

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