

UGK Community First

December 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 Red Beans & Rice Dinner Tomato Basil pasta	Lunch Burrito Bowls Dinner Tamale Pie	Lunch Turkey Pot Pie Dinner Sloppy Joes	Lunch Sloppy Joes Dinner Chicken Drumsticks	Lunch Honey Garlic Chicken Dinner Turkey Pot Pie	
1	2	3	4	5	6	7
	Lunch Brocoli Cheddar Casserole Dinner Primavera Pasta	Lunch Taco Salad Dinner Mexican Rice	Lunch White Turkey Chili Dinner Chicken Stroganoff	Lunch Chicken Stroganoff Dinner Cheese burger pasta	Lunch Cheese burger pasta Dinner White Turkey Chili	
8	9	10	11	12	13	14
	Lunch Fall Salad Dinner Veggie Alfredo	Lunch Taco Bake Dinner Beef Nachos	Lunch Tuna Salad Dinner Chicken Curry Casserole	Lunch Chicken Curry casserole Dinner Chili Mac	Lunch Chili Mac Dinner Tuna Salad	
15	16	17	18	19	20	21
	Lunch Mac and Cheese Dinner Garden Rice Pilaf	Lunch Arroz Con Pollo Dinner Southwest Pasta	Christmas	Lunch Salad Dinner Dirty Rice	Lunch Dirty Rice Dinner Baked Ziti	
22	23	24	25	26	27	28
	Lunch Primavera Pasta Dinner Red Beans & Rice	Lunch Taco Pasta Dinner Taco Pie	New Years			
29	30	31	1	2	3	4

UGK Community First is an equal opportunity provider.