

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	300	28g	19g	410mg	10g	4g	470mg	0mg	S
New York Strip in Mustard Sage Sauce with diced potatoes and butternut squash. FRZ000725	270	28g	17g	570mg	9g	4g	729mg	0mg	S
New York Strip with diced potatoes and carrots. FRZ000712	240	24g	17g	350mg	9g	4g	723mg	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	340	34g	18g	460mg	16g	4g	931mg	22mg	S, M, Y5, SULF
Beef Stroganoff with carrots and Brussels sprouts. FRZ004001	430	48g	24g	200mg	13g	9g	1009mg	203mg	S, M, W
Classic Meatloaf with onion, sweet potatoes, peas and carrots. FRZ000909	280	31g	20g	390mg	10g	7g	795mg	0mg	S
New York Strip in Picadillo Sauce with green beans and corn. FRZ004002	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
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
Shrimp Alfredo with broccoli and green beans with red peppers. FRZ006001	270	37g	21g	280mg	4g	6g	544mg	194mg	W, M, SF
Creole-Style Fish with brown rice and corn. FRZ000865	460	58g	24g	290mg	12g	9g	1016mg	46mg	S, W, F
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	320	41g	14g	440mg	13g	3g	273mg	40mg	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	330	35g	14g	540mg	16g	5g	588mg	13mg	S, M, E
Oatmeal with mixed berry compote and sweet potato hash. FRZ003001	450	89g	25g	190mg	4g	9g	970mg	432mg	M









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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 with 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 Bulgogi over brown rice with broccoli and cranberry pineapples. FRZ002003	430	58g	19g	570mg	14g	6g	679mg	44mg	SS, S, W










Meatless Entrees

	 CALORIES	 CARBS	 PROTEIN	 SODIUM	 FAT	 FIBER	 POTASSIUM	 PHOSPHORUS	 ALLERGENS
Manicotti Alfredo with corn and carrots. FRZ000877	350	45g	18g	550mg	12g	6g	537mg	67mg	S, W, M, E
Lentil Stew with apple, peach, and pineapple. FRZ001001	440	96g	25g	550mg	2g	24g	1736mg	7mg	M
Mexican Bean Burrito With Queso with carrots and parslied whole kernel corn. FRZ000109	510	93g	19g	590mg	10g	16g	724mg	158mg	S, W, M, Y5
Three Cheese Macaroni and Cheese with carrots and green beans. FRZ000853	360	49g	17g	590mg	11g	6g	650mg	144mg	S, W, M, Y5
Stuffed Pasta in Broccoli Cheese Sauce with corn. FRZ000898	300	47g	14g	590mg	8g	4g	562mg	162mg	S, W, M, E
Twisted Mac and Cheese with mixed vegetables. FRZ000107	330	55g	14g	540mg	6g	8g	729mg	129mg	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	380mg	16g	6g	719mg	137mg	S, W, M
Chicken Mushroom Swiss with carrots and green beans FRZ005004	340	47g	20g	340mg	13g	6g	746mg	85mg	S, M
Chicken in Italian Sauce , with diced potatoes and green beans. FRZ000880	350	41g	15g	340mg	14g	6g	757mg	107mg	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
Chicken Piccata with carrots & green beans, and Northern beans with peppers & onions. FRZ005006	300	28g	20g	590mg	12g	7g	647mg	89mg	S, M, SULF
General Tso's Chicken with gingered rice and peas & carrots. FRZ000893	240	23g	29g	280mg	3g	4g	426mg	.67mg	S, W, SS, SULF
Chicken Taco Bowl over brown rice with corn and stewed tomatoes. FRZ005007	350	48g	28g	510mg	5g	7g	973mg	109mg	S, W
Chicken and Stuffed Pasta Pot Pie with mixed vegetables and strawberry apple crisp. FRZ000899	290	47g	18g	530mg	4g	5g	478mg	6mg	S, W, M, E
Chicken Tikka Masala with broccoli and brown rice. FRZ005005	310	33g	34g	300mg	5g	7g	811mg	51mg	S, M
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
Chicken Stew with peas and carrots. FRZ000881	350	47g	32g	270mg	5g	9g	941mg	8mg	S, M

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