# TABLE OF CONTENTS

## NUTRITIOUS FROZEN MEALS FOR SENIORS

### FROZEN MEALS: BEEF ENTRÉES

- **NEW!** Grilled Veal Chop with Mustard Sage Sauce
- **NEW!** Sliced Roast Beef with Gravy
- Hamburger Patty Au Jus
- Macaroni And Beef Casserole
- Meatballs And Penne Pasta In Marinara
- Three Bean Chili Con Carne
- Meatloaf with Sofrito Sauce
- NY Strip Patty w/ Picadillo Sauce
- Beef Patty with Spanish Braised Sauce
- Meatloaf with Apple Brown Gravy
- Pasta Bolognese
- Beef Patty in Rich Brown Gravy
- NY Steak Patty with Mushroom Gravy

### FROZEN MEALS: POULTRY ENTRÉES

- Chicken Garden Casserole
- Chicken Marsala
- Lasagna
- Chicken with Thia Ginger Curry Sauce
- Chicken Parmesan
- Homemade Chicken Stew
- Mojo Chicken
- Twisted Mac & Cheese w/ Chicken Chorizo
- Oven Baked Chicken
- Honey Mustard Chicken
- Arroz con Pollo
- Sliced Turkey and Gravy with Cornbread Dressing
- Oven Baked Chicken
- Sweet and Sour Chicken
- Medallions of Turkey in CranRaspberry Sauce
- Sesame Chicken
- Turkey Sausage with Peppers, Onions, & Tomatoes
- Turkey with Country Pepper Gravy
- Chicken Sausage with Northern Bean Ragout
### Frozen Meals: Pork Entrées

- Chili Dog On Whole Wheat Bun: $20
- Grilled Porkchop With Homestyle Gravy: $20
- Pork Riblet in Sweet and Tangy BBQ Sauce: $21
- Pulled Pork with Mojo Sauce: $21
- Cheese Enchilada with Pulled Pork: $22

### Frozen Meals: Seafood Entrées

- Southern-Style Pollock Fingers: $23
- Breaded Fillet of Fish: $23
- Batter-Dipped Crispy Fish Nuggets: $24
- Sweet Potato Pollock Nuggets: $24

### Frozen Meals: Vegetarian Entrées

- Cuban Black Beans and Rice: $25
- Mexican Bean Burrito with Queso: $25
- Eggplant Parmesan: $26
- Manicotti Alfredo: $26
- Vegetarian Chili: $27
- Macaroni and Cheese: $27

### Frozen Meals: Breakfast Entrées

- Western-Style Omelet: $28
- Country Egg Skillet: $28
- Country Knife and Fork Breakfast: $29
- Scrambled Eggs With Vegetables: $29
- Huevos Rancheros: $30
- Omelet with Cheese: $30
- Pancakes and Egg Patty: $31

### Frozen Meals: Total Meal Solutions

- All American ~ 7, 5, & 2-Day Packs: $32
- Sidewalk Cafe ~ 7, 5, & 2-Day Packs: $33
- Country Favorites ~ 7, 5, & 2-Day Packs: $34
- Texas Blue Plate ~ 7, 5, & 2-Day Packs: $35
- Homestyle Comfort ~ 7 & 5-Day Packs: $36
- Latin Flavors ~ 7 & 5-Day Packs: $37
- Neighborhood Recipes ~ 5-Day Packs: $38
- Neighborhood Recipes ~ 7-Day Packs: $39
Rise And Shine ~ 7 & 5-Day Packs
Vegetarian Delight ~ 7 & 5-Day Packs

**Heart-Healthy Consistent Carb Meals for Seniors**

**Nutritious Pureed Meals for Seniors**

**Nutritious Pantry Meals for Seniors**

**Pantry Meals: Breakfast Entrées**
- Oatmeal Breakfast Kit
- Mini-Wheats® Cereal
- Beef Hash

**Pantry Meals: Lunch & Dinner Entrées**
- Red Beans and Rice
- Beef Stew
- Spaghetti and Meatballs
- Lasagna
- Chili Mac
- BBQ Beef
- Chicken and Pasta
- Chicken Salad
- Chicken Stew
- Cheesy Potatoes and Turkey Ham
- Franks and Beans

**Pantry Meals: 7-Day Packs**
- Option 1 ~ SS71345
- Option 2 ~ SS71350

**Pantry Meals: 5-Day Packs**
- Option 1 ~ SS51330
- Option 2 ~ SS51335
- Option 3 ~ SS51340
- Option 4 ~ SS51345
- Option 5 ~ SS51350
**PANTRY MEALS: 2-DAY PACKS**

Option 1 ~ SS21330  
Option 2 ~ SS21332  
Option 3 ~ SS21334  
Option 4 ~ SS21336

**SHELF-STABLE BREAKFAST MEALS FOR KIDS**

Kellogg's® Apple Jacks®  
Kellogg's® Whole Grain Rice Krispies®  
Kellogg's® Multi-Grain Frosted Flakes  
Kellogg's® Crunchmania™ Whole Grain French Toast Graham Snacks  
Kellogg's® Froot Loops®  
Malt-o-Meal® Honey Nut Scooters®  
Kellogg's® Crunchmania™ Cinnamon Bun Graham Snacks  
Kellogg's® Multi-Grain Cinnamon Flakes

**FRESH OR FROZEN SANDWICHES FOR KIDS**

Sandwich Zone™ Signature Selections  
Made-to-Order Sandwiches

**SHELF-STABLE MEAL KITS FOR MILITARY USE**

MO01 Snack Kit  
MO02 Snack Kit  
MO05 Supplemental Kit  
MO19 Peanut Butter & Jelly Meal Kit  
MO22 Southwest Chicken Meal Kit  
MO26 Beans and Franks Meal Kit  
MO28 Roasted Red Pepper Hummus Meal Kit  
MO32 Chicken and Pasta Meal Kit  
MO35 BBQ Beef Meal Kit  
MO36 TUNA SALAD Meal Kit  
MO37 Chicken Salad Meal Kit  
MO39 Breakfast Meal Kit  
MIL000048 PB&J Snack Kit  
MIL000050 Cereal Snack Kit  
MIL000051 Breakfast Meal Kit  
MIL000052 Protein Bar Snack Kit
# Shelf-Stable Multi-Packs for Military Use

<table>
<thead>
<tr>
<th>Item Code</th>
<th>Description</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>M140</td>
<td>Variety Pack</td>
<td>78</td>
</tr>
<tr>
<td>M141</td>
<td>Variety Pack</td>
<td>79</td>
</tr>
</tbody>
</table>

# Frozen Sandwich Kits for Military Use

<table>
<thead>
<tr>
<th>Item Code</th>
<th>Description</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>MO71</td>
<td>Club Sandwich Kit</td>
<td>81</td>
</tr>
<tr>
<td>MO72</td>
<td>Ham and Cheese Sandwich Kit</td>
<td>81</td>
</tr>
<tr>
<td>MO73</td>
<td>Roast Beef &amp; Cheese Sandwich Kit</td>
<td>82</td>
</tr>
<tr>
<td>MO74</td>
<td>Turkey &amp; Cheese Sandwich Kit</td>
<td>82</td>
</tr>
<tr>
<td>MO79</td>
<td>Italian Hoagie Meal Kit</td>
<td>83</td>
</tr>
<tr>
<td>MO80</td>
<td>Ham and Cheese Thaw &amp; Serve Hoagies</td>
<td>84</td>
</tr>
<tr>
<td>MO81</td>
<td>Turkey and Cheese Thaw &amp; Serve Hoagies</td>
<td>84</td>
</tr>
<tr>
<td>MO82</td>
<td>Italian Thaw &amp; Serve Hoagies</td>
<td>85</td>
</tr>
<tr>
<td>MO83</td>
<td>Roast Beef &amp; Cheese Thaw &amp; Serve Hoagies</td>
<td>85</td>
</tr>
<tr>
<td>MO84</td>
<td>Grilled Cheese Thaw &amp; Serve Sandwiches</td>
<td>86</td>
</tr>
<tr>
<td>MO90</td>
<td>Club Sandwich Thaw &amp; Serve Hoagies</td>
<td>86</td>
</tr>
<tr>
<td>MO91</td>
<td>Ham &amp; Cheese Thaw &amp; Serve Sandwiches</td>
<td>87</td>
</tr>
</tbody>
</table>

