

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 and are low in sodium, fat, cholesterol, and sugar*.

Beef Entrees								
	CALORIES	CARBS	CHOLESTEROL	PROTEIN	SODIUM	FAT	FIBER	ALLERGENS
Beef Patty in Teriyaki Sauce , served with steamed rice and mixed vegetables. FRZ000763	449	60g	35mg	20g	472mg	15g	7g	S, W, M, Y5
Beef Patty in Brown Gravy , served with brown rice and mixed vegetables. FRZ000882	391	39g	35mg	19g	471mg	16g	8g	S, M, SULF
Chargrilled Beef Patty in Pizzaiola Sauce , served with green beans and pineapple Mandarin oranges. FRZ000034	449	45g	35mg	17g	368mg	17g	9g	S
Grilled Veal Chop With Mustard Sage Sauce , served with mashed potatoes and butternut squash. FRZ000725	430	58g	40mg	19g	256mg	10g	3g	S
Hamburger Patty , served with mashed potatoes and carrots. FRZ000712	324	32g	36mg	18g	335mg	14g	7g	S, M, SULF
Macaroni and Beef Casserole , served with Neapolitan spinach and California blend vegetables. FRZ000091	483	55g	75mg	28g	425mg	16g	9g	S, W, M
Meatballs and Pasta in Marinara , served with steamed broccoli. FRZ000861	256	40g	18mg	17g	161mg	13g	5g	S, W, M, E
Meatloaf With Apple Brown Gravy , served with skin-on potatoes and stewed tomatoes. FRZ000044	498	40g	42mg	25g	429mg	20g	5g	S, W
NY Steak Patty With Mushroom Gravy , served with garlic mashed potatoes and mixed vegetables. FRZ000847	399	43g	35mg	20g	580mg	17g	8g	S, M, SULF
NY Strip Patty With Picadillo Sauce , served with green peas and sweet potatoes. FRZ000563	400	81g	35mg	24g	370mg	15g	8g	S
Pasta Bolognese , served with Italian vegetable blend. FRZ000565	366	44g	56mg	20g	187mg	11g	6g	S, W
Three Bean Chili con Carne , served with squash medley. FRZ000859	377	31g	61mg	22g	222mg	19g	8g	S
Meatballs in Orange Sauce , served with white rice and peas. FRZ000894	590	57g	90mg	35g	520mg	26g	5g	S, W, E, 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	 CHOLESTEROL	 PROTEIN	 SODIUM	 FAT	 FIBER	 ALLERGENS
Batter-Dipped Crispy Fish Nuggets , served with garlic mashed potatoes and carrots. FRZ000097	350	42g	27mg	16g	296mg	14g	11g	S, W, M, F, SULF
Breaded Pollock , served with cheesy potatoes and mixed vegetables. FRZ000879	301	51g	39mg	18g	299mg	15g	7g	S, W, M, F, SULF
Fish Fillet With Seafood Sauce , served with brown rice and corn. FRZ000865	367	65g	9mg	13g	148mg	7g	11g	S, W, F
Southern-Style Pollock Fingers , served with broccoli and cheesy country-style potatoes. FRZ000851	366	42g	73mg	23g	405mg	19g	6g	S, W, M, F, SULF
Fish in Sweet and Sour Sauce , served with gingered brown rice and edamame. FRZ000891	530	63g	50mg	33g	150mg	14g	10g	S, W, F









Breakfast Entrees

	 CALORIES	 CARBS	 CHOLESTEROL	 PROTEIN	 SODIUM	 FAT	 FIBER	 ALLERGENS
Cheese Omelet With Garden Sauce , served with potatoes, sausage and spiced peaches. FRZ000858	673	58g	278mg	34g	646mg	29g	5g	S, W, M, E, TN, SULF
Egg With Sausage Country Pepper Gravy , served with breakfast potatoes and maple pecan cinnamon apples. FRZ000857	546	53g	180mg	24g	667mg	22g	8g	S, W, M, E, TN
Garden Scrambled Eggs , served with potatoes and cranberry apples. FRZ000856	589	72g	329mg	27g	432mg	19g	10g	S, M, E
Omelet With Cheese , served with roasted parsley potatoes, turkey sausage and fruited granola. FRZ000119	380	40g	190mg	17g	530mg	19g	5g	S, M, E
Pancakes and Cheese Omelet , served with turkey sausage and warm strawberry compote. FRZ000846	360	38g	185mg	18g	650mg	14g	4g	S, W, M, E
Rancheros Cheese Omelet , (cheese omelet with chicken chorizo, potatoes, and pinto beans), served with cranberry pears. FRZ000855	420	54g	180mