

# COLORADO MILITARY ACADEMY MESS HALL

DECEMBER 2025

B: Breakfast L: Lunch

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

|                                | MON                                                                                                                                                | TUE                                                                                         | WED                                                                                                            | THU                                                                                                 | FRI                                                                                               |
|--------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| <b>WEEK 1</b><br>12/1 - 12/5   | B: Biscuit w/ Sausage Gravy or Cinnamon Rice Chex<br><br>L: Penne Pasta with Meat Sauce & Bread Stick                                              | B: Cheesy Scrambled Eggs or Cinnamon Rice Chex<br><br>L: Popcorn Chicken w/ Goldfish        | B: Pancake Sausage Bites or Rice Chex w/ String Cheese<br><br>L: CMA Salisbury Steak w/ Mashed Potatoes & Roll | B: Breakfast Banana Split or Rice Chex w/ String Cheese<br><br>L: Orange Chicken w/ Rice & Egg Roll | B: Cinnamon Roll w/ Glaze or Rice Chex w/ String Cheese<br><br>L: Sloppy Joe w/ Tater Tots        |
| <b>WEEK 2</b><br>12/8 - 12/12  | B: Cheesy Scrambled Eggs w/ Maple Waffles & Fruit or Cinnamon Rice Chex<br><br>L: Hot Dog with Broccoli & Corn                                     | B: Super Slice Bread or Rice Chex w/ String Cheese<br><br>L: Egg Roll w/ Chicken Fried Rice | B: Waffle Sausage Sandwich or Rice Chex w/ String Cheese<br><br>L: Pepperoni Pizza                             | B: Breakfast Burrito or Rice Chex w/ String Cheese<br><br>L: Breaded Chicken Sandwich w/ Tots       | B: Yogurt Parfait or Rice Chex w/ String Cheese<br><br>L: CMA Lasagna w/ Roll                     |
| <b>WEEK 3</b><br>12/15 - 12/19 | B: Cinnamon Cream Cheese Bagel or Cinnamon Rice Chex<br><br>L: Bean Tostada w/ Spanish Rice                                                        | B: Ham, Egg, & Cheese Muffin or Rice Chex w/ String Cheese<br><br>L: BYO Taco Kit           | B: Ham, Egg & Cheese Muffin or Rice Chex w/ String Cheese<br><br>L: Bosco Sticks w/ Pizza Sauce                | B: Ham & Swiss Croissant or Cinnamon Rice Chex<br><br>L: Teriyaki Chicken w/ Lo Mein & Egg Roll     | B: Breakfast Banana Split or Rice Chex w/ String Cheese<br><br>L: Grilled Cheese Sandwich w/ Tots |
| <b>WEEK 4</b><br>12/22 - 12/26 | <div>  <h2>HAPPY HOLIDAYS</h2> <p>from</p> <h1>CMA</h1> </div> |                                                                                             |                                                                                                                |                                                                                                     |                                                                                                   |
| <b>WEEK 5</b><br>12/29 - 1/2   | <div>  <p>See you</p> <h2>NEXT YEAR</h2> </div>                |                                                                                             |                                                                                                                |                                                                                                     |                                                                                                   |



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**