

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

**ACTIVE GENERATIONS  
MONTHLY MENU  
FEBRUARY 2026**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 EGG BAKE MINI MUFFIN HOT APPLES TOMATO JUICE	3 MEATLOAF BAKED POTATO GREEN BEANS FRUIT JUICE	4 CHICKEN ALFREDO ITALIAN VEGETABLES BREAD STICK FRUIT JUICE	5 SLOPPY JOE ON A BUN TRI-TATERS WINTER MIX VEGETABLES FRUIT JUICE	6 TUNA NOODLE CASSEROLE PEAS & CARROTS FRUIT
9 PEPPER STEAK GARLIC MASHED POTATOES CARROTS FRUIT JUICE	10 PORK ROAST BABY RED POTATOES BROCCOLI FRUIT JUICE	11 HAMBURGER GRAVY OVER MASHED POTATOES GREEN BEANS FRUIT JUICE	12 CHICKEN PARMESAN OVER NOODLES STEWED TOMATOES FRUIT JUICE	13 BEEF STEW BISCUIT CALIFORNIA BLEND VEGGIES BAKED APPLES
16 CLOSED	17 SPAGHETTI & MEAT SAUCE ITALIAN VEGETABLES BREAD STICK FRUIT JUICE	18 APPLE PORK CHOP AMERICAN FRIES CORN FRUIT JUICE	19 CHICKEN & DRESSING CASSEROLE GRAVY PEAS FRUIT JUICE	20 BBQ RIBS AU GRATIN POTATOES GREEN BEANS FRUIT
23 TATER TOT CASSEROLE BROCCOLI FRUIT JUICE	24 SLICED HAM SWEET POTATOES BEETS FRUIT JUICE	25 SWISS STEAK RICE WINTER BLEND VEGETABLES FRUIT JUICE	26 GRILLED CHICKEN SANDWICH RANCH POTATOES PEAS FRUIT JUICE	27 FRENCH TOAST SCRAMBLED EGGS GREEN BEANS FRUIT CUP