# Sandwich Meal Kits

<table>
<thead>
<tr>
<th>Item Code</th>
<th>Description</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>MO76</td>
<td>Club Sandwich Kit</td>
<td>81</td>
</tr>
<tr>
<td>MO78</td>
<td>Ham and Cheese Sandwich Kit</td>
<td>81</td>
</tr>
<tr>
<td>MO79</td>
<td>Roast Beef &amp; Cheese Sandwich Kit</td>
<td>82</td>
</tr>
<tr>
<td>MO80</td>
<td>Turkey &amp; Cheese Sandwich Kit</td>
<td>82</td>
</tr>
<tr>
<td>MO81</td>
<td>Italian Hoagie Meal Kit</td>
<td>83</td>
</tr>
<tr>
<td>MO82</td>
<td>Ham and Cheese Thaw &amp; Serve Hoagies</td>
<td>84</td>
</tr>
<tr>
<td>MO83</td>
<td>Turkey and Cheese Thaw &amp; Serve Hoagies</td>
<td>84</td>
</tr>
<tr>
<td>MO84</td>
<td>Roast Beef &amp; Cheese Thaw &amp; Serve Hoagies</td>
<td>85</td>
</tr>
<tr>
<td>MO85</td>
<td>Italian Thaw &amp; Serve Hoagies</td>
<td>85</td>
</tr>
<tr>
<td>MO86</td>
<td>Grilled Cheese Thaw &amp; Serve Sandwiches</td>
<td>86</td>
</tr>
<tr>
<td>MO87</td>
<td>Club Sandwich Thaw &amp; Serve Hoagies</td>
<td>86</td>
</tr>
<tr>
<td>MO88</td>
<td>Ham &amp; Cheese Thaw &amp; Serve Sandwiches</td>
<td>87</td>
</tr>
</tbody>
</table>

# Bulk Fruit Cups for Military Use

<table>
<thead>
<tr>
<th>Item Code</th>
<th>Description</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>FC803</td>
<td>Peaches in Juice</td>
<td>88</td>
</tr>
<tr>
<td>FC804</td>
<td>Pears in Juice</td>
<td>88</td>
</tr>
<tr>
<td>FC806</td>
<td>Mixed Fruit in Juice</td>
<td>89</td>
</tr>
</tbody>
</table>
GA Foods offers over 50 delicious SunMeadow® meals, giving consumers a wide variety of choices.

Our meals are designed specifically for seniors to provide optimal nutrition for good health. They are ALL low in sodium, fat, cholesterol, and sugar. Our meals are suitable for individuals needing modified diets for diabetes and cardiac disease. SunMeadow® meals are prepared by our culinary team in a USDA-inspected facility.

SunMeadow® Total Meal Systems (TMS) are made up of an appetizing entrée, two vegetables, bread and margarine, and a fruit, juice, or dessert that together form a balanced meal. SunMeadow® TMS are available in 7, 5, and 2-day themed menus.

Frozen meals are updated twice each year - in January and July - to introduce new and exciting meals and to update the recipes of homestyle favorites based on feedback from seniors receiving our frozen home-delivered meals.
FROZEN MEALS:
BEEF ENTRÉES

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

NEW!
GRILLED VEAL CHOP
W/ MUSTARD SAGE SAUCE

FRZ000725

AVAILABLE IN:
- Sidewalk Cafe TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- [Click HERE!]

PRICING:
- [Click HERE!]

NEW!
SLICED ROAST BEEF
WITH GRAVY

FRZ000726

AVAILABLE IN:
- Texas Blue Plate TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- [Click HERE!]

PRICING:
- [Click HERE!]
FROZEN MEALS:
BEEF ENTRÉES

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

HAMBURGER PATTY AU JUS

| AVAILABLE IN: |
| - Sidewalk Cafe TMS |
| - Bulk 20 packs |
| - Custom sizes |

| SPECIFICATIONS: |
| - Click HERE! |

| PRICING: |
| - Click HERE! |

MACARONI AND BEEF CASSEROLE

| AVAILABLE IN: |
| - Country Favorites TMS |
| - Bulk 20 packs |
| - Custom sizes |

| SPECIFICATIONS: |
| - Click HERE! |

| PRICING: |
| - Click HERE! |
FROZEN MEALS:

BEEF ENTRÉES

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

MEATBALLS AND PENNE
PASTA IN MARINARA

- Homestyle Comfort TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

FRZ000657

THREE BEAN CHILI CON CARNE

- Homestyle Comfort TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

FRZ000652

BEef Entrées

FROZEN MEALS:

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

MEATBALLS AND PENNE
PASTA IN MARINARA

- Homestyle Comfort TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

FRZ000657

THREE BEAN CHILI CON CARNE

- Homestyle Comfort TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

FRZ000652
FROZEN MEALS:

BEEF ENTRÉES

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

**MEATLOAF WITH SOFRITO SAUCE**

FRZ000299

**NY STRIP PATTY W/ PICADILLO SAUCE**

FRZ000563

**AVAILABLE IN:**
- Texas Blue Plate TMS
- Bulk 20 packs
- Custom sizes

**SPECIFICATIONS:**
- Click HERE!

**PRICING:**
- Click HERE!

**AVAILABLE IN:**
- Bulk 20 packs
- Custom sizes

**SPECIFICATIONS:**
- Click HERE!

**PRICING:**
- Click HERE!
FROZEN MEALS:

BEEF ENTRÉES

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

**BEEF PATTY WITH SPANISH BRAISED SAUCE**

- **AVAILABLE IN:**
  - Latin Flavors TMS
  - Bulk 20 packs
  - Custom sizes

- **SPECIFICATIONS:**
  - [Click HERE!](#)

- **PRICING:**
  - [Click HERE!](#)

**MEATLOAF WITH APPLE BROWN GRAVY**

- **AVAILABLE IN:**
  - All American TMS
  - Bulk 20 packs
  - Custom sizes

- **SPECIFICATIONS:**
  - [Click HERE!](#)

- **PRICING:**
  - [Click HERE!](#)
FROZEN MEALS:

**BEEF ENTRÉES**

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

**PASTA BOLOGNESE**

- **AVAILABLE IN:**
  - Neighborhood Recipes TMS
  - Bulk 20 packs
  - Custom sizes

- **SPECIFICATIONS:**
  - [Click HERE!](#)

- **PRICING:**
  - [Click HERE!](#)

**FRZ000565**

**BEEF PATTY IN RICH BROWN GRAVY**

- **AVAILABLE IN:**
  - Country Favorites TMS
  - Bulk 20 packs
  - Custom sizes

- **SPECIFICATIONS:**
  - [Click HERE!](#)

- **PRICING:**
  - [Click HERE!](#)

**FRZ000030**
FROZEN MEALS:

BEEF ENTRÉES

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

BEEF PATTY IN
PIZZAIOLA SAUCE

- All American TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

FRZ000034

NY STEAK PATTY
WITH MUSHROOM GRAVY

- Neighborhood Recipes TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

FRZ000036

PRICING:
- Click HERE!
FROZEN MEALS:
POULTRY ENTRÉES

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

CHICKEN GARDEN CASSEROLE

FRZ000715

AVAILABLE IN:
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- [Click HERE!]

PRICING:
- [Click HERE!]

CHICKEN MARSALA

FRZ000711

AVAILABLE IN:
- Sidewalk Cafe TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- [Click HERE!]

PRICING:
- [Click HERE!]
FROZEN MEALS:
Poultry Entrées

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

**Lasagna**

- Available in:
  - Neighborhood Recipes TMS
  - Bulk 20 packs
  - Custom sizes

**Chicken with Thai Ginger Red Curry Sauce**

- Available in:
  - Neighborhood Recipes TMS
  - Bulk 20 packs
  - Custom sizes

**Pricing:**

- Click HERE!
FROZEN MEALS:

POULTRY ENTRÉES

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

**CHICKEN PARMESAN**

- Homestyle
- Comfort TMS
- Bulk 20 packs
- Custom sizes

**SPECIFICATIONS:**
- Click HERE!

**PRICING:**
- Click HERE!

**AVAILABLE IN:**

- FRZ000655

**HOMEMADE CHICKEN STEW**

- Homestyle
- Comfort TMS
- Bulk 20 packs
- Custom sizes

**SPECIFICATIONS:**
- Click HERE!

**PRICING:**
- Click HERE!

**AVAILABLE IN:**

- FRZ000656
FROZEN MEALS:
Poultry Entrées

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

MOJO CHICKEN

- Bulk 20 packs
- Custom sizes

FRZ000539

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

TWISTED MAC & CHEESE
W/ CHICKEN CHORIZO

- Homestyle
- Comfort TMS
- Bulk 20 packs
- Custom sizes

FRZ000107

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!
FROZEN MEALS:

POULTRY ENTRÉES

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

OVEN BAKED CHICKEN

Oven Baked Chicken

FRZ000060

AVAILABLE IN:
- Neighborhood Recipes TMS & Texas Blue Plate TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

HONEY MUSTARD CHICKEN

Honey Mustard Chicken

FRZ000524

AVAILABLE IN:
- All American TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!
FROZEN MEALS:
POULTRY ENTRÉES

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

ARROZ CON POLLO
FRZ000063

AVAILABLE IN:
- Latin Flavors TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

SLICED TURKEY AND GRAY
WITH CORNBREAD DRESSING
FRZ000078

AVAILABLE IN:
- All American TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!
FROZEN MEALS: Poultry Entrées

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

**Oven Baked Chicken**
- Available in: Country Favorites TMS, Bulk 20 packs, Custom sizes
- Specifications: [Click Here!]
- Pricing: [Click Here!]
- Code: FRZ000065

**Sweet and Sour Chicken**
- Available in: Neighborhood Recipes TMS, Bulk 20 packs, Custom sizes
- Specifications: [Click Here!]
- Pricing: [Click Here!]
- Code: FRZ000070
FROZEN MEALS:
Poultry Entrées

