

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

**ACTIVE GENERATIONS
MONTHLY MENU
JANUARY 2026**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 CLOSED HAPPY NEW YEAR!	2 BEEF STEW BISCUIT CALIFORNIA BLEND VEGGIES FRUIT
5 CHICKEN FRIED STEAK MASHED POTATOES & COUNTRY GRAVY CARROTS FRUIT JUICE	6 SPAGHETTI & MEAT SAUCE ITALIAN VEGETABLES BREAD STICK FRUIT JUICE	7 APPLE PORK CHOP MASHED POTATOES & GRAVY CORN FRUIT JUICE	8 CHICKEN & DRESSING CASSEROLE PEAS FRUIT JUICE	9 CRANBERRY MEATBALLS RICE GREEN BEANS FRUIT
12 TATER TOT CASSEROLE BROCCOLI FRUIT JUICE	13 SLICED HAM SWEET POTATOES BEETS FRUIT JUICE	14 SWISS STEAK RICE WINTER BLEND VEGETABLES FRUIT JUICE	15 GRILLED CHICKEN SANDWICH RICE PILAF PEAS FRUIT JUICE	16 ROAST BEEF MASHED POTATOES & GRAVY CORN FRUIT
19 CLOSED	20 HAM & SCALLOPED POTATOES CASSEROLE CARROTS FRUIT JUICE	21 CHICKEN THIGHS MASHED POTATOES & GRAVY GREEN BEANS FRUIT JUICE	22 PULLED PORK SANDWICH MAC & CHEESE CALIFORNIA BLEND VEGGIES FRUIT JUICE	23 CALICO BEANS CASSEROLE ZUCCHINI CORN BREAD FRUIT
26 CHICKEN CORDON BLEU MASHED POTATOES & COUNTRY GRAVY CARROTS FRUIT JUICE	27 GOULASH ITALIAN VEGETABLES GARLIC TOAST FRUIT JUICE	28 SAUSAGE GRAVY OVER BISCUIT SAUSAGE PATTY BEETS FRUIT JUICE	29 BEEF STROGANOFF OVER NOODLES CALIFORNIA BLEND VEGGIES FRUIT JUICE	30 PIZZA VEGETABLES FRUIT