

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 2025

All menus are subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
3 CHICKEN & WILD RICE CASSEROLE PEAS FRUIT JUICE	4 MEATLOAF BAKED SWEET POTATO WINTER MIX VEGETABLES APPLESAUCE	5 HAM & SCALLOPED POTATOES CASSEROLE CARROTS FRUIT JUICE	6 SLOPPY JOE ON A BUN TRI-TATERS GREEN BEANS FRUIT	7 CHICKEN A LA KING OVER BISCUIT VEGETABLES FRUIT JUICE	
10 CHICKEN FRIED STEAK MASHED POTATOES & COUNTRY GRAVY CORN FRUIT JUICE	11 FRENCH TOAST SAUSAGE LINK GREEN BEANS HOT APPLES JUICE	12 MEATBALLS IN GRAVY WHITE RICE CARROTS FRUIT JUICE	13 BAKED CHICKEN THIGHS BAKED POTATO BROCCOLI FRUIT	14 COD AU GRATIN POTATOES PEAS FRUIT	
17 CORNED BEEF RED POTATOES CABBAGE FRUIT JUICE 	18 LASAGNA CASSEROLE GREEN BEANS GARLIC TOAST FRUIT	19 CHICKEN SALAD ON A BUN 3 - BEAN SALAD POTATO SALAD FRUIT JUICE	20 HAMBURGER GRAVY OVER MASHED POTATOES CARROTS & BROCCOLI FRUIT JUICE	21 ROAST BEEF MASHED POTATOES & GRAVY CORN FRUIT	
24 HAMBURGER RICE CASSEROLE GREEN BEANS FRUIT JUICE	25 SCRAMBLED EGGS SAUSAGE LINK HASHBROWN PATTY PEAS & CARROTS FRUIT	26 PULLED PORK SANDWICH STEAK FRIES WINTER MIX VEGETABLES FRUIT JUICE	27 CHICKEN CHOW MEIN RICE CARROTS FRUIT	28 PORK CHOP WITH HERBS & ONIONS BAKED SWEET POTATO BROCCOLI FRUIT JUICE	
31 TATOR TOT CASSEROLE CALIFORNIA BLEND VEGGIES FRUIT JUICE	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Winter Weather Policy: If the Sioux Falls Public schools are closed, Active Generations - Meals on Wheels will also be closed. Please tune into your local new stations to check school status.</p> </div>			 MEALS ON WHEELS	

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 MONTHLY MENU
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MARCH FOR MEALS

**SIoux EMPIRE
 SENIOR NUTRITION**

Every March, Meals on Wheels celebrates the monumental addition of a national senior nutrition program to the Older Americans Act in 1972. This landmark legislation paved the way for the rapid expansion of the Meals on Wheels network, which now serves 2.8 million seniors annually.

This year's March for Meals comes at a critical time. Eight out of ten local Meals on Wheels programs continue to serve more older adults than before the pandemic. Meanwhile, rising operational and food costs remain a challenge, even as inflation shows signs of slowing.

Your support during March for Meals helps ensure we can continue meeting the growing need and providing vital services to seniors in our community.

Together, we can make a difference!

How Active Generations makes an impact

- 12 to 15 clients added weekly.
- 600+ nourishing meals crafted daily.
- 24,000 meals graciously served each month.

COUNTIES WE SERVE

- Lincoln County
- Minnehaha County
- Union County
- Turner County
- McCook County
- Lake County

WHO WE SERVE

15% identify as a **minority**
 42% live below the **poverty line**
 49% live **alone**
 52% are **women**
 79% live in a **rural area**

How you can help in March

- **The Barrel House: Monday, March 10th** 10% proceeds
- **Nyberg's Ace Hardware:** Round up **March 17th - 30th**
- **Culvers - March 13th:** 10% back to Active Generations from **4-7PM**
 Coin boxes at each location throughout the month of March
- **R Wine Bar/Maribellas/Brix Wine Bar and Trio Jazz Club:**
March 11th 10% of proceeds

ADOPT A SENIOR

You can help support your senior neighbors by buying their lunch!
 Available for 1-time purchase or reoccurring donations.

1 Meal - \$5.25

5 Meals - \$26.25

20 Meals - \$102

250 Meals - 1312.50

DID YOU KNOW?

- More than 198,000 seniors in South Dakota face the dual shadows of hunger and isolation.
- Over 26,000 individuals are perilously threatened by hunger.
- More than 50,000 seniors dwell in solitude.
- Nearly 17,500 seniors exist at or below the poverty line.

Contact our Nutrition team to learn more!

Rebecca Behnke (605)333-3304

RBehnke@activegen.org

MOW Office

(605)333-3305

**Active
 Generations**
 OPPORTUNITIES FOR A LIFETIME