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

**Medallions of Turkey in Cranraspberry Sauce**

- **Available in:**
  - Neighborhood Recipes TMS
  - Bulk 20 packs
  - Custom sizes

- **Specifications:**
  - [Click HERE!](#)

- **Pricing:**
  - [Click HERE!](#)

**Sesame Chicken**

- **Available in:**
  - Sidewalk Cafe TMS
  - Bulk 20 packs
  - Custom sizes

- **Specifications:**
  - [Click HERE!](#)

- **Pricing:**
  - [Click HERE!](#)
FROZEN MEALS:
POULTRY ENTRÉES

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

TURKEY SAUSAGE WITH PEPPERS, ONIONS, & TOMATOES

- **Available in:**
  - Neighborhood Recipes TMS & Texas Blue Plate TMS
  - Bulk 20 packs
  - Custom sizes

- **Specifications:**
  - [Click HERE!](#)

- **Pricing:**
  - [Click HERE!](#)

TURKEY WITH COUNTRY PEPPER GRAVY

- **Available in:**
  - Country Favorites TMS
  - Bulk 20 packs
  - Custom sizes

- **Specifications:**
  - [Click HERE!](#)

- **Pricing:**
  - [Click HERE!](#)
FROZEN MEALS:  
PouLTrY Entrées

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

Chicken Sausage with Northern Bean Ragout

Available in:
- Country Favorites
- TMS
- Bulk 20 packs
- Custom sizes

Specifications:
- Click HERE!

Pricing:
- Click HERE!
FROZEN MEALS:
PORK ENTRÉES

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

CHILI DOG ON WHOLE WHEAT BUN

FRZ000710

GRILLED PORKCHOP WITH HOMESTYLE GRAVY

FRZ000654

AVAILABLE IN:
- Sidewalk Cafe TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

AVAILABLE IN:
- Homestyle Comfort TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!
FROZEN MEALS:

PORK ENTRÉES

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

Pork Riblet in Sweet and Tangy BBQ Sauce

Available in:
- Country Favorites & Neighborhood Recipes TMS
- Bulk 20 packs
- Custom sizes

Specifications:
- Click HERE!

Pricing:
- Click HERE!

Pulled Pork with Mojo Sauce

Available in:
- Texas Blue Plate TMS
- Bulk 20 packs
- Custom sizes

Specifications:
- Click HERE!

Pricing:
- Click HERE!
FROZEN MEALS:
PORK ENTRÉES

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

CHEESE ENCHILADA WITH PULLED PORK

AVAILABLE IN:
- Texas Blue Plate TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

FRZ000550
FROZEN MEALS:
S E A F O O D  E N T R É E S

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

SOUTHERN-STYLE
POLLOCK FINGERS

- Country Favorites TMS & Texas Blue Plate TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

BREADED FILLET OF FISH

- Homestyle Comfort TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!
FROZEN MEALS:

SEAFOOD ENTRÉES

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

BATTER-DIPPED
CRISPY FISH NUGGETS

FRZ000097

SWEET POTATO POLLOCK NUGGETS

FRZ000100

AVAILABLE IN:
- All American TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

AVAILABLE IN:
- Sidewalk Cafe TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!
FROZEN MEALS:
VEGETARIAN ENTRÉES

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

CUBAN BLACK BEANS AND RICE

- Vegetarian Delight & Latin Flavors
- TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- [Click HERE!](#)

PRICING:
- [Click HERE!](#)

MEXICAN BEAN BURRITO WITH QUESO

- Vegetarian Delight & Latin Flavors
- TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- [Click HERE!](#)

PRICING:
- [Click HERE!](#)
FROZEN MEALS:

VEGETARIAN ENTRÉES

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

EGGPLANT PARMESAN

FRZ000104

AVAILABLE IN:
- Vegetarian Delight TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

MANICOTTI ALFREDO

FRZ000566

AVAILABLE IN:
- Vegetarian Delight TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!
FROZEN MEALS:

VEGETARIAN ENTRÉES

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

VEGETARIAN CHILI

FRZ000105

MACARONI AND CHEESE

FRZ000106

AVAILABLE IN:
- Vegetarian Delight & Latin Flavors
  TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

AVAILABLE IN:
- All American & Vegetarian Delight
  TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!
FROZEN MEALS:

BREAKFAST ENTRÉES

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

WESTERN-STYLE OMELET

AVAILABLE IN:
- All American & Rise and Shine TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

COUNTRY EGG SKILLET

AVAILABLE IN:
- Rise and Shine & Texas Blue Plate TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!
FROZEN MEALS:
BREAKFAST ENTRÉES

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

COUNTRY KNIFE AND FORK BREAKFAST

FRZ000123

SCRAMBLED EGGS WITH VEGETABLES

FRZ000124

AVAILABLE IN:
- Rise and Shine TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- [Click HERE!]

PRICING:
- [Click HERE!]

AVAILABLE IN:
- Rise and Shine TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- [Click HERE!]

PRICING:
- [Click HERE!]
FROZEN MEALS:
BREAKFAST ENTRÉES

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

**HUEVOS RANCHEROS**

**AVAILABLE IN:**
- Rise and Shine & Latin Flavors TMS
- Bulk 20 packs
- Custom sizes

**SPECIFICATIONS:**
- [Click HERE!](#)

**PRICING:**
- [Click HERE!](#)

**FRZ000116**


**OMELET WITH CHEESE**

**AVAILABLE IN:**
- Vegetarian Delight & Rise and Shine TMS
- Bulk 20 packs
- Custom sizes

**SPECIFICATIONS:**
- [Click HERE!](#)

**PRICING:**
- [Click HERE!](#)

**FRZ000119**
FROZEN MEALS:

BREAKFAST ENTRÉES

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

PANCAKES AND EGG PATTY

FRZ000019

AVAILABLE IN:
- Rise & Shine TMS
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!
FROZEN MEALS: TOTAL MEAL SOLUTIONS

Wholesome, delicious frozen meals to suit any palate.

ALL AMERICAN ~ 7, 5, & 2-DAY PACKS

<table>
<thead>
<tr>
<th>Meal Description</th>
<th>Components Included</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sliced Turkey and Gravy</td>
<td>Cornbread dressing</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Flat beans</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Butternut Squash</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Garlic mashed potatoes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Carrots</td>
<td>5</td>
</tr>
<tr>
<td>Batter-Dipped Crispy Fish Nuggets</td>
<td></td>
<td>5</td>
</tr>
<tr>
<td>Western-Style Omelet</td>
<td>Potatoes O’Brien</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Strawberry applesauce</td>
<td></td>
</tr>
<tr>
<td>Three Cheese Macaroni and Cheese</td>
<td>Seasoned carrot cuts</td>
<td>5 2</td>
</tr>
<tr>
<td></td>
<td>Green peas</td>
<td></td>
</tr>
<tr>
<td>Chargrilled Beef Patty in Pizzaiola Sauce</td>
<td>Green beans</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pineapple Mandarin oranges</td>
<td></td>
</tr>
<tr>
<td>Honey Mustard Chicken</td>
<td>Potatoes Florentine</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mixed vegetables</td>
<td></td>
</tr>
<tr>
<td>Meatloaf with Apple Brown Gravy</td>
<td>Skin-on potatoes</td>
<td>5 2</td>
</tr>
<tr>
<td></td>
<td>Stewed tomatoes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pineapple cup</td>
<td></td>
</tr>
</tbody>
</table>

COMPONENTS INCLUDE:
- Whole Grain Bread
- Margarine
- Orange Juice
- Grape Juice
- Blended Fruit Juice
- SunMeadow® Milk
FROZEN MEALS: TOTAL MEAL SOLUTIONS

Wholesome, delicious frozen meals to suit any palate.

SIDEWALK CAFE ~ 7, 5, & 2-DAY PACKS

<table>
<thead>
<tr>
<th>Meal</th>
<th>Components Include</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turkey and Cheese Lasagna</td>
<td>Broccoli, cauliflower, &amp; bean medley</td>
</tr>
<tr>
<td>Hamburger Patty Au Jus</td>
<td>Potato wedges, Carrots</td>
</tr>
<tr>
<td>Sesame Chicken</td>
<td>Steamed cauliflower w/ red peppers, Broccoli &amp; carrots</td>
</tr>
<tr>
<td>Chili Dog on Whole Grain Bun</td>
<td>Baked beans, Corn</td>
</tr>
<tr>
<td>Grilled Veal Chop with Mustard Sage Sauce</td>
<td>Roasted red potatoes, Maple butternut squash, Fig bar</td>
</tr>
<tr>
<td>Chicken Marsala</td>
<td>Potato onion soufflé, Spinach &amp; mushrooms, Mini Moon Pie*</td>
</tr>
<tr>
<td>Whole Grain Sweet Potato Pollack Nuggets</td>
<td>Stewed tomatoes w/ turkey and succotash</td>
</tr>
</tbody>
</table>

Components include:
- Whole Grain Bread
- Whole Grain Bun
- Margarine
- Orange-Pineapple Juice
- Pineapple Juice
- Orange Juice
- Graham Crackers
- Pineapple Cup
- Applesauce
- Peach Cup
- SunMeadow® Milk
FROZEN MEALS: TOTAL MEAL SOLUTIONS

Wholesome, delicious frozen meals to suit any palate.

