

All gravy and all bread contains gluten.  
 Each meal has 4-5 CS.  
 Add 2 carbs for bread and milk.

# ACTIVE GENERATIONS

## MONTHLY MENU

### MARCH 2024

Active Generation  
 2300 W. 46th St.  
 Sioux Falls, SD 57105

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 PORK CHOP MASHED POTATOES & GRAVY MIXED VEGETABLES FRUIT
4 TATER TOT CASSEROLE BROCCOLI FRUIT	5 SWISS STEAK STEAK FRIES SCANDINAVIAN BLEND VEGGIES FRUIT	6 CHICKEN SANDWICH POTATO SALAD BAKED BEANS FRUIT	7 HAM & SCALLOPED POTATOES CASSEROLE CARROTS FRUIT	8 ROAST BEEF MASHED POTATOES & GRAVY CORN FRUIT
11 MEATBALLS IN GRAVY BUTTERED POTATOES SWEET POTATO FRUIT	12 SCRAMBLED EGGS & CHEESE SAUSAGE LINK HASHBROWN PATTY PEAS & CARROTS APPLE JUICE	13 PORK LOIN MASHED POTATOES & GRAVY CARROTS FRUIT	14 GRILLED CHICKEN BREAST BAKED POTATO SQUASH FRUIT	15 IRISH BEEF STEW OVER BISCUIT BROCCOLI PISTACHIO FRUIT SALAD
18 CHICKEN & WILD RICE CASSEROLE WINTER MIX VEGETABLES FRUIT	19 HAMBURGER ON A BUN WITH SLICED TOMATO & LETTUCE POTATO SALAD BAKED BEANS FRUIT	20 BAKED CHICKEN THIGHS HERBED POTATOES CORN FRUIT	21 SLOPPY JOE AMERICAN FRIES GREEN BEANS FRUIT	22 BBQ RIBS AU GRATIN POTATOES PEAS FRUIT
25 CREAMED TURKEY OVER BISCUIT CALIFORNIA VEGETABLES FRUIT	26 MEATLOAF BAKED POTATO & SOUR CREAM PEAS FRUIT	27 PULLED PORK SANDWICH STEAK FRIES CORN FRUIT	28 SPAGHETTI & MEATSAUCE ITALIAN VEGETABLES BREAD STICK FRUIT	29 PARMESAN CHICKEN BREAST SWEET POTATO BROCCOLI FRUIT

All menus are subject to change.