

# 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
<b>WEEK 1</b> 1/5 - 1/9  <b>TEACHER WORK DAY</b>		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
<b>WEEK 2</b> 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
<b>WEEK 3</b> 1/19 - 1/23  <b>MLK JR. DAY</b>		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
<b>WEEK 4</b> 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**