COUNTRY FAVORITES ~ 7, 5, & 2-DAY PACKS

- **Oven Baked Chicken**
  - Southern rice
  - Black-eyed peas
  - Spinach

- **Beef Patty in Rich Brown Gravy**
  - Mashed potatoes
  - Rutabaga w/ red pepper

- **Pork Riblet in a Sweet and Tangy BBQ Sauce**
  - Old fashioned baked beans
  - Whole kernel corn
  - Mixed fruit cup

- **Macaroni and Beef Casserole**
  - Spinach
  - California blend vegetables

- **Turkey with Country Pepper Gravy**
  - Mashed potatoes
  - Green beans almandine
  - Mini Moon Pie®

- **Southern-Style Pollock Fingers**
  - Steamed carrots
  - Cheesy country-style potatoes

- **Chicken Sausage with Northern Bean Ragout**
  - Diced sweet potatoes

COMPONENTS INCLUDE:
- Whole Grain Bread
- Margarine
- Peanuts
- Pineapple Juice
- Orange-Pineapple Juice
- Raisins
- Orange Juice
- Graham Crackers
- Apple Juice
- Grape Juice
- SunMeadow® Milk
FROZEN MEALS:

TOTAL MEAL SOLUTIONS

Wholesome, delicious frozen meals to suit any palate.

TEXAS BLUE PLATE ~ 7, 5, & 2-DAY PACKS

Country Egg Skillet
Potatoes, mushrooms, spinach & tomatoes
Cranberry apples

Oven Baked Chicken
Green bean & red pepper mix
Yellow rice w/ tomatoes and chives

Southern-Style Pollock Fingers
Steamed carrots
Cheesy potatoes

Meatloaf with Sofrito Sauce
Red potatoes
Butternut squash

Cheese Enchilada with Pulled Pork
Black beans
Whole kernel yellow corn

Turkey Sausage w/ Peppers, Onions & Tomatoes
WG rotini pasta
Apples w/ raisins

Sliced Roast Beef with Gravy
Spring peas
Buttered crinkle cut carrots

COMPONENTS INCLUDE:
- Whole Grain Bread
- Margarine
- Peach Cup
- Orange-Pineapple Juice
- Orange Juice
- Graham Crackers
- Apple Juice
- Corn Tortillas
- Fig Bar
- Oatmeal Raisin Cookie
- SunMeadow® Milk
FROZEN MEALS:
TOTAL MEAL SOLUTIONS

Wholesome, delicious frozen meals to suit any palate.

HOMESTYLE COMFORT ~ 7 & 5-DAY PACKS

Three Bean Chili con Carne
- Squash medley
- Rosemary potatoes
- Cheesy spinach

Chicken Parmesan
- Baked apples with raisins

Homemade Chicken Stew
- Steamed green beans
- Baked apples with raisins

Grilled Pork Chop with Homestyle Gravy
- Brussels sprouts
- Dice sweet potatoes

Meatballs and Penne Pasta in Marinara
- Steamed broccoli
- Italian vegetables

Breaded Fillet of Fish
- Cheesy mashed potatoes
- Mixed vegetables

Twisted Mac and Cheese with Chicken Chorizo
- Pinto beans
- Steamed carrots

COMPONENTS INCLUDE:
- Whole Grain Bread
- Margarine
- Apple Juice
- Grape Juice
- Pineapple Juice
- Tartar Sauce
- Citrus Fruit Cup
- Oatmeal Raisin Cookie
- Mandarin Orange Cup
- Peach Cup
- SunMeadow® Milk
**FROZEN MEALS:**

**TOTAL MEAL SOLUTIONS**

Wholesome, delicious frozen meals to suit any palate.

**LATIN FLAVORS ~ 7 & 5-DAY PACKS**

<table>
<thead>
<tr>
<th>Meal</th>
<th>Components Include</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Huevos Rancheros</strong> (scrambled eggs w/ chicken chorizo, potatoes, pinto beans &amp; cheese)</td>
<td>Cranberry pears</td>
</tr>
<tr>
<td><strong>Cranberry pears</strong></td>
<td>5</td>
</tr>
<tr>
<td><strong>Cuban Black Beans and Rice</strong></td>
<td>Whole kernel corn w/ red peppers</td>
</tr>
<tr>
<td>Parsleyed carrots</td>
<td>Peach cup</td>
</tr>
<tr>
<td><strong>5</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Mexican Bean Burrito with Queso</strong></td>
<td>Spinach soufflé</td>
</tr>
<tr>
<td>Parsleyed whole kernel corn</td>
<td>Mixed fruit cup</td>
</tr>
<tr>
<td><strong>5</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Pollo Tropicale</strong> (chicken w/ tropical fruit sauce)</td>
<td>Carrots</td>
</tr>
<tr>
<td>Parsleyed carrots</td>
<td>Green beans</td>
</tr>
<tr>
<td><strong>5</strong></td>
<td>Mini Moon Pie</td>
</tr>
<tr>
<td><strong>Rib Beef Patty with Spanish Braised Sauce</strong></td>
<td>Cilantro stewed tomatoes</td>
</tr>
<tr>
<td>Parsleyed carrots</td>
<td>Garden peas</td>
</tr>
<tr>
<td><strong>5</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Arroz con Pollo</strong> (baked chicken &amp; fiesta rice)</td>
<td>Mexican corn</td>
</tr>
<tr>
<td><strong>Vegetarian Chili</strong></td>
<td>Pinto bean &amp; carrot blend</td>
</tr>
<tr>
<td><strong>5</strong></td>
<td></td>
</tr>
</tbody>
</table>

**COMPONENTS INCLUDE:**

- Corn Tortillas
- Margarine
- Orange Juice
- Blended Fruit Juice
- Mixed Fruit Cup
- Orange-Pineapple Juice
- Whole Wheat Crackers
- Apple Juice
- SunMeadow® Milk
FROZEN MEALS: TOTAL MEAL SOLUTIONS

Wholesome, delicious frozen meals to suit any palate.

NEIGHBORHOOD RECIPES ~ 5-DAY PACK

Oven Baked Chicken
Green beans w/ red pepper
Yellow rice w/ tomatoes & chives

Pasta Bolognese
Italian vegetable medley

Turkey and Cheese Lasagna
Medley of broccoli, cauliflower & beans
Peach Cup

NY Steak Patty with Mushroom Gravy
Garlic mashed potatoes
Zucchini, yellow squash, & green bean medley

Pork Riblet in a Sweet and Tangy BBQ Sauce
Baked beans
Whole kernel corn

COMPONENTS INCLUDE:
- Whole Grain Bread
- Margarine
- Apple Juice
- Graham Crackers
- Grape Juice
- Mixed Fruit Cup
- Orange-Pineapple Juice
- SunMeadow® Milk
FROZEN MEALS:
TOTAL MEAL SOLUTIONS

Wholesome, delicious frozen meals to suit any palate.

NEIGHBORHOOD RECIPES ~ 7-DAY PACK

**Oven Baked Chicken**
- Green beans w/ red pepper
- Yellow rice w/ tomatoes & chives

**Pasta Bolognese**
- Italian vegetable medley

**Medallions of Turkey in CranRaspberry Sauce**
- Zucchini & yellow corn
- Medley of broccoli, cauliflower & red beans

**NY Steak Patty with Mushroom Gravy**
- Garlic mashed potatoes
- Zucchini, yellow squash & green bean medley

**Chicken with Thai Ginger Red Curry Sauce**
- Flat beans
- Carrots
- Mini Moon Pie®

**Turkey Sausage with Peppers, Onions & Tomatoes**
- Whole grain rotini pasta
- Apple chunks & raisins
- Mini Moon Pie®

**Sweet and Sour Chicken**
- Steamed white rice
- Gingered peas

COMPONENTS INCLUDE:
- Whole Grain Bread
- Margarine
- Apple Juice
- Graham Crackers
- Grape Juice
- Peanuts
- Orange-Pineapple Juice
- Orange Juice
- SunMeadow® Milk
FROZEN MEALS: TOTAL MEAL SOLUTIONS

Wholesome, delicious frozen meals to suit any palate.

