



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	319	37g	20g	509mg	9g	4g	499mg	4mg	S, W, M
Beef Picadillo with green beans and corn. FRZ004002	336	47g	20g	345mg	10g	6g	746mg	85mg	S,
New York Strip in Mustard Sage Sauce with diced potatoes and butternut squash. FRZ000725	269	28g	17g	568mg	9g	4g	729mg	0mg	S
New York Strip with diced potatoes and carrots. FRZ000712	242	24g	17g	350mg	9g	4g	723mg	0mg	S
Pasta Bolognese with Italian vegetable medley. FRZ000565	381	41mg	22g	181mg	13g	7g	1360mg	190mg	W
Three Bean Chili con Carne with squash medley. FRZ000859	293	29g	17g	217mg	12g	10g	1223mg	103mg	
Hearty Meatloaf in Tomato Braise with stewed tomatoes and mashed potatoes. FRZ000044	318	34g	18g	465mg	10g	4g	931mg	22mg	S, M, SULF
Creamy Stroganoff Casserole with carrots and Brussels Sprouts. FRZ004001	433	48g	24g	201mg	13g	9g	1009mg	203mg	M, W
Classic Meatloaf Sandwich with Onions with sweet potatoes, peas and carrots. FRZ000909	284	31g	20g	390mg	10g	7g	795mg	0mg	S
Stuffed Pepper Casserole with yellow squash, peas and white rice. FRZ004003	380	56g	17g	160mg	3g	9g	797mg	67mg	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 Fish Nuggets with green beans with red peppers, and carrots. FRZ000097	287	32g	20g	211mg	9g	7g	703mg	23mg	W, F
Shrimp Alfredo Tuscana with broccoli and green beans. FRZ006001	269	37g	21g	281mg	4g	6g	544mg	194mg	W, M, SF
Creole-Style Fish Nuggets with brown rice and green beans. FRZ000865	456	58g	24g	290mg	12g	9g	1016mg	46mg	S, W, F, M

Breakfast Entrees

	 CALORIES	 CARBS	 PROTEIN	 SODIUM	 FAT	 FIBER	 POTASSIUM	 PHOSPHORUS	 ALLERGENS
Egg and Veggie Hash with diced potatoes and cranberry apples. FRZ000856	369	53g	14g	273mg	13g	8g	632mg	0mg	M, E, SULF
Egg With Sausage Country Pepper Gravy with diced breakfast potatoes and maple cinnamon apples. FRZ000857	323	35g	16g	544mg	13g	3g	440mg	6mg	S, M, E, SULF
Zesty Spanish Omelet with seasoned kidney beans and sweet potatoes. FRZ0003002	324	46g	15g	513mg	11g	7g	744mg	2mg	E, M
Cheesy Garden Omelet Bake with diced breakfast potatoes and spiced peaches. FRZ000858	384	41g	16g	567mg	17g	6g	775mg	0mg	S, M, E, W, SULF
Pancakes and Peppered Egg with turkey sausage link, and strawberry compote. FRZ000846	324	41g	14g	445mg	13g	3g	775mg	40mg	S, W, M, E, SULF
Western Omelet with diced potatoes and cinnamon applesauce. FRZ000876	333	35g	14g	542mg	16g	5g	588mg	13mg	S, M, E
Hearty Oatmeal Bowl with mixed berry compote and sweet potato hash. FRZ003001	430	84g	25g	159mg	4g	9g	969mg	432mg	M

