

# 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 |
|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| <b>Beef Patty in Teriyaki Sauce</b> with steamed rice and mixed vegetables. <b>FRZ000763</b>              | 330                                                                                        | 41g                                                                                     | 20g                                                                                       | 590mg                                                                                    | 10g                                                                                    | 4g                                                                                        | 499mg                                                                                         | 0mg                                                                                            | S, W, SULF                                                                                    |
| <b>Beef Patty in Brown Gravy</b> with brown rice and mixed vegetables. <b>FRZ000882</b>                   | 300                                                                                        | 28g                                                                                     | 19g                                                                                       | 410mg                                                                                    | 10g                                                                                    | 4g                                                                                        | 470mg                                                                                         | 0mg                                                                                            | 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>New York Strip</b> with diced potatoes and carrots. <b>FRZ000712</b>                                   | 240                                                                                        | 24g                                                                                     | 17g                                                                                       | 350mg                                                                                    | 9g                                                                                     | 4g                                                                                        | 723mg                                                                                         | 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                                                                                             |
| <b>Meatloaf in Stewed Tomatoes</b> with cheesy mashed potatoes. <b>FRZ000044</b>                          | 340                                                                                        | 34g                                                                                     | 18g                                                                                       | 460mg                                                                                    | 16g                                                                                    | 4g                                                                                        | 931mg                                                                                         | 22mg                                                                                           | S, M, Y5, SULF                                                                                |
| <b>Beef Stroganoff</b> with carrots and Brussels sprouts. <b>FRZ004001</b>                                | 430                                                                                        | 48g                                                                                     | 24g                                                                                       | 200mg                                                                                    | 13g                                                                                    | 9g                                                                                        | 1009mg                                                                                        | 203mg                                                                                          | S, M, W                                                                                       |
| <b>Classic Meatloaf</b> with onion, sweet potatoes, peas and carrots. <b>FRZ000909</b>                    | 280                                                                                        | 31g                                                                                     | 20g                                                                                       | 390mg                                                                                    | 10g                                                                                    | 7g                                                                                        | 795mg                                                                                         | 0mg                                                                                            | S                                                                                             |
| <b>New York Strip in Picadillo Sauce</b> with green beans and corn. <b>FRZ004002</b>                      | 340                                                                                        | 47g                                                                                     | 20g                                                                                       | 340mg                                                                                    | 10g                                                                                    | 6g                                                                                        | 746mg                                                                                         | 85mg                                                                                           | S, 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                                                                          |
| <b>Batter-Dipped Crispy Fish Nuggets</b> with green beans with red peppers, and carrots. <b>FRZ000097</b> | 290                                                                              | 32g                                                                              | 20g                                                                              | 210mg                                                                            | 9g                                                                                | 7g                                                                                 | 703mg                                                                              | 23mg                                                                               | S, W, M, F, SULF                                                                   |
| <b>Shrimp Alfredo</b> with broccoli and green beans with red peppers. <b>FRZ006001</b>                    | 270                                                                              | 37g                                                                              | 21g                                                                              | 280mg                                                                            | 4g                                                                                | 6g                                                                                 | 544mg                                                                              | 194mg                                                                              | W, M, SF                                                                           |
| <b>Creole-Style Fish</b> with brown rice and corn. <b>FRZ000865</b>                                       | 460                                                                              | 58g                                                                              | 24g                                                                              | 290mg                                                                            | 12g                                                                               | 9g                                                                                 | 1016mg                                                                             | 46mg                                                                               | S, W, F                                                                            |
| <b>Fish in Sweet and Sour Sauce</b> with gingered brown rice and edamame. <b>FRZ000891</b>                | 460                                                                              | 56g                                                                              | 29g                                                                              | 340mg                                                                            | 13g                                                                               | 7g                                                                                 | 850mg                                                                              | 2mg                                                                                | 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>               | 420                                                                               | 44g                                                                               | 15g                                                                               | 540mg                                                                             | 20g                                                                                | 6g                                                                                  | 767mg                                                                               | 0mg                                                                                 | 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>                       | 320                                                                               | 41g                                                                               | 14g                                                                               | 440mg                                                                             | 13g                                                                                | 3g                                                                                  | 273mg                                                                               | 40mg                                                                                | 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                                                                                | 8g                                                                                  | 609mg                                                                               | 31mg                                                                                | S, M, E                                                                             |
