

COLORADO MILITARY ACADEMY

MESS HALL

JANUARY 2026

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
WEEK 1 1/5 - 1/9	 TEACHER WORK DAY	B: Scrambled Eggs w/ Sausage or Cinnamon Rice Chex L: CMA Salisbury Steak w/ Mashed Potatoes & Roll	B: Sausage Waffle Sandwich or Rice Chex w/ String Cheese L: Pepperoni Pizza	B: Scrambled Eggs w/ Sausage or Cinnamon Rice Chex L: Macaroni & Cheese	B: Ham, Egg & Cheese Muffin or Rice Chex w/ String Cheese L: Penne w/ Meatballs & Sauce
WEEK 2 1/12 - 1/16	B: Scrambled Eggs w/ Sausage or Cinnamon Rice Chex L: Ham & Cheese Sandwich	B: Scrambled Eggs, Potatoes, & Cheese or Rice Chex w/ String Cheese L: Ham or Cheese Burger w/ Tots	B: Breakfast Burrito or Rice Chex w/ String Cheese L: Roasted Pork Chop w/ Mashed Potatoes & Gravy	B: Ham & Swiss Croissant or Cinnamon Rice Chex L: Orange Chicken w/ Rice	B: Scrambled Eggs w/ Sausage or Cinnamon Rice Chex L: BBQ Chicken w/ Cornbread
WEEK 3 1/19 - 1/23	 MLK JR. DAY	B: Scrambled Eggs w/ Sausage or Cinnamon Rice Chex L: Mashed Potato Bowl	B: Sausage Waffle Sandwich or Rice Chex w/ String Cheese L: Pepperoni Pizza	B: Scrambled Eggs w/ Sausage or Cinnamon Rice Chex L: Grilled Chicken Sandwich	B: Ham, Egg & Cheese Muffin or Rice Chex w/ String Cheese L: Hot Dog
WEEK 4 1/26 - 1/30	B: Scrambled Eggs w/ Sausage or Cinnamon Rice Chex L: Beef & Broccoli w/ Rice	B: Scrambled Eggs w/ Sausage or Cinnamon Rice Chex L: Baked Chicken w/ Mashed Potatoes	B: Scrambled Eggs w/ Sausage or Cinnamon Rice Chex L: Pepperoni Pizza	B: Ham & Swiss Croissant or Cinnamon Rice Chex L: Beef Nachos w/ Cheese	B: Scrambled Eggs w/ Sausage or Cinnamon Rice Chex L: BBQ Pulled Pork Sandwich

WEEK 5
2/2 - 2/6

Check back for

FEBRUARY

Menu



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