RISE AND SHINE ~ 7 & 5-DAY PACKS

<table>
<thead>
<tr>
<th>Component Name</th>
<th>Description</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Huevos Rancheros</strong></td>
<td>(scrambled eggs w/ chicken chorizo, potatoes, pinto beans &amp; cheese)</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Cranberry pears</td>
<td></td>
</tr>
<tr>
<td><strong>Scrambled Eggs with Vegetables</strong></td>
<td>Turkey sausage links</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Spiced peaches</td>
<td></td>
</tr>
<tr>
<td><strong>Western-Style Omelet</strong></td>
<td>Potatoes O’Brien</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Strawberry applesauce</td>
<td></td>
</tr>
<tr>
<td><strong>Country Knife and Fork Breakfast</strong></td>
<td>(egg patty &amp; hash browns w/ country pepper gravy)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Turkey sausage links</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maple-pecan cinnamon apples</td>
<td></td>
</tr>
<tr>
<td><strong>Country Egg Skillet</strong></td>
<td>Potatoes, mushrooms, spinach, &amp; tomatoes</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Cranberry apples</td>
<td></td>
</tr>
<tr>
<td><strong>Omelet with Cheese</strong></td>
<td>Roasted parsley potatoes</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Fruited granola</td>
<td></td>
</tr>
<tr>
<td><strong>Pancakes and Egg Patty</strong></td>
<td>Turkey sausage links</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Warm strawberry compote</td>
<td></td>
</tr>
</tbody>
</table>

**Components Include:**
- Whole Grain Bread
- Margarine
- Graham Crackers
- Orange Juice
- Orange - Pineapple Juice
- Oatmeal
- Peanut Butter
- SunMeadow® Milk
FROZEN MEALS: TOTAL MEAL SOLUTIONS

Wholesome, delicious frozen meals to suit any palate.

VEGETARIAN DELIGHT ~ 7 & 5-DAY PACKS

**Three Cheese Macaroni and Cheese**
Seasoned carrot cuts
Green peas

**Eggplant Parmesan**
Italian-style garbanzo beans

**Omelet with Cheese**
Roasted parsley potatoes
Fruited granola

**Mexican Bean Burrito with Queso**
Spinach soufflé
Parslied whole kernel corn

**Manicotti Alfredo**
Seasoned peas
Italian vegetables

**Cuban Black Beans and Rice**
Whole kernel corn w/ red peppers
Parslied carrots

**Vegetarian Chili**
Pinto bean & carrot blend

**COMPONENTS INCLUDE:**
- Whole Grain Bread
- Whole Wheat Crackers
- Margarine
- Grape Juice
- Raisins
- Apple Juice
- Oatmeal
- Peanut Butter
- Orange-Pineapple Juice
- Mixed Fruit Cup
- Corn Muffin
- Peach Cup
- SunMeadow® Milk
Heart-Healthy Consistent Carbohydrate Meals

GA Foods takes pride in preparing nutritious meals with the finest ingredients in a USDA-inspected facility. All of our meals are healthy choices and are low in sodium, fat, cholesterol, and sugar*.

**Beef & Chicken Meatballs in Tomato Sauce**, served with whole grain rotini noodles, Italian green beans, and cinnamon applesauce.

- **CALORIES**: 569
- **CARBS**: 72g
- **CHOLESTEROL**: 62mg
- **PROTEIN**: 32g
- **SODIUM**: 396mg
- **FAT**: 18g
- **FIBER**: 10g

**Breaded Fillet of Fish**, served with mixed vegetables, cheesy mashed potatoes, and Mandarin oranges.

- **CALORIES**: 464
- **CARBS**: 70g
- **CHOLESTEROL**: 55mg
- **PROTEIN**: 27g
- **SODIUM**: 461mg
- **FAT**: 9g
- **FIBER**: 8g

**Chicken in Thai Ginger Sauce**, served with flat beans, carrots, whole wheat bread, margarine, and pineapples.

- **CALORIES**: 496
- **CARBS**: 70g
- **CHOLESTEROL**: 19mg
- **PROTEIN**: 31g
- **SODIUM**: 725mg
- **FAT**: 17g
- **FIBER**: 12g

**Meatloaf with Apple Brown Gravy**, with skin-on potatoes, stewed tomatoes, and mixed fruit.

- **CALORIES**: 521
- **CARBS**: 59g
- **CHOLESTEROL**: 66mg
- **PROTEIN**: 26g
- **SODIUM**: 488mg
- **FAT**: 21g
- **FIBER**: 6g

**Grilled Pork Chop with Homestyle Gravy**, served with sweet potatoes, Brussels sprouts, and applesauce.

- **CALORIES**: 496
- **CARBS**: 67g
- **CHOLESTEROL**: 40mg
- **PROTEIN**: 27g
- **SODIUM**: 573mg
- **FAT**: 15g
- **FIBER**: 10g

**Oven Baked Chicken**, served with yellow rice, tomatoes & chives, green bean & red pepper mix, and peaches.

- **CALORIES**: 567
- **CARBS**: 70g
- **CHOLESTEROL**: 104mg
- **PROTEIN**: 41g
- **SODIUM**: 272mg
- **FAT**: 16g
- **FIBER**: 6g

**Beef Patty in Rich Brown Gravy**, served with garlic mashed potatoes, rutabaga with red pepper, and pears.

- **CALORIES**: 500
- **CARBS**: 66g
- **CHOLESTEROL**: 40mg
- **PROTEIN**: 25g
- **SODIUM**: 527mg
- **FAT**: 15g
- **FIBER**: 7g

If you have diabetes, your doctor or Registered Dietitian may have set a goal for how many carbohydrate servings you should eat at each meal. Eating a consistent number of carbohydrate foods will help you manage your blood glucose. Each meal includes nonfat dry milk and contains a total of three servings of carbohydrate foods.

*This information is not intended to replace medical advice. Please discuss any concerns with your physician.*
Our pureed meals feature Hormel Health Labs Thick and Easy® Pureed Meats and Vegetables. These pre-formed menu items are appealing in flavor and appearance.

### Pork Chop
- Served with mashed potatoes, broccoli, applesauce, and instant breakfast.
- Calories: 719
- Carbs: 88g
- Cholesterol: 63mg
- Protein: 35g
- Sodium: 840mg
- Fat: 30g
- Fiber: 5g

### Turkey Breast
- Served with mashed sweet potatoes, green beans, and chocolate pudding.
- Calories: 480
- Carbs: 72g
- Cholesterol: 49mg
- Protein: 24g
- Sodium: 790mg
- Fat: 16g
- Fiber: 3g

### Macaroni and Cheese
- Served with strawberry applesauce, broccoli, and chocolate pudding.
- Calories: 397
- Carbs: 71g
- Cholesterol: 6mg
- Protein: 13g
- Sodium: 614mg
- Fat: 17g
- Fiber: 5g

### Roast Beef
- Served with whipped potatoes, green peas, and vanilla pudding.
- Calories: 569
- Carbs: 90g
- Cholesterol: 43mg
- Protein: 28g
- Sodium: 820mg
- Fat: 14g
- Fiber: 6g

### Ham
- Served with mashed sweet potatoes, carrots, and vanilla pudding.
- Calories: 584
- Carbs: 85g
- Cholesterol: 46mg
- Protein: 26g
- Sodium: 1106mg
- Fat: 25g
- Fiber: 3g

### Chicken Breast
- Served with garlic mashed potatoes, green beans, applesauce, and instant breakfast.
- Calories: 660
- Carbs: 94g
- Cholesterol: 54mg
- Protein: 34g
- Sodium: 882mg
- Fat: 17g
- Fiber: 8g

### Beef
- Served with cheesy mashed potatoes, corn, and applesauce.
- Calories: 652
- Carbs: 107g
- Cholesterol: 37mg
- Protein: 32g
- Sodium: 584mg
- Fat: 13g
- Fiber: 6g

SunMeadow® Nonfat Dry Milk provided with all meals.

*Liquids may need to be thickened as ordered by physician or speech pathologist.*
NUTRITIOUS PANTRY MEALS

GA Foods is proud to offer high-quality shelf-stable meals in bulk and in 7, 5, and 2-day packs nationwide. These pantry meals are ideal for severe weather days or to have on-hand as a supplemental meal for weekends and holidays.

SunMeadow® shelf-stable kits provide a nutritious meal in minutes with minimal preparation.

The SunMeadow® shelf-stable line features entrées with 50% less sodium, 40% less fat, and no trans-fats. SunMeadow® pantry meals meet all of the RDA and DRI standards required for the Older Americans’ Act Title III-C nutrition programs.

Each option comes with SunMeadow® nonfat dry milk and juice for a complete, well-balanced meal that’s ready in just minutes!
PANTRY MEALS: BREAKFAST ENTRÉES

A wide variety of nutritious shelf-stable meals packaged in easy-to-open containers that can be prepared in minutes. No refrigeration necessary.

OATMEAL BREAKFAST KIT

- SS13150

MINI-WHEATS® CEREAL

- SS13152

AVAILABLE IN:
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

AVAILABLE IN:
- SS51340 5-day pack & SS21334 2-day pack
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!
PANTRY MEALS:

BREAKFAST ENTRÉES

A wide variety of nutritious shelf-stable meals packaged in easy-to-open containers that can be prepared in minutes. No refrigeration necessary.

AVAILABLE IN:
- SS71345 7-day pack;
  SS51340 5-day pack;
  & SS21332 2-day pack
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!
PANTRY MEALS: LUNCH & DINNER ENTRÉES

A wide variety of nutritious shelf-stable meals packaged in easy-to-open containers that can be prepared in minutes. No refrigeration necessary.

RED BEANS AND RICE

SS13158

AVAILABLE IN:
- SS71345 7-day pack; SS51330, SS51335 & SS51340 5-day packs
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

BEEF STEW

SS13160

AVAILABLE IN:
- SS71345 & SS71350 7-day packs; SS51330 5-day pack; SS21330 2-day pack
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!
PANTRY MEALS:
LUNCH & DINNER ENTRÉES

A wide variety of nutritious shelf-stable meals packaged in easy-to-open containers that can be prepared in minutes. No refrigeration necessary.

