

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

ACTIVE GENERATIONS MONTHLY MENU OCTOBER 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CHICKEN ALFREDO ITALIAN VEGETABLES BREAD STICK FRUIT	2 SLOPPY JOE TRI-TATERS WINTER MIX VEGETABLES FRUIT JUICE	3 TUNA NOODLE HOTDISH PEAS & CARROTS FRUIT
6 PEPPER STEAK GARLIC MASHED POTATO CARROTS FRUIT	7 PORK ROAST BABY RED POTATOES BROCCOLI FRUIT	8 HAMBURGER GRAVY OVER MASHED POTATO GREEN BEANS FRUIT	9 CHICKEN PARMESAN OVER NOODLES STEWED TOMATOES FRUIT JUICE	10 BEEF STEW BISCUIT CALIFORNIA BLEND VEGE BAKED APPLE
13 CLOSED	14 SPAGHETTI & MEAT SAUCE ITALIAN VEGETABLE BREAD STICK FRUIT JUICE	15 APPLE PORK CHOP AMERICAN FRIES CORN FRUIT	16 CHICKEN & DRESSING CASSEROLE PEAS FRUIT JUICE	17 BBQ RIBS AUGRATIN POTATOES GREEN BEANS FRUIT
20 TATER TOT CASSEROLE BROCCOLI APPLESAUCE	21 SLICED HAM SWEET POTATOES BEETS FRUIT JUICE	22 SWISS STEAK RICE WINTER BLEND FRUIT	23 GRILLED CHICKEN SANDWICH RANCH POTATOES PEAS FRUIT JUICE	24 CHILI CRACKERS SWEET ROLL FRUIT
27 HAMBURGER ON BUN TATER TOTS PICKLED BEETS FRUIT	28 HAM & SCALLOPED POTATO CORN FRUIT JUICE	29 CHICKEN THIGHS HERBED POTATOES STEWED TOMATOES FRUIT	30 PULLED PORK SANDWICH STEAK FRIES CALIFORNIA BLEND FRUIT JUICE	31 CRANBERRY MEATBALLS RICE GREEN BEANS FRUIT

All menus are subject to change.