

UGK Community First
May 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 Honey Garlic Chicken Dinner Cheese burger pasta	Lunch Cheese burger pasta Dinner Mongolian Beef	Lunch Mongolian Beef Dinner Honey Garlic Chicken	
28	29	30	1	2	3	4
	Lunch Red Beans & Rice Dinner Veggie Chili	Lunch Turkey Fajitas Dinner Arroz Con Pollo	Lunch Baked Ziti Dinner White Chicken Chili	Lunch White Chicken Chili Dinner Meatloaf/tomato gravy	Lunch Meatloaf/tomato gravy Dinner Baked Ziti	
5	6	7	8	9	10	11
	Lunch Soup and Grilled Cheese Dinner Veggie Alfredo	Lunch Chorizo Potato tacos Dinner Beef Nachos	Lunch Turkey Stroganoff Dinner Mini Shells & Meat Sauce	Lunch Mini Shells & Meat Sauce Dinner Chicken Fried Rice	Lunch Chicken Fried Rice Dinner Turkey Stroganoff	
12	13	14	15	16	17	18
	Lunch Mac and Cheese Dinner Broccoli Cheddar Casserole	Lunch Taco Salad Dinner Mexican Rice	Lunch Chili Mac Dinner Turkey Stir Fry	Lunch Turkey Stir Fry Dinner Shepherds Pie	Lunch Shepherds Pie Dinner Chili Mac	
19	20	21	22	23	24	25
	Memorial Day	Lunch Frito Pie Dinner Taco Pasta	Lunch Tuna Salad Dinner Pizza Casserole	Lunch Pizza Casserole Dinner Chili	Lunch Chili Dinner Curry Chicken	
26	27	28	29	30	31	4

May Snacks

Note ⓘ
Snacks are only served at specific centers

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