SPAGHETTI AND MEATBALLS

- SS13162

LASAGNA

- SS13164

AVAILABLE IN:
- SS71350 7-day pack;
- SS51335 5-day pack;
- SS21336 2-day pack
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
Click HERE!

PRICING:
- Click HERE!

AVAILABLE IN:
- SS71350 7-day pack;
- SS51330, SS51345 &
- SS51350 5-day packs
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
Click HERE!

PRICING:
- Click HERE!
PANTRY MEALS:
LUNCH & DINNER ENTRÉES

A wide variety of nutritious shelf-stable meals packaged in easy-to-open containers that can be prepared in minutes. No refrigeration necessary.

CHILI MAC

SS13166

BBQ BEEF

SS13172

AVAILABLE IN:
- SS71346 & SS71350 7-day packs; SS51335, SS51340 & SS51345 5-day packs
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

AVAILABLE IN:
- SS71350 7-day pack; & SS51335 5-day pack; & SS21332 2-day pack
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!
PANTRY MEALS:
LUNCH & DINNER ENTRÉES

A wide variety of nutritious shelf-stable meals packaged in easy-to-open containers that can be prepared in minutes.
No refrigeration necessary.

CHICKEN AND PASTA

- SS13170

CHICKEN SALAD

- SS13168

AVAILABLE IN:
- SS51330 & SS51350 5-day packs; & SS21330 2-day pack
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
Click HERE!

PRICING:
- Click HERE!

AVAILABLE IN:
- SS71345 7-day pack;
SS51345 & SS51350 5-day packs;
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
Click HERE!

PRICING:
- Click HERE!
PANTRY MEALS:
LUNCH & DINNER ENTRÉES

A wide variety of nutritious shelf-stable meals packaged in easy-to-open containers that can be prepared in minutes. No refrigeration necessary.

AVAILABLE IN:
- SS71346 & SS71350 7-day packs; SS51345 & SS51350 5-day packs
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
[Click HERE!]

PRICING:
- [Click HERE!]

AVAILABLE IN:
- SS71345 & SS71350 7-day packs; SS51330, SS51340, & SS51350 5-day packs; SS21334 & SS21336 2-day packs
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
[Click HERE!]

PRICING:
- [Click HERE!]

CHICKEN STEW
SS13174

CHEESY POTATOES AND TURKEY HAM
SS13176
PANTRY MEALS:
LUNCH & DINNER ENTRÉES

A wide variety of wholesome, delicious frozen meals to suit any palate. All are made with only the finest ingredients and are easy to prepare.

FRANKS AND BEANS

AVAILABLE IN:
- SS51335 5-day pack
- Bulk 20 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!
PANTRY MEALS:
7-DAY PACKS

Nutritious shelf-stable meals packaged in easy-to-open containers that can be prepared in minutes.

OPTION 1 ~ SS71345

Red Beans and Rice
- Fruit juice
- Whole wheat tortilla
- Mixed fruit cup
- Granola bar

Beef Stew
- Wheat crackers
- Peanuts
- Applesauce
- Granola bar

Beef Hash
- Fruit juice
- Applesauce
- Oatmeal

Chicken Salad
- Whole wheat crackers
- Raisins
- Peach cup

Cheesy Potatoes and Turkey Ham
- Sunflower seeds
- Granola berry crunch
- Animal crackers

Chili Mac
- Whole wheat tortilla
- Raisins
- Sunflower seeds

Chicken Stew
- Fruit juice
- Mixed fruit cup
- Peanut butter/ Jelly
- Granola bar
- Graham crackers
- Whole wheat crackers

COMPONENTS INCLUDE:
- SunMeadow® Nonfat
- Dry Milk
PANTRY MEALS: 7-DAY PACKS

Nutritious shelf-stable meals packaged in easy-to-open containers that can be prepared in minutes.

OPTION 2 ~ SS71350

COMPONENTS INCLUDE:
- SunMeadow® Nonfat Dry Milk

Beef Stew
- Wheat crackers
- Peanuts
- Applesauce
- Granola bar

Spaghetti and Meatballs
- Fruit juice
- Graham crackers
- Peanut butter

Lasagna
- Fruit juice
- Chocolate pudding
- Graham crackers
- Wheat crackers

Chicken Stew
- Fruit juice
- Mixed fruit cup
- Peanut butter / Jelly
- Graham crackers
- Granola bar
- Whole wheat crackers

Cheesy Potatoes and Turkey Ham
- Sunflower seeds
- Granola berry crunch

BBQ Beef
- Fruit juice
- Whole wheat crackers
- Raisins
- Sunflower seeds

Chili Mac
- Whole wheat tortilla
- Raisins
- Sunflower seeds
PANTRY MEALS:

5-DAY PACKS

Nutritious shelf-stable meals packaged in easy-to-open containers that can be prepared in minutes.

OPTION 1 ~ SS51330

**Beef Stew**
Wheat crackers
Peanuts
Applesauce
Granola bar

**Red Beans and Rice**
Fruit, juice
Whole wheat tortilla
Mixed fruit cup
Granola bar

**Chicken and Pasta**
Fruit, juice
Whole wheat crackers
Peanut butter
Raisins

**Lasagna**
Fruit, juice
Chocolate pudding
Graham crackers
Whole wheat crackers

**Cheesy Potatoes and Turkey Ham**
Sunflower seeds
Granola berry crunch
Animal crackers

**COMPONENTS INCLUDE:**
- SunMeadow® Nonfat Dry Milk
PANTRY MEALS:
5-DAY PACKS

Nutritious shelf-stable meals packaged in easy-to-open containers that can be prepared in minutes.

OPTION 2 ~ SS51335

Franks and Beans
Fruit juice
Wheat crackers
Sunflower seeds

Red Beans and Rice
Fruit juice
Whole wheat tortilla
Mixed fruit cup
Granola bar

Spaghetti and Meatballs
Fruit juice
Graham crackers
Peanut butter

BBQ Beef
Fruit juice
Whole wheat crackers
Sunflower seeds

Chili Mac
Whole wheat tortilla
Raisins
Sunflower seeds

COMPONENTS INCLUDE:
- SunMeadow® Nonfat
  Dry Milk
PANTRY MEALS: 5-DAY PACKS

Nutritious shelf-stable meals packaged in easy-to-open containers that can be prepared in minutes.

OPTION 3 ~ SS51340

Mini-Wheats® Cereal
Peanut butter
Wheat crackers
Granola bar

Beef Hash
Fruit juice
Applesauce
Oatmeal

Red Beans and Rice
Fruit juice
Whole wheat tortilla
Mixed fruit cup
Granola bar

Chili Mac
Whole wheat tortilla
Raisins
Sunflower seeds

Cheesy Potatoes and Turkey Ham
Sunflower seeds
Granola berry crunch
Animal crackers

COMPONENTS INCLUDE:
- SunMeadow® Nonfat Dry Milk
PANTRY MEALS:
5-DAY PACKS

Nutritious shelf-stable meals packaged in easy-to-open containers that can be prepared in minutes.

OPTION 4 ~ SS51345

**Beef Hash**
- Fruit juice
- Applesauce
- Oatmeal

**Lasagna**
- Fruit juice
- Chocolate pudding
- Graham crackers
- Whole wheat crackers

**Chili Mac**
- Whole wheat tortilla
- Raisins
- Sunflower seeds

**Chicken Salad**
- Whole wheat crackers
- Raisins
- Peach cup

**Chicken Stew**
- Fruit juice
- Mixed fruit cup
- Peanut butter / Jelly
- Whole wheat crackers
- Granola bar

COMPONENTS INCLUDE:
- SunMeadow® Nonfat Dry Milk
PANTRY MEALS:
5-DAY PACKS

Nutritious shelf-stable meals packaged in easy-to-open containers that can be prepared in minutes.

OPTION 5 ~ SS51350

Lasagna
- Fruit juice
- Chocolate pudding
- Graham crackers
- Whole wheat crackers

Chicken Salad
- Whole wheat crackers
- Raisins
- Peach cup

Chicken and Pasta
- Fruit juice
- Whole wheat crackers
- Peanut butter
- Raisins

Chicken Stew
- Fruit juice
- Mixed fruit cup
- Peanut butter/ Jelly
- Whole wheat crackers
- Granola bar

Cheesy Potatoes and Turkey Ham
- Sunflower seeds
- Granola berry crunch
- Animal crackers

COMPONENTS INCLUDE:
- SunMeadow® Nonfat Dry Milk
PANTRY MEALS:

2-DAY PACKS

Nutritious shelf-stable meals packaged in easy-to-open containers that can be prepared in minutes.

