

UGK Community First

March 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 Primavera Pasta Dinner Garden Rice Pilaf	Lunch Beef Nachos Dinner Taco Pie	Lunch Cheese burger pasta Dinner Curry Chicken	Lunch Salad Dinner Baked Spaghetti	Lunch Chicken Fried Rice Dinner Shepherds Pie	
31	3	4	5	6	7	8
	Lunch Brocoli Cheddar Casserole Dinner Tomato Basil pasta	Lunch Taco Salad Dinner Mexican Rice	Lunch Cheesy Chicken Casserole Dinner Meatloaf	Lunch Pesto Chicken Alfredo Dinner Mongolian Beef	Lunch Orange Chicken Dinner Baked Ziti	
9	10	11	12	13	14	15
	Lunch Veggie Alfredo Dinner Veggie Chili	Lunch Taco Bake Dinner Chicken Tacos	Lunch Aloha Chicken Dinner Lasagna	Lunch Grilled Chicken salad Dinner Tomato Basil pasta	Lunch Cheese burger pasta Dinner Chicken Pot Pie	
16	17	18	19	20	21	22
	Lunch Baked Mac and Cheese Dinner Garden Rice Pilaf	Lunch Burrito Bowls Dinner Southwest Pasta	Lunch Salad Dinner Dirty Rice	Lunch Chicken Fried Rice Dinner Sloppy Joes	Lunch Pesto Chicken pasta Dinner Pepper Steak	
23	24	25	26	27	28	29
	Lunch Roasted Veg salad Dinner Tomato Basil pasta					
30	31	1	2	3	4	5

UGK Community First is an equal opportunity provider.