

All gravy and all bread contains gluten.

Each meal has 4-5 CS.

Add 2 carbs for bread and milk.

ACTIVE GENERATIONS

MONTHLY MENU

DECEMBER 2022

Active Generation

2300 W. 46th St.

Sioux Falls, SD 57105

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 FISH STICKS TRI-TATERS PEAS & CARROTS FRUIT
4 PEPPER STEAK AMERICAN FRIES CARROTS FRUIT	5 CHEESY CHICKEN & TATER TOT CASSEROLE BROCCOLI FRUIT	6 BEEF STROGANOFF OVER EGG NOODLES CORN FRUIT	7 PARMESAN CHICKEN BREAST SCALLOPED POTATOES GREEN BEANS FRUIT	8 ROAST BEEF MASHED POTATOES & GRAVY CORN FRUIT
11 CHICKEN FRIED STEAK MASHED POTATOES & COUNTRY GRAVY PEAS FRUIT	12 CHICKEN & DRESSING CASSEROLE MASHED POTATOES & GRAVY SLICED CARROTS FRUIT	13 SPAGHETTI WITH MEAT SAUCE ITALIAN VEGETABLES BREAD STICK FRUIT	14 MEATBALLS & GRAVY GARLIC MASHED POTATOES GREEN BEANS FRUIT	15 PORK CHOP AMERICAN FRIES CORN FRUIT
18 TATER TOT CASSEROLE BROCCOLI APPLESAUCE	19 SWISS STEAK STEAK FRIES SCANDINAVIAN VEGETABLES FRUIT	20 TURKEY MASHED POTATOES & GRAVY MIXED VEGETABLES FRUIT CHRISTMAS DESSERT CHRSTMAS MEAL	21 SLOPPY JOE TRI-TATERS WINTER MIX VEGETABLES FRUIT	22 BBQ RIBS AU GRATIN POTATOES CORN FRUIT
25 CLOSED	26 HAM & SCALLOPED POTATOES CASSEROLE CORN FRUIT	27 BEEF STEW CALIFORNIA VEGETABLES BISCUIT FRUIT	28 CHICKEN THIGHS HERBED POTATOES GREEN BEANS FRUIT	29 CHILI CRACKERS SWEET ROLL FRUIT

All menus are subject to change.