










Nutrition Information

GA Foods takes pride in preparing nutritious meals with the finest ingredients in a USDA-inspected facility. All of our menus are healthy choices.










Beef Entrees	 CALORIES	 CARBS	 PROTEIN	 SODIUM	 FAT	 FIBER	 POTASSIUM	 PHOSPHORUS	 ALLERGENS
Beef Patty in Teriyaki Sauce with steamed rice and mixed vegetables. FRZ000763	380	52g	20g	670mg	11g	4g	523mg	64mg	S, W, M, Y5
Beef Patty in Brown Gravy with brown rice and mixed vegetables. FRZ000882	330	41g	19g	520mg	11g	5g	516mg	81mg	S, M, SULF
Grilled Veal Chop in Mustard Sage Sauce with diced potatoes and butternut squash. FRZ000725	350	28g	17g	630mg	15g	4g	689mg	14mg	S, M, SULF
Hamburger Patty with diced potatoes and carrots. FRZ000712	300	27g	16g	460mg	19g	5g	690mg	0mg	S, M, SULF
Meatballs and Stuffed Pasta in Italian Sauce with Italian vegetable medley. FRZ000897	390	44g	20g	540g	14g	4g	908mg	3mg	S,W, M, E
Meatballs and Pasta in Marinara with green beans. FRZ000861	360	44g	20g	240mg	13g	4g	754mg	26mg	S, W, M, E
Pasta Bolognese with Italian vegetable medley. FRZ000565	380	42g	23g	180mg	13g	7g	1366mg	193mg	S, W
Three Bean Chili con Carne with carrot squash medley. FRZ000859	360	30g	23g	220mg	19g	9g	1296mg	234mg	S
Meatballs in Orange Sauce with white rice and green beans. FRZ000894	370	47g	18g	370mg	13g	3g	568mg	81mg	S, W, E, M

ALLERGEN KEY | S: Soy | W: Wheat | E: Egg | TN: Treenut | F: Fish | M: Milk | SF: Shellfish | SS: Sesame Seed | SULF: Sulfites | Y5: Yellow No. 5

Seafood Entrees










	 CALORIES	 CARBS	 PROTEIN	 SODIUM	 FAT	 FIBER	 POTASSIUM	 PHOSPHORUS	 ALLERGENS
Batter-Dipped Crispy Fish Nuggets with parsnip mashed potatoes and carrots. FRZ000097	380	42g	15g	290mg	15g	11g	767mg	3mg	S, W, M, F, Y5
Southern Fish Nuggets with garlic mashed potatoes and mixed vegetables. FRZ000879	360	43g	17g	310mg	13g	11g	727mg	16mg	S, W, M, F, SULF
Creole-Style Fish with brown rice and corn. FRZ000865	540	83g	22g	300mg	16g	15g	961mg	207mg	S, W, F
Fish Fillet with broccoli and garlic mashed potatoes. FRZ000851	340	38g	17g	310mg	14g	10g	753mg	57mg	S, W, M, F, SULF
Fish in Sweet and Sour Sauce with gingered brown rice and edamame. FRZ000891	500	63g	24g	400mg	16g	13g	672mg	98mg	S, W, F

Breakfast Entrees

	 CALORIES	 CARBS	 PROTEIN	 SODIUM	 FAT	 FIBER	 POTASSIUM	 PHOSPHORUS	 ALLERGENS
Cheese Omelet Skillet With Garden Sauce with diced breakfast potatoes and spiced peaches. FRZ000858	430	44g	14g	750mg	20g	5g	804mg	7mg	S, W, M, E, TN, SULF
Egg With Sausage Country Pepper Gravy with diced breakfast potatoes and maple cinnamon apples. FRZ000857	430	57g	16g	490mg	16g	9g	553mg	26mg	S, W, M, E
Eggs in Garden Sauce with egg patty with pepper, breakfast potatoes with onion, and cranberry apples. FRZ000856	460	69g	14g	400mg	16g	14g	673mg	30mg	S, M, E
Omelet With Cheese with diced breakfast potatoes, turkey sausage links, and fruited granola. FRZ000119	370	42g	16g	640mg	16g	6g	567mg	89mg	S, M, E, W, SULF
Pancakes and Cheese Omelet with turkey sausage link, and warm strawberry compote. FRZ000846	370	46g	16g	670mg	15g	3g	277mg	48mg	S, W, M, E
Rancheros Cheese Omelet with chicken chorizo, diced breakfast potatoes with onion, and cranberry pears. FRZ000855	410	56g	14g	560mg	15g	7g	615mg	31mg	S, M, E
Western-Style Omelet with diced breakfast potatoes and strawberry apple crisp. FRZ000876	380	48g	14g	570mg	19g	9g	570mg	17mg	S, M, E

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Pork Entrees	CALORIES	CARBS	PROTEIN	SODIUM	FAT	FIBER	POTASSIUM	PHOSPHORUS	ALLERGENS
									
