

UGK Community First July Meals

Note ①
Some centers only
serve one lunch meal

Find easy-to-follow educational recipes by
scanning the QR code or visiting this link:
education.ugkcommunityfirst.org



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lunch Brocoli Cheddar Casserole Dinner Veggie Alfredo	Lunch Mexican Rice Dinner Beef Nachos	Lunch Chili Mac Dinner Dirty Rice	July 4th	Lunch Turk Stroganoff Dinner Chili Mac	
30	1	2	3	4	5	6
	Lunch Roasted Veg salad Dinner Red Beans & rice	Lunch Burrito Bowls Dinner Taco Pie	Lunch Chicken Pasta salad Dinner Mongolian Beef	Lunch Mongolian Beef Dinner Turkey Stir Fry	Lunch Turkey Stir Fry Dinner Chicken Pasta salad	
7	8	9	10	11	12	13
	Lunch Tomato Basil pasta Dinner Veggie Shephards Pie	Lunch Taco Pasta Dinner Turkey Tacos	Lunch Salad Dinner Beef Stir Fry	Lunch Beef Stir Fry Dinner Curry Chicken Stew	Lunch Curry Chicken Stew Dinner Salad	
14	15	16	17	18	19	20
	Lunch Brocoli Cheddar Casserole Dinner Mac and Cheese	Lunch Taco Salad Dinner Chicken Fajitas	Lunch Broc cheddar Cass Dinner Goulash	Lunch Goulash Dinner Turkey Stir Fry	Lunch Turkey Stir Fry Dinner Broc cheddar Cass	
21	22	23	24	25	26	27
	Lunch Veggie Goulash Dinner Veggie Alfredo	Lunch Arroz con Pavo Dinner Beef Nachos	Lunch Sloppy Joes Dinner Dirty Rice			
28	29	30	31	1	2	3

July Snacks

Note ⓘ
Snacks are only served at specific centers

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	Chips and Salsa 1	Banana Bread 2	Trail Mix 3	July 4th 4	Apple Spice Bread 5	6
7	Fruit & Crackers 8	Choco Chip bars 9	10	Blueberry Bars 11	Chicken Salad 12	13
14	Cherry Bars 15	Turkey & Cheese Wrap 16	Choc, Hazelut sammies 17	Veggie Chips 18	Mozzarella Sticks 19	20
21	Lemon Blueberry Parfaits 22	Apple Spice Bread 23	24	25	Choc chunk muffins 26	27
28	Chocolate chip Granola 29	Chip & Salsa 30	31	1	2	3