob, Apples	B: Burrito, Goldfish, apples L: Sloppy Joe WG Bun, House Salad, Berry Blast Fruit Cup, Tabatchnick	B: Skillet Potatoes, Biscuits, fruit cocktail L: Chicken & Veggie Quesadilla with Salad & Fruit	 TEACHER WORK DAY
WEEK 3 10/13 - 10/17	B: Biscuits & Country gravy, Goldfish crackers, apples L: Breaded Chicken Sandwich, House Salad, Diced Melon	B: Avocado Toast w/ eggs & fruit cocktails L: Beef Taco, Refried Beans, Fruit Cocktail	B: Breakfast Tacos & Oranges L: Lasagna w/ WG Pasta, WG Rolls, House Salad, Fruit Cocktail	B: French Toast, sausages, & fruit cocktails L: Bean Burritos, Spanish Rice, Oranges	B: Granola Parfait w/ cheese strings & oranges L: Pepperoni Pizza, WG Cinnamon Goldfish, Caesar Salad, Oranges
WEEK 4 10/20 - 10/24	B: Cinnamon Rolls, cheese string, & fruit cocktails L: Country Chicken w/ White Gravy, Mashed Potatoes, Frit Salad & Biscuit	B: English Muffins and Fruit cocktails L: Herbed Baked Chicken, Arroz Con Queso(Brown Rice & Cheese, Pears & Roasted Zucchini/Squash	B: Cereal, cheese strings, & apples L: CMA Meatloaf, Mashed Potatoes, Fruit Salad & Dinner Roll	 TRUNK OR TREAT 	
WEEK 5 10/27 - 10/31	B: Biscuits w/ gravy, goldfish crackers & apples L: Sloppy Joe WG Bun, House Salad, Fruit Cocktail	B: Cinnamon rolls, cheese strings & apples L: Bean Tostada, Spanish Rice, House Salad, Apples	B: Breakfast Burrito, goldfish crackers & apples L: Grilled Chicken Sandwich, Cole Slaw, Oranges	B: Scrambled eggs, biscuits & fruit cocktails L: Chicken & Veggie Quesadilla, House Salad, Diced Melon	B: Yogurt Parfait with Granola, goldfish crackers & apples L: Cheese Burger, Cheese Stick, House Salad, Oranges



The CMA Mess Hall is devoted to offering nutritious choices to our Cadets. **ALL meals served with:**

A healthy outside begins with a healthy inside!

MENU IS SUBJECT TO CHANGE

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