Pork Chop Patty in Sofrito Sauce with cilantro stewed tomatoes, and sweet potatoes. FRZ000896	320	39g	20g	380mg	14g	4g	990mg	12mg	S, SULF
Grilled Pork Chop in Homestyle Gravy Brussels sprouts and parsleyed mashed potatoes. FRZ000654	380	37g	20g	580mg	21g	5g	1041mg	57mg	S, W
Pork Riblet in BBQ Sauce with garlic mashed potatoes and mixed vegetables. FRZ000863	410	53g	20g	440mg	14g	5g	1050mg	17mg	S
Pork Rib Patty in Korean BBQ Sauce with broccoli and pineapple-Mandarin fruit. FRZ000892	310	37g	18g	380mg	12g	3g	797mg	43mg	S, TN
Pork Chop in Sweet and Sour Sauce with fried rice and corn. FRZ000768	420	63g	20g	590mg	15g	6g	737mg	142mg	S

Meatless Entrees	CALORIES	CARBS	PROTEIN	SODIUM	FAT	FIBER	POTASSIUM	PHOSPHORUS	ALLERGENS
									
Plant-Based Chick'n Nuggets with warm rice salad, mixed vegetables & squash medley. FRZ000804	300	42g	17g	400mg	8g	5g	754mg	37mg	S, W, E, M
Manicotti Alfredo with corn and carrots. FRZ000877	350	45g	18g	550mg	12g	6g	537mg	67mg	S, W, M, E
Meatless Ground Beef and Pasta Casserole with steamed carrots. FRZ000803	370	50g	19g	790mg	14g	11g	986mg	3mg	S, M, E, W
Mexican Bean Burrito With Queso with carrots and parsleyed whole kernel corn. FRZ000109	600	109g	20g	610mg	13g	17g	710mg	150mg	S, W, M
Three Cheese Macaroni and Cheese with carrots and green beans. FRZ000853	360	52g	17g	380mg	10g	6g	614mg	144mg	S, W, M, Y5
Stuffed Pasta in Broccoli Cheese Sauce with cranberry apples FRZ000898	310	50g	14g	510mg	8g	4g	570mg	171mg	S, W, M, E
Lasagna Florentine in spinach alfredo sauce and mixed vegetables. FRZ000864	280	35g	14g	580mg	10g	4g	201mg	5mg	W, M, E
Twisted Mac and Cheese With Vegan Chorizo with mixed vegetables. FRZ000107	340	56g	16g	370mg	6g	6g	674mg	128mg	S, W, M, Y5

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Poultry Entrees

								
CALORIES	CARBS	PROTEIN	SODIUM	FAT	FIBER	POTASSIUM	PHOSPHORUS	ALLERGENS

Breaded Chicken in Country Pepper Gravy with mixed vegetables & squash medley and Brussels sprouts. FRZ000766	360	29g	17g	360mg	16g	6g	698mg	57mg	S, W, M, Y5
Chicken and Rice with green bean and red pepper mix. FRZ000848	310	42g	30g	50mg	4g	4g	462mg	88mg	S
Chicken Marsala with diced butternut squash and green beans FRZ000711	240	12g	20g	600mg	8g	4g	542mg	24mg	S
Chicken in Italian Sauce , with diced potatoes and green beans. FRZ000880	370	44g	14g	320mg	17g	6g	749mg	26mg	S, M, W, SULF
Chicken in Thai Ginger Red Curry Sauce with green beans and carrots. FRZ000564	220	17g	19g	440mg	9g	5g	587mg	26mg	S, M, TN
Homemade Chicken Stew with peas & carrots and strawberry apple crisp. FRZ000881	420	70g	39g	220mg	6g	12g	1201mg	182mg	S, M
Honey Mustard Chicken with diced potatoes and carrots. FRZ000878	290	36g	19g	580mg	12g	5g	671mg	7mg	S, M, SULF
General Tso's Chicken with gingered rice and peas & carrots. FRZ000893	350	49g	31g	280mg	4g	4g	482mg	70mg	S, W, SS, SULF
Chicken Fajita butternut squash and black beans. FRZ000890	300	23g	36g	210mg	3g	9g	707mg	129mg	S
Meatloaf in Stewed Tomatoes with cheesy mashed potatoes. FRZ000044	380	41g	21g	680mg	16g	4g	1113mg	22mg	S, W
Chicken Salisbury Steak in Mushroom Gravy with garlic mashed potatoes and Brussels sprouts. FRZ000847	330	36g	21g	570mg	13g	5g	1040mg	71mg	S, M, SULF
Chicken and Stuffed Pasta Pot Pie with mixed vegetables and strawberry apple crisp. FRZ000899	300	56g	18g	490mg	4g	8g	432mg	10mg	S, W, M, E
Breaded Chicken Patty in Picadillo Sauce with green peas and sweet potatoes. FRZ000563	430	68g	21g	310mg	17g	7g	855mg	8mg	S

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