OPTION 1 ~ SS21330

Chicken and Pasta
- Fruit juice
- Whole wheat crackers
- Peanut butter
- Raisins

Beef Stew
- Wheat crackers
- Peanuts
- Applesauce
- Granola bar

OPTION 2 ~ SS21332

Beef Hash
- Fruit juice
- Applesauce
- Oatmeal

BBQ Beef
- Fruit juice
- Whole wheat crackers
- Raisins
- Sunflower seeds

COMPONENTS INCLUDE:
- SunMeadow® Nonfat Dry Milk
PANTRY MEALS:  
2-DAY PACKS

Nutritious shelf-stable meals packaged in easy-to-open containers that can be prepared in minutes.

OPTION 3 ~ SS21334

Mini-Wheats® Cereal
- Peanut butter
- Wheat crackers
- Granola bar

Cheesy Potatoes and Turkey Ham
- Sunflower seeds
- Granola berry crunch
- Animal crackers

OPTION 4 ~ SS21336

Spaghetti and Meatballs
- Fruit juice
- Graham crackers
- Peanut butter

Cheesy Potatoes and Turkey Ham
- Sunflower seeds
- Granola berry crunch
- Animal crackers

COMPONENTS INCLUDE:
- SunMeadow® Nonfat Dry Milk
SHELF-STABLE BREAKFAST MEALS
(That kids love!!)

The academic benefits of eating breakfast at school are well-proven, yet the majority of students do not participate. Our shelf-stable meals make breakfast easy to deliver. These grab-n-go meals are **SBP-compliant** and require **no kitchen and no preparation**.

*Super PowerPACK™* breakfast meals are perfect for breakfast in the classroom, summer programs, vending machines, a la carte, or as an additional option for your breakfast line.

Each meal provides **2 oz eq Grain and 1/2 cup Fruit**. Low-fat milk is available as well, if needed by your program.
PANTRY MEALS FOR KIDS

Shelf stable breakfast meals that kids love! These prepackaged meals are SBP-compliant, and provide 2 oz eq Grain and 1/2 cup Fruit. Low-fat milk is available, if needed by program.

Kellogg’s® Apple Jacks®

AVAILABLE IN:
- Bulk 72 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

SS000001

Kellogg’s® Whole Grain Rice Krispies®

AVAILABLE IN:
- Bulk 72 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

SS000002
PANTRY MEALS FOR KIDS

Shelf stable breakfast meals that kids love! These prepackaged meals are SBP-compliant, and provide 2 oz eq Grain and 1/2 cup Fruit. Low-fat milk is available, if needed by program.

**Kellogg’s® Multi-Grain Frosted Flakes**

- Bulk 72 packs
- Custom sizes

**SPECIFICATIONS:**
- Click HERE!

**PRICING:**
- Click HERE!

**Kellogg’s® Crunchmania™ Whole Grain French Toast Graham Snacks**

- Bulk 72 packs
- Custom sizes

**SPECIFICATIONS:**
- Click HERE!

**PRICING:**
- Click HERE!
PANTRY MEALS FOR KIDS

Shelf stable breakfast meals that kids love! These prepackaged meals are SBP-compliant, and provide 2 oz eq Grain and 1/2 cup Fruit. Low-fat milk is available, if needed by program.

Kellogg's® Froot Loops®

- Bulk 72 packs
- Custom sizes

SS000005

Malt-o-Meal® Honey Nut Scooters®

- Bulk 72 packs
- Custom sizes

SS000006

AVAILABLE IN:
- Bulk 72 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!
PANTRY MEALS FOR KIDS
Shelf stable breakfast meals that kids love! These prepackaged meals are SBP-compliant, and provide 2 oz eq Grain and 1/2 cup Fruit. Low-fat milk is available, if needed by program.

Kellogg’s® Crunchmania™ Cinnamon Bun Graham Snacks

Kellogg’s® Multi-Grain Cinnamon Flakes

AVAILABLE IN:
- Bulk 72 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!
FRESH OR FROZEN SANDWICHES
(That kids love!!)

Save time and money with our pre-made sandwiches! Choose from our signature selections or create your own made-to-order sandwiches.

Sandwich Zone™ sandwiches are perfect for summer programs, vending machines, a la carte, or as an additional option for your line.
Save time and money with our pre-made sandwiches! Choose from our signature selections or create your own made-to-order sandwiches. Sandwich Zone™ sandwiches are perfect for summer programs, vending machines, a la carte, or as an additional option for your line!

**Sandwich Zone™ Signature Selections**

- Turkey and White American Wrap
- Ham and Provolone on a Pretzel Roll
- Ham and American on White & Pumpernickel Swirl Bread
- Turkey and Ham Combo with Provolone on a Split-Top Hoagie
- Turkey and Swiss on a Pretzel Roll
- Turkey and Provolone on a Split-Top Bun
- Smoked Cured Turkey and Yellow American on White Bread
- Turkey and Provolone on White Bread
- Turkey and Ham Combo with Yellow American on a Round Bun
- Ham and Yellow American on Wheat Bread

**Made-to-Order Sandwiches**

<table>
<thead>
<tr>
<th>Breads</th>
<th>Meats</th>
<th>Cheeses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tortilla (Wrap)</td>
<td>Turkey</td>
<td>White American</td>
</tr>
<tr>
<td>Pretzel Roll</td>
<td>Ham</td>
<td>Yellow American</td>
</tr>
<tr>
<td>Split-Top Hoagie</td>
<td>Bologna</td>
<td>Provolone</td>
</tr>
<tr>
<td>White or Wheat</td>
<td>Smoked Cured Turkey</td>
<td>Swiss</td>
</tr>
<tr>
<td>Swirl Bread</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
GA Foods proudly serves more meal kits to the United States military than any other supplier. Our fully prepared SunMeadow® shelf-stable complete military breakfast and lunch/dinner meal kits are designed for all branches of the Armed Forces and are used by over 40 installations, including Fort Jackson, Fort Sill, Schofield Barracks, Fort Stewart, Fort Irwin, Charleston Naval Base, Fort Knox, Camp Atterbury, Fort McCoy, and many others across the United States and around the world.

SunMeadow® military meal kits are packaged so that they fit in a cargo pocket, making them the perfect choice for troop movement and field exercise activities. SunMeadow® shelf stable meal kits for the military are also popular for inflight meals, after hours meals, disaster relief meals and are a very welcome relief from MREs!
SHELF STABLE MEAL KITS FOR MILITARY USE

Our shelf-stable meals are packaged so they fit in a cargo pocket, making them ideal for troop movement and field exercise activities.

MO01 Snack Kit

NSN# 8940-01-E62-5851
GTIN# 00735108300010

AVAILABLE IN:
- Bulk 12 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

MO02 Snack Kit

NSN# 8940-01-E62-5869
GTIN# 00735108300027

AVAILABLE IN:
- Bulk 12 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!
SHELF STABLE MEAL KITS
FOR MILITARY USE

Our shelf-stable meals are packaged so they fit in a cargo pocket, making them ideal for troop movement and field exercise activities.

MO05 SUPPLEMENTAL KIT

GTIN# 00735108300058

AVAILABLE IN:
- Bulk 18 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

MO19 PEANUT BUTTER & JELLY MEAL KIT

NSN# 8970-01-E62-3326
GTIN# 00735108300195

AVAILABLE IN:
- Bulk 18 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!
SHELF STABLE MEAL KITS FOR MILITARY USE

Our shelf-stable meals are packaged so they fit in a cargo pocket, making them ideal for troop movement and field exercise activities.

MO22 SOUTHWEST CHICKEN MEAL KIT

NSN# 8970-01-E62-3327
GTIN# 00735108300225

AVAILABLE IN:
- Bulk 18 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

MO26 BEANS AND FRANKS MEAL KIT

NSN# 8970-01-E62-5782
GTIN# 00735108300263

AVAILABLE IN:
- Bulk 18 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!
SHELF STABLE MEAL KITS
FOR MILITARY USE

Our shelf-stable meals are packaged so they fit in a cargo pocket, making them ideal for troop movement and field exercise activities.

MO28 ROASTED RED PEPPER HUMMUS MEAL KIT

NSN# 8940-01-E62-3251
GTIN# 00735108300287

AVAILABLE IN:
- Bulk 18 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

MO32 CHICKEN AND PASTA MEAL KIT

NSN# 8970-01-E62-0861
GTIN# 00735108300324

AVAILABLE IN:
- Bulk 18 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!
SHELF STABLE MEAL KITS FOR MILITARY USE

Our shelf-stable meals are packaged so they fit in a cargo pocket, making them ideal for troop movement and field exercise activities.

MO35 BBQ BEEF MEAL KIT

Available in:
- Bulk 18 packs
- Custom sizes

Specifications:
- Click HERE!

Pricing:
- Click HERE!

NSN# 8970-01-E62-3328
GTIN# 00735108300355

MO36 TUNA SALAD MEAL KIT

Available in:
- Bulk 18 packs
- Custom sizes

Specifications:
- Click HERE!

Pricing:
- Click HERE!

NSN# 8970-01-E62-3329
GTIN# 00735108300362
SHELF STABLE MEAL KITS  
FOR MILITARY USE  
Our shelf-stable meals are packaged so they fit in a cargo pocket, making them ideal for troop movement and field exercise activities.

