

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  <b>CLOSED</b> <b>HAPPY NEW YEAR!</b>	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  <b>CLOSED</b>	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