| <b>Western-Style Omelet</b> with diced breakfast potatoes and strawberry apple crisp. <b>FRZ000876</b>                          | 330                                                                               | 35g                                                                               | 14g                                                                               | 540mg                                                                             | 16g                                                                                | 5g                                                                                  | 588mg                                                                               | 13mg                                                                                | S, M, E                                                                             |
| <b>Oatmeal</b> with mixed berry compote and sweet potato hash. <b>FRZ003001</b>                                                 | 450                                                                               | 89g                                                                               | 25g                                                                               | 190mg                                                                             | 4g                                                                                 | 9g                                                                                  | 970mg                                                                               | 432mg                                                                               | M                                                                                   |

| 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>      | 350                                                                              | 39g                                                                              | 24g                                                                              | 320mg                                                                            | 15g                                                                               | 8g                                                                                 | 972mg                                                                              | 2mg                                                                                | S                                                                                  |
| <b>Grilled Pork Chop in Homestyle Gravy</b> with 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                                                                               |

| Meatless Entrees                                                                                                       |  |  |  |  |  |  |  |  |  |
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|                                                                                                                        | CALORIES                                                                          | CARBS                                                                             | PROTEIN                                                                           | SODIUM                                                                            | FAT                                                                                | FIBER                                                                               | POTASSIUM                                                                           | PHOSPHORUS                                                                          | ALLERGENS                                                                           |
| <b>Manicotti Alfredo</b> with corn and carrots. <b>FRZ000877</b>                                                       | 350                                                                               | 45g                                                                               | 18g                                                                               | 550mg                                                                             | 12g                                                                                | 6g                                                                                  | 537mg                                                                               | 67mg                                                                                | S, W, M, E                                                                          |
| <b>Mediterranean Bowl</b> with chickpeas and brown rice, peas, carrots, and zucchini. <b>FRZ000908</b>                 | 500                                                                               | 79g                                                                               | 19g                                                                               | 220mg                                                                             | 13g                                                                                | 18g                                                                                 | 907mg                                                                               | 100mg                                                                               | M                                                                                   |
| <b>Mexican Bean Burrito With Queso</b> with carrots and parslied whole kernel corn. <b>FRZ000109</b>                   | 510                                                                               | 93g                                                                               | 19g                                                                               | 590mg                                                                             | 10g                                                                                | 16g                                                                                 | 724mg                                                                               | 158mg                                                                               | S, W, M, Y5                                                                         |
| <b>Three Cheese Macaroni and Cheese</b> with carrots and green beans. <b>FRZ000853</b>                                 | 360                                                                               | 49g                                                                               | 17g                                                                               | 590mg                                                                             | 11g                                                                                | 6g                                                                                  | 650mg                                                                               | 144mg                                                                               | S, W, M, Y5                                                                         |
| <b>Stuffed Pasta in Broccoli Cheese Sauce</b> with corn. <b>FRZ000898</b>                                              | 300                                                                               | 47g                                                                               | 14g                                                                               | 590mg                                                                             | 8g                                                                                 | 4g                                                                                  | 562mg                                                                               | 162mg                                                                               | S,W, M, E                                                                           |
| <b>Twisted Mac and Cheese</b> with mixed vegetables. <b>FRZ000107</b>                                                  | 330                                                                               | 55g                                                                               | 14g                                                                               | 540mg                                                                             | 6g                                                                                 | 8g                                                                                  | 729mg                                                                               | 129mg                                                                               | S, W, M, Y5                                                                         |
| <b>Manicotti with Tomato Sauce</b> with mixed vegetables. <b>FRZ000905</b>                                             | 280                                                                               | 33g                                                                               | 15g                                                                               | 380mg                                                                             | 8g                                                                                 | 5g                                                                                  | 466mg                                                                               | 3mg                                                                                 | M, W, E                                                                             |
