

UGK Community First

February Meals

Note ⓘ
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 Tomato Basil pasta Dinner Garden Rice Pilaf 31	Lunch Burrito Bowls Dinner Beef Nachos 3	Lunch Grilled Chicken salad Dinner Broccoli Cheddar Casserole 4	Lunch Turkey Chop Suey Dinner Baked Ziti 5	Lunch Chicken Tetrazinni Dinner Cheesy Beef Casserole 6	8
	Lunch Veggie Wraps Dinner Creamy Shells 9	Lunch Pulled Chicken Tacos Dinner Frito Pie 10	Lunch White Chicken Chili Dinner Beef Stroganoff 11	Lunch Baked Spaghetti Dinner Chicken and Dressing 12	Lunch Aloha Chicken Dinner Shepherds Pie 13	14 15
	Lunch Egg Salad Sandwiches Dinner Primavera Pasta 16	Lunch Chicken Fajitas Dinner Beef and Cheese burritos 17	Lunch Chicken Ranch Wrap Dinner Chili 18	Lunch Winter Salad Dinner Sweet & Sour Chicken 19	Lunch Beef Goulash Dinner Herb Baked Chicken 20	21 22
	Lunch Mac and Cheese Dinner Veggie Lasagna 23	Lunch Southwest Pasta Dinner Beef Tacos 24	Lunch Hawaiian Chix Wrap Dinner Beef Fried Rice 25	Lunch Salad Dinner Chicken and Dressing 26	Lunch BBQ Chix Sandwich Dinner Meatloaf 27	28 1

UGK Community First is an equal opportunity provider.