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Pork Entrees

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	CALORIES	CARBS	PROTEIN	SODIUM	FAT	FIBER	POTASSIUM	PHOSPHORUS	ALLERGENS
Pork Chop Patty in Sofrito Sauce with corn and carrots. FRZ000896	358	41g	23g	325mg	15g	8g	968mg	1mg	S
Homestyle Pork Chop in Gravy with Brussels Sprouts and parslied mashed potatoes. FRZ000654	343	32g	20g	468mg	14g	5g	1042mg	57mg	S, M, SULF
BBQ-Glazed Pork Riblet with garlic mashed potatoes and mixed vegetables. FRZ000863	419	57g	19g	586mg	13g	7g	754mg	17mg	S, M, SULF
Korean-Style Pork Bulgogi over brown rice with broccoli and cranberry pineapples. FRZ002003	428	58g	19g	570mg	14g	6g	679mg	44mg	SS, S, W

Meatless Entrees

Meatless Entrees									
	CALORIES	CARBS	PROTEIN	SODIUM	FAT	FIBER	POTASSIUM	PHOSPHORUS	ALLERGENS
Manicotti Alfredo with corn and carrots. FRZ000877	354	41g	18g	40mg	13g	6g	506mg	59mg	W, M, E
Lentil Stew with apple, peach and pineapple. FRZ001001	441	96g	25g	551mg	2g	24g	1736mg	7mg	
Mexican Bean Burrito With Queso with carrots and corn. FRZ000109	512	93g	19g	592mg	10g	16g	734mg	163mg	W, M, Y5
Three Cheese Macaroni and Cheese with carrots and green beans. FRZ000853	353	49g	17g	594mg	11g	6g	651mg	144mg	W, M, Y5
Twisted Mac and Cheese with mixed vegetables. FRZ000107	318	53g	14g	587mg	6g	7g	696mg	128mg	W, M, Y5
Manicotti with Tomato Sauce with mixed vegetables. FRZ000905	292	35g	15g	380mg	8g	6g	466mg	3mg	M, W, E
Bean Burrito With Southwest Sauce with Papas con Chile, green bean and red pepper mix. FRZ000903	476	86g	16g	473mg	9g	16g	735mg	57mg	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	378mg	16g	6g	719mg	137mg	S, W, E, M
Mushroom Swiss Chicken with carrots and green beans. FRZ005004	280	19g	20g	486mg	13g	7g	620mg	28mg	S, M
Italian-Style Chicken Marinara with diced potatoes and green beans. FRZ000880	348	41g	15g	344mg	14g	6g	757mg	107 mg	S, W, M, E
Breaded Chicken with Country Pepper Gravy with mixed vegetables, squash medley and Brussel Sprouts. FRZ000766	360	29g	17g	378mg	16g	6g	719mg	137mg	S, M, W, E
Herbed Chicken Piccata with carrots & green beans, and Northern beans. FRZ005006	304	28g	20g	588mg	12g	7g	647mg	89mg	S, M, SULF
General Tso's Chicken with gingered rice and peas & carrots. FRZ000893	334	47g	32g	275mg	3g	4g	439mg	0.2mg	S, W
Chicken Fiesta Taco Bowl over brown rice with corn and stewed tomatoes. FRZ005007	348	48g	28g	509mg	5g	7g	973mg	109mg	
Rustic Chicken and Stuffed Pasta Pot Pie with mixed vegetables and strawberry apple crisp. FRZ000899	287	47g	18g	528mg	4g	5g	478mg	6mg	S, W, M, E
Aromatic Chicken Tikka Masala with broccoli and brown rice. FRZ005005	314	33g	34g	299mg	5g	7g	811mg	51mg	M
Meatballs in Tangy Orange Sauce with white rice and green beans. FRZ000894	344	38g	19g	393mg	12g	6g	174mg	23mg	S, W, M, SS
Italian-Style Meatballs with Pasta with green beans. FRZ000861	375	42g	20g	267mg	13g	8g	378mg	26mg	S, W, M,
Tropical Chicken with edamame, carrots and coconut rice. FRZ005008	480	66g	23g	310mg	9g	7g	863mg	0mg	S, SULF
Chicken Pasta Fagioli with poached pears. FRZ005009	400	60g	18g	470mg	9g	9g	797mg	67mg	M, S, W

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