MO37 CHICKEN SALAD MEAL KIT

NSN# 8970-01-E62-3330  
GTIN# 00735108300379

AVAILABLE IN:
- Bulk 18 packs  
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

MO39 BREAKFAST MEAL KIT

NSN# 8940-01-E62-3178  
GTIN# 00735108300393

AVAILABLE IN:
- Bulk 18 packs  
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!
SHELF STABLE MEAL KITS FOR MILITARY USE

Our shelf-stable meals are packaged so they fit in a cargo pocket, making them ideal for troop movement and field exercise activities.

MILO00048 PB&J SNACK KIT

AVAILABLE IN:
- Bulk 18 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

NSN# 8940-01-E62-6023
GTIN# 00735108300485

MILO00050 CEREAL SNACK KIT

AVAILABLE IN:
- Bulk 18 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

NSN# 8940-01-E40-0188
GTIN# 00735108300508
Our shelf-stable meals are packaged so they fit in a cargo pocket, making them ideal for troop movement and field exercise activities.

**SHELF STABLE MEAL KITS FOR MILITARY USE**

**MILO00051 BREAKFAST MEAL KIT**

GTIN# 00735108300515

**AVAILABE IN:**
- Bulk 18 packs
- Custom sizes

**SPECIFICATIONS:**
- Click HERE!

**PRICING:**
- Click HERE!

**MILO00052 PROTEIN BAR SNACK KIT**

NSN# 8940-01-E62-5809
GTIN# 00735108300522

**AVAILABE IN:**
- Bulk 18 packs
- Custom sizes

**SPECIFICATIONS:**
- Click HERE!

**PRICING:**
- Click HERE!
SHELF STABLE MEAL KITS
FOR MILITARY USE

Our shelf-stable meals are packaged so they fit in a cargo pocket, making them ideal for troop movement and field exercise activities.

M140 VARIETY PACK

**M035 Beef in BBQ Sauce (x6)**
- SunMeadow® Beef in BBQ Sauce (x2)
- Plain tortillas
- Fruit snacks
- FiberPlus® bar
- Granola Berry Crunch granola mix
- Fruit juice
- Cutlery kit

**MIL000039 Tuna Salad (x6)**
- SunMeadow® Tuna Salad (x2)
- Plain tortillas
- Fruit snacks
- Honey Almond Flax bar
- Granola Berry Crunch granola mix
- Fruit juice
- Cutlery kit

**MIL000040 Chicken Salad (x6)**
- SunMeadow® Chicken Salad (x2)
- Plain tortillas
- Fruit snacks
- Raisins
- Sweet and Salty snack
- Cookie
- Fruit juice
- Cutlery kit

AVAILABLE IN:
- Bulk 18 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

NSN# 8970-01-E62-3325
GTIN# 00735108301406
SHELF STABLE MEAL KITS
FOR MILITARY USE

Our shelf-stable meals are packaged so they fit in a cargo pocket, making them ideal for troop movement and field exercise activities.

M141 VARIETY PACK

M019 Peanut Butter and Jelly (x6)
SunMeadow® Red Beans and Rice
Plain tortillas
Peanut butter (x2) / Jelly (x2)
Cookie
Mixed fruit cup
Granola Berry Crunch granola mix
Fruit juice
Hot sauce
Cutlery kit

M022 Southwest Chicken (x6)
SunMeadow® Southwest Chicken (x2)
Plain tortillas
Fruit snacks
Cookie
Mountain Mix trail mix
Fruit juice
Cutlery kit

M028 Roasted Red Pepper Hummus (x6)
SunMeadow® Red Pepper Hummus (x2)
Plain tortillas
Fruit snacks
Peanuts (x2)
Cookie
Fruit juice
Hot sauce
Cutlery kit

AVAILABLE IN:
- Bulk 18 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

NSN# 8970-01-E62-4597
GTIN# 00735108301413
GA Foods proudly serves more meal kits to the United States military than any other supplier. Our fully prepared *SunMeadow®* shelf-stable complete military breakfast and lunch/dinner meal kits are designed for all branches of the Armed Forces and are used by over 40 installations, including Fort Jackson, Fort Sill, Schofield Barracks, Fort Stewart, Fort Irwin, Charleston Naval Base, Fort Knox, Camp Atterbury, Fort McCoy, and many others across the United States and around the world.

*SunMeadow®* military meal kits are the perfect choice for troop movement and field exercise activities. *SunMeadow®* thaw and serve meal kits for the military are also popular for inflight meals, after hours meals, disaster relief meals and are a very welcome relief from MREs!
SANDWICH MEAL KITS
FOR MILITARY USE

Our frozen meal kits are the perfect choice for troop movement and field exercise activities, and are also popular for after-hour and inflight meals.

MO71 CLUB SANDWICH KIT

NSN# 8940-01-E62-3331
GTIN# 00735108300713

AVAILABLE IN:
- Bulk 18 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

MO72 HAM AND CHEESE SANDWICH KIT

NSN# 8940-01-E62-3332
GTIN# 00735108300720

AVAILABLE IN:
- Bulk 18 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!
SANDWICH MEAL KITS
FOR MILITARY USE
Our frozen meal kits are the perfect choice for troop movement and field exercise activities, and are also popular for after-hour and inflight meals.

**MO73 ROAST BEEF & CHEESE SANDWICH KIT**
NSN# 8940-01-E59-0954
GTIN# 00735108300737

**AVAILABLE IN:**
- Bulk 18 packs
- Custom sizes

**SPECIFICATIONS:**
- Click HERE!

**PRICING:**
- Click HERE!

**MO74 TURKEY & CHEESE SANDWICH KIT**
NSN# 8940-01-E62-3333
GTIN# 00735108300744

**AVAILABLE IN:**
- Bulk 18 packs
- Custom sizes

**SPECIFICATIONS:**
- Click HERE!

**PRICING:**
- Click HERE!
SANDWICH MEAL KITS
FOR MILITARY USE

Our frozen meal kits are the perfect choice for troop movement and field exercise activities, and are also popular for after-hour and inflight meals.

MO79 ITALIAN HOAGIE MEAL KIT

AVAILABLE IN:
- Bulk 18 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

NSN# 8940-01-E61-5410
GTIN# 00735108300799
BULK SANDWICHES
FOR MILITARY USE
SunMeadow® thaw and serve sandwiches and fruit cups are perfect for the times when less than a full meal kit is needed!

MO80 HAM AND CHEESE
THAW & SERVE HOAGIES

- Bulk 24 packs
- Custom sizes

NSN# 8940-01-E62-3334
GTIN# 00735108900807

MO81 TURKEY AND CHEESE
THAW & SERVE HOAGIES

- Bulk 24 packs
- Custom sizes

NSN# 8940-01-E62-3335
GTIN# 00735108900814
BULK SANDWICHES
FOR MILITARY USE
SunMeadow® thaw and serve sandwiches and fruit cups are perfect for the times when less than a full meal kit is needed!

MO82 ITALIAN THAW & SERVE HOAGIES

NSN# 8940-01-E61-5014
GTIN# 00735108900821

AVAILABLE IN:
- Bulk 24 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

MO83 ROAST BEEF & CHEESE THAW & SERVE HOAGIES

NSN# 8940-01-E61-5015
GTIN# 00735108900838

AVAILABLE IN:
- Bulk 24 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!
BULK SANDWICHES
FOR MILITARY USE
SunMeadow® thaw and serve sandwiches and fruit cups are perfect for the times when less than a full meal kit is needed!

MO90 GRILLED CHEESE
THAW & SERVE SANDWICHES

GTIN# 00735108900906

AVAILABLE IN:
- Bulk 60 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

MO91 CLUB SANDWICH
THAW & SERVE HOAGIES

NSN# 8940-01-E62-3336
GTIN# 00735108900913

AVAILABLE IN:
- Bulk 24 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!
BULK SANDWICHES
FOR MILITARY USE

SunMeadow® thaw and serve sandwiches and fruit cups are perfect for the times when less than a full meal kit is needed!

MO93 HAM & CHEESE THAW & SERVE SANDWICHES

AVAILABLE IN:
- Bulk 60 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!

GTIN# 007351089009037
BULK FRUIT CUPS
FOR MILITARY USE
SunMeadow® thaw and serve sandwiches and fruit cups are perfect for the times when less than a full meal kit is needed!

**FC803 PEACHES IN JUICE**

GTIN# 00735108078032

**AVAILABLE IN:**
- Bulk 96 packs
- Custom sizes

**SPECIFICATIONS:**
- Click HERE!

**PRICING:**
- Click HERE!

**FC804 PEARs IN JUICE**

GTIN# 00735108078049

**AVAILABLE IN:**
- Bulk 96 packs
- Custom sizes

**SPECIFICATIONS:**
- Click HERE!

**PRICING:**
- Click HERE!
BULK FRUIT CUPS
FOR MILITARY USE

SunMeadow® thaw and serve sandwiches and fruit cups are perfect for the times when less than a full meal kit is needed!

FC806 MIXED FRUIT IN JUICE

GTIN# 00735108078063

AVAILABLE IN:
- Bulk 96 packs
- Custom sizes

SPECIFICATIONS:
- Click HERE!

PRICING:
- Click HERE!