

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 | 330 | 41g | 20g | 590mg | 10g | 4g | 499mg | 0mg | S, W, SULF |
| Beef Patty in Brown Gravy with brown rice and mixed vegetables. FRZ000882 | 380 | 33g | 19g | 520mg | 11g | 4g | 470mg | 107mg | S |
| Grilled Veal Chop in Mustard Sage Sauce with diced potatoes and butternut squash. FRZ000725 | 330 | 36g | 16g | 630mg | 15g | 6g | 696mg | 14mg | S |
| Hamburger Patty with diced potatoes and carrots. FRZ000712 | 300 | 27g | 16g | 460mg | 19g | 5g | 690mg | 0mg | S, M, SULF |
| 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 |
| Meatloaf in Stewed Tomatoes with cheesy mashed potatoes. FRZ000044 | 380 | 41g | 21g | 680mg | 16g | 4g | 1113mg | 22mg | S, M, Y5, SULF |
| Beef Patty in Mushroom Gravy with garlic mashed potatoes and Brussels sprouts. FRZ000847 | 330 | 36g | 21g | 570mg | 13g | 5g | 1040mg | 71mg | S, M, SULF |

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 green beans with red peppers, and carrots. FRZ000097 | 290 | 32g | 20g | 210mg | 9g | 7g | 703mg | 23mg | S, W, M, F, SULF |
| Southern Fish Nuggets with garlic mashed potatoes and mixed vegetables. FRZ000879 | 380 | 49g | 23g | 250mg | 11g | 7g | 966mg | 16mg | S, W, M, F, SULF |
| Creole-Style Fish with brown rice and corn. FRZ000865 | 530 | 76g | 26g | 230mg | 13g | 9g | 1119mg | 113mg | S, W, F |
| Honey Orange Glazed Fish with broccoli and mashed potatoes. FRZ000904 | 450 | 59g | 23g | 250mg | 15g | 6g | 992mg | 44mg | S, W, M, SULF |
| Fish in Sweet and Sour Sauce with gingered brown rice and edamame. FRZ000891 | 460 | 56g | 29g | 340mg | 13g | 7g | 850mg | 2mg | 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 | 420 | 44g | 15g | 540mg | 20g | 6g | 767mg | 0mg | 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, M, E, SULF |
| 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 |
| 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, SULF |
| Rancheros Cheese Omelet with chicken chorizo, diced breakfast potatoes with onion, and cranberry pears. FRZ000855 | 410 | 56g | 14g | 560mg | 15g | 8g | 609mg | 31mg | S, M, E |
| Western-Style Omelet with diced breakfast potatoes and strawberry apple crisp. FRZ000876 | 380 | 41g | 14g | 550g | 19g | 6g | 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 ciltrano stewed tomatoes, and sweet potatoes. FRZ000896 | 350 | 39g | 24g | 320mg | 15g | 8g | 972mg | 2mg | S |
| Grilled Pork Chop in Homestyle Gravy Brussels sprouts and parslied mashed potatoes. FRZ000654 | 380 | 37g | 20g | 580mg | 21g | 5g | 1041mg | 57mg | S, M, SULF |
| Pork Riblet in BBQ Sauce with garlic mashed potatoes and mixed vegetables. FRZ000863 | 410 | 53g | 20g | 440mg | 14g | 5g | 1050mg | 17mg | S, M, SULF |
| Pork Rib Patty in Korean BBQ Sauce with broccoli and pineapple-Mandarin fruit. FRZ000892 | 310 | 37g | 18g | 380mg | 12g | 3g | 797mg | 43mg | S, W |
| Pork Chop in Sweet and Sour Sauce with fried rice and corn. FRZ000768 | 380 | 50g | 19g | 450mg | 14g | 4g | 667mg | 76mg | S, W |










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 | 250 | 33g | 15g | 230mg | 6g | 6g | 457mg | .13mg | S, W, M, E |
| 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 | 360 | 45g | 19g | 780mg | 14g | 11g | 963mg | 2.6mg | S, M, E, W |
| Mexican Bean Burrito With Queso with carrots and parslied whole kernel corn. FRZ000109 | 600 | 109g | 20g | 610mg | 13g | 17g | 710mg | 150mg | S, W, M, Y5 |
| Three Cheese Macaroni and Cheese with carrots and green beans. FRZ000853 | 360 | 52g | 17g | 590mg | 10g | 6g | 651mg | 144mg | S, W, M, Y5 |
| Stuffed Pasta in Broccoli Cheese Sauce with corn. FRZ000898 | 300 | 47g | 14g | 600mg | 8g | 4g | 564mg | 162mg | S,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 |
| Manicotti with Tomato Sauce with mixed vegetables. FRZ000905 | 280 | 33g | 15g | 380mg | 8g | 5g | 466mg | 3mg | M, W, E |
| Mexican Bean Burrito With Southwest Sauce with Papas con Chile, green bean and red pepper mix. FRZ000903 | 470 | 87g | 16g | 490mg | 9g | 15g | 761mg | 60mg | S, M, W, SULF |

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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 |
| Chicken Marsala with diced butternut squash and green beans FRZ000711 | 270 | 13g | 18g | 580mg | 9g | 4g | 641mg | 24mg | S, W, SULF |
| Chicken in Italian Sauce , with diced potatoes and green beans. FRZ000880 | 370 | 44g | 14g | 320mg | 17g | 6g | 749mg | 26mg | S, W |
| Chicken in Thai Ginger Red Curry Sauce with green beans and carrots. FRZ000564 | 220 | 17g | 19g | 440mg | 9g | 5g | 587mg | 26mg | S, TN, SULF |
| Homemade Chicken Stew with peas & carrots and strawberry apple crisp. FRZ000881 | 370 | 53g | 33g | 170mg | 8g | 9g | 952mg | 25mg | S, M |
| Honey Mustard Chicken with diced potatoes and carrots. FRZ000878 | 290 | 36g | 19g | 580mg | 12g | 5g | 671mg | 7mg | S |
| General Tso's Chicken with gingered rice and peas & carrots. FRZ000893 | 240 | 23g | 29g | 280mg | 3g | 4g | 426mg | .67mg | S, W, SS, SULF |
| Chicken Fajita butternut squash and black beans. FRZ000890 | 330 | 23g | 37g | 210mg | 3g | 10g | 827mg | 129mg | S, W |
| Chicken and Stuffed Pasta Pot Pie with mixed vegetables and strawberry apple crisp. FRZ000899 | 300 | 50g | 18g | 490mg | 4g | 5g | 432mg | 10mg | S, W, M, E |
| Breaded Chicken Patty in Picadillo Sauce with green peas and sweet potatoes. FRZ000563 | 460 | 67g | 19g | 300mg | 15g | 7g | 799mg | 67mg | S |
| Meatballs in Orange Sauce with white rice and green beans. FRZ000894 | 340 | 38g | 19g | 390mg | 12g | 6g | 174mg | 23mg | S, W, M, E |
| Meatballs and Pasta in Marinara with green beans. FRZ000861 | 370 | 40g | 20g | 270mg | 13g | 8g | 378mg | 26mg | S, W, M, E |
| Meatballs and Stuffed Pasta in Italian Sauce with Italian vegetable medley. FRZ000897 | 370 | 40g | 21g | 630mg | 14g | 7g | 532mg | 3mg | S, W, M, E |

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