


UGK Community First

January 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
			New Years Day	Lunch Chicken Fried Rice Dinner Baked Ziti	Lunch Baked Ziti Dinner Dirty Rice	
29	30	31	1	2	3	4
	Lunch Broccoli Cheddar Casserole Dinner Veggie Wraps	Lunch Taco Salad Dinner Mexican Rice	Lunch Soup and Sandwich Dinner Chicken Stroganoff	Lunch Baked Ziti Dinner Meatloaf	Lunch Chicken Salad Dinner Shepherds Pie	
5	6	7	8	9	10	11
	Lunch Primavera Pasta Dinner Veggie Alfredo	Lunch Taco Bake Dinner Chicken Fajiti	Lunch Chicken Ranch Wrap Dinner Chili	Lunch Fall Salad Dinner Baked Chicken	Lunch Turkey Pot Pie Dinner Baked Lasgna	
12	13	14	15	16	17	18
	Lunch Mac and Cheese Dinner Garden Rice Pilaf	Lunch Arroz Con Pollo Dinner Southwest Pasta	Lunch Sloppy Joes Dinner Chicken Fried Rice	Lunch Salad Dinner Dirty Rice	Lunch Tomato Basil pasta Dinner Meatloaf	
19	20	21	22	23	24	25
	Lunch Primavera Pasta Dinner Red Beans & Rice	Lunch Taco Pasta Dinner Taco Pie	Lunch Chicken Salad Dinner Chili Mac	Lunch Sloppy Joes Baked Chicken	Lunch Dirty Rice Turkey Pot Pie	
26	27	28	29	30	31	1

UGK Community First is an equal opportunity provider.