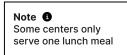
$\begin{array}{c} \text{UGK Community First} \\ May \ Meals \end{array}$



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	Lunch	Lunch	
			Honey Garlic Chicken	Cheese burger pasta	Mongolian Beef	
			Dinner	Dinner	Dinner	
			Cheese burger pasta	Mongolian Beef	Honey Garlic Chicken	
28	29	30	1	2	3	4
	Lunch	Lunch	Lunch	Lunch	Lunch	
	Red Beans & Rice	Turkey Fajitas	Baked Ziti	White Chicken Chili	Meatloaf/tomtato gravy	
	Dinner	Dinner	Dinner	Dinner	Dinner	
	Veggie Chili	Arroz Con Pollo	White Chicken Chili	Meatloaf/tomtato gravy	Baked Ziti	
5		7	8	9	10	11
				v		
	Lunch	Lunch	Lunch	Lunch	Lunch	
	Soup and Grilled Cheese	Chorizo Potato tacos	Turkey Stroganoff	Mini Shells & Meat Sauce	Chicken Fried Rice	
	Dinner	Dinner	Dinner	Dinner	Dinner	
	Veggie Alfredo	Beef Nachos	Mini Shells & Meat Sauce	Chicken Fried Rice	Turkey Stroganoff	
12	13	14	15	16	17	18
	Lunch	Lunch	Lunch	Lunch	Lunch	
	Mac and Cheese	Taco Salad	Chili Mac	Turkey Stir Fry	Shepherds Pie	
	Dinner	Dinner	Dinner	Dinner	Dinner	
	Brocoli Cheddar Casserole	Mexican Rice	Turkey Stir Fry	Shepherds Pie	Chili Mac	
19	20	21	22	23	24	25
		Lunch	Lunch	Lunch	Lunch	
	Memorial Day	Frito Pie	Tuna Salad	Pizza Casserole	Chili	
	Wellional Day	Dinner	Dinner	Dinner	Dinner	
		-	-		_	
0.0	07	Taco Pasta	Pizza Casserole	Chili	Curry Chicken	А
26	27	28	29	30	31	2

May Snacks

Note Snacks are only served at specific centers

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Chips and Salsa	Blueberry Bars	Apple Spice Bread	
28	29	30	1	2	3	4
	Chocolate chip Granola	Cheese and Crackers	Veggie Chips	Cherry Bars	Nana Pudding cups	
5	6	7	8	9	10	11
	Banana oat Muffins	Apple Bars	Turkey & Cheese Sammies	Strawberry Parfaits	Cherry Granola bake	
12	13	14	15	16	17	18
	Nana Pudding cups	Pita and Hummus	Chicken Salad	Mixed Berry Bars	Choc chunk muffins	
19	20	21	22	23	24	25
	Memorial Day	Chip & Salsa	Blueberry Bars	Fruit & Cheese	Cran/Orange Bread	
26	27	28	29	30	31	1