












# 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.

<b>Beef Entrees</b>	 <b>CALORIES</b>	 <b>CARBS</b>	 <b>PROTEIN</b>	 <b>SODIUM</b>	 <b>FAT</b>	 <b>FIBER</b>	 <b>POTASSIUM</b>	 <b>PHOSPHORUS</b>	 <b>ALLERGENS</b>
<b>Beef Patty in Teriyaki Sauce</b> with steamed rice and mixed vegetables. <b>FRZ000763</b>	380	52g	20g	670mg	11g	4g	523mg	64mg	S, W, SULF
<b>Beef Patty in Brown Gravy</b> with brown rice and mixed vegetables. <b>FRZ000882</b>	330	41g	19g	520mg	11g	5g	516mg	81mg	S
<b>Grilled Veal Chop in Mustard Sage Sauce</b> with diced potatoes and butternut squash. <b>FRZ000725</b>	330	36g	16g	630mg	15g	6g	696mg	14mg	S
<b>Hamburger Patty</b> with diced potatoes and carrots. <b>FRZ000712</b>	300	27g	16g	460mg	19g	5g	690mg	0mg	S, M, SULF
<b>Pasta Bolognese</b> with Italian vegetable medley. <b>FRZ000565</b>	380	42g	23g	180mg	13g	7g	1366mg	193mg	S, W
<b>Three Bean Chili con Carne</b> with carrot squash medley. <b>FRZ000859</b>	360	30g	23g	220mg	19g	9g	1296mg	234mg	S


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








## Breakfast Entrees

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

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## Pork Entrees

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





## Meatless Entrees

	 CALORIES	 CARBS	 PROTEIN	 SODIUM	 FAT	 FIBER	 POTASSIUM	 PHOSPHORUS	 ALLERGENS
<b>Plant-Based Chick'n Nuggets</b> with warm rice salad, mixed vegetables & squash medley. <b>FRZ000804</b>	300	42g	17g	400mg	8g	5g	754mg	37mg	S, W, M, E
<b>Manicotti Alfredo</b> with corn and carrots. <b>FRZ000877</b>	350	45g	18g	550mg	12g	6g	537mg	67mg	S, W, M, E
<b>Meatless Ground Beef and Pasta Casserole</b> with steamed carrots. <b>FRZ000803</b>	360	45g	19g	780mg	14g	11g	963mg	2.6mg	S, M, E, W
<b>Mexican Bean Burrito With Queso</b> with carrots and parslied whole kernel corn. <b>FRZ000109</b>	600	109g	20g	610mg	13g	17g	710mg	150mg	S, W, M, Y5
<b>Three Cheese Macaroni and Cheese</b> with carrots and green beans. <b>FRZ000853</b>	360	52g	17g	380mg	10g	6g	614mg	144mg	S, W, M, Y5
<b>Stuffed Pasta in Broccoli Cheese Sauce</b> with cranberry apples <b>FRZ000898</b>	310	50g	14g	510mg	8g	4g	570mg	171mg	S,W, M, E
<b>Lasagna Florentine</b> in spinach alfredo sauce and mixed vegetables. <b>FRZ000864</b>	280	35g	14g	580mg	10g	4g	201mg	5mg	W, M, E
<b>Twisted Mac and Cheese With Vegan Chorizo</b> with mixed vegetables. <b>FRZ000107</b>	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
<b>Breaded Chicken in Country Pepper Gravy</b> with mixed vegetables & squash medley and Brussels sprouts. <b>FRZ000766</b>	360	29g	17g	360mg	16g	6g	698mg	57mg	S, W, M
<b>Chicken and Rice</b> with green bean and red pepper mix. <b>FRZ000848</b>	330	45g	31g	50mg	7g	4g	478mg	98mg	S
<b>Chicken Marsala</b> with diced butternut squash and green beans <b>FRZ000711</b>	270	13g	18g	580mg	9g	4g	641mg	24mg	S, W, SULF
<b>Chicken in Italian Sauce</b> , with diced potatoes and green beans. <b>FRZ000880</b>	370	44g	14g	320mg	17g	6g	749mg	26mg	S, W
<b>Chicken in Thai Ginger Red Curry Sauce</b> with green beans and carrots. <b>FRZ000564</b>	220	17g	19g	440mg	9g	5g	587mg	26mg	S, TN, SULF
<b>Homemade Chicken Stew</b> with peas & carrots and strawberry apple crisp. <b>FRZ000881</b>	330	41g	19g	520mg	11g	5g	516mg	81mg	S, M
<b>Honey Mustard Chicken</b> with diced potatoes and carrots. <b>FRZ000878</b>	290	36g	19g	580mg	12g	5g	671mg	7mg	S
<b>General Tso's Chicken</b> with gingered rice and peas & carrots. <b>FRZ000893</b>	350	49g	31g	280mg	4g	4g	482mg	70mg	S, W, SS, SULF
<b>Chicken Fajita</b> butternut squash and black beans. <b>FRZ000890</b>	330	23g	37g	210mg	3g	10g	827mg	129mg	S, W
<b>Meatloaf in Stewed Tomatoes</b> with cheesy mashed potatoes. <b>FRZ000044</b>	380	41g	21g	680mg	16g	4g	1113mg	22mg	S, M, Y5, SULF
<b>Chicken Salisbury Steak in Mushroom Gravy</b> with garlic mashed potatoes and Brussels sprouts. <b>FRZ000847</b>	330	36g	21g	570mg	13g	5g	1040mg	71mg	S, M, SULF
<b>Chicken and Stuffed Pasta Pot Pie</b> with mixed vegetables and strawberry apple crisp. <b>FRZ000899</b>	300	56g	18g	490mg	4g	8g	432mg	10mg	S, W, M, E
<b>Breaded Chicken Patty in Picadillo Sauce</b> with green peas and sweet potatoes. <b>FRZ000563</b>	430	68g	21g	310mg	17g	7g	855mg	8mg	S
<b>Meatballs in Orange Sauce</b> with white rice and green beans. <b>FRZ000894</b>	370	47g	18g	370mg	13g	3g	568mg	81mg	S, W, M, E
<b>Meatballs and Pasta in Marinara</b> with green beans. <b>FRZ000861</b>	360	44g	20g	240mg	13g	4g	754mg	26mg	S, W, M, E

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<b>Meatballs and Stuffed Pasta in Italian Sauce</b> with Italian vegetable medley. <b>FRZ000897</b>	370	40g	21g	630mg	14g	7g	532mg	3mg	S, W, M, E

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