| <b>Mexican Bean Burrito With Southwest Sauce</b> with Papas con Chile, green bean and red pepper mix. <b>FRZ000903</b> | 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 |
|-----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| <b>Breaded Chicken in Country Pepper Gravy</b> with mixed vegetables & squash medley and Brussels sprouts. <b>FRZ000766</b> | 360                                                                                        | 29g                                                                                     | 17g                                                                                       | 380mg                                                                                    | 16g                                                                                    | 6g                                                                                        | 719mg                                                                                         | 137mg                                                                                          | S, W, M                                                                                       |
| <b>Chicken Mushroom Swiss</b> with carrots and green beans <b>FRZ005004</b>                                                 | 340                                                                                        | 47g                                                                                     | 20g                                                                                       | 340mg                                                                                    | 3g                                                                                     | 6g                                                                                        | 746mg                                                                                         | 85mg                                                                                           | S, M                                                                                          |
| <b>Chicken in Italian Sauce</b> , with diced potatoes and green beans. <b>FRZ000880</b>                                     | 350                                                                                        | 41g                                                                                     | 15g                                                                                       | 340mg                                                                                    | 14g                                                                                    | 6g                                                                                        | 757mg                                                                                         | 107mg                                                                                          | 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>Honey Mustard Chicken</b> with diced potatoes and carrots. <b>FRZ000878</b>                                              | 260                                                                                        | 32g                                                                                     | 17g                                                                                       | 590mg                                                                                    | 10g                                                                                    | 5g                                                                                        | 657mg                                                                                         | 12mg                                                                                           | S                                                                                             |
| <b>General Tso's Chicken</b> with gingered rice and peas & carrots. <b>FRZ000893</b>                                        | 240                                                                                        | 23g                                                                                     | 29g                                                                                       | 280mg                                                                                    | 3g                                                                                     | 4g                                                                                        | 426mg                                                                                         | .67mg                                                                                          | S, W<br>SS, SULF                                                                              |
| <b>Chicken al Pastor</b> with confetti corn and black beans. <b>FRZ000906</b>                                               | 410                                                                                        | 61g                                                                                     | 38g                                                                                       | 310mg                                                                                    | 4.5g                                                                                   | 11g                                                                                       | 819mg                                                                                         | 210mg                                                                                          | S, W                                                                                          |
| <b>Chicken and Stuffed Pasta Pot Pie</b> with mixed vegetables and strawberry apple crisp. <b>FRZ000899</b>                 | 290                                                                                        | 47g                                                                                     | 18g                                                                                       | 530mg                                                                                    | 4g                                                                                     | 5g                                                                                        | 478mg                                                                                         | 6mg                                                                                            | S, W<br>M, E                                                                                  |
| <b>Chicken Tikka Masala</b> with broccoli and brown rice. <b>FRZ005005</b>                                                  | 310                                                                                        | 33g                                                                                     | 34g                                                                                       | 300mg                                                                                    | 5g                                                                                     | 7g                                                                                        | 811mg                                                                                         | 51mg                                                                                           | S, M                                                                                          |
| <b>Meatballs in Orange Sauce</b> with white rice and green beans. <b>FRZ000894</b>                                          | 340                                                                                        | 38g                                                                                     | 19g                                                                                       | 390mg                                                                                    | 12g                                                                                    | 6g                                                                                        | 174mg                                                                                         | 23mg                                                                                           | S, W, M, E                                                                                    |
| <b>Meatballs and Pasta in Marinara</b> with green beans. <b>FRZ000861</b>                                                   | 370                                                                                        | 40g                                                                                     | 20g                                                                                       | 270mg                                                                                    | 13g                                                                                    | 8g                                                                                        | 378mg                                                                                         | 26mg                                                                                           | S, W, M, E                                                                                    |
| <b>Chicken Stew</b> with peas and carrots. <b>FRZ000881</b>                                                                 | 350                                                                                        | 47g                                                                                     | 32g                                                                                       | 270mg                                                                                    | 5g                                                                                     | 9g                                                                                        | 941mg                                                                                         | 8mg                                                                                            | S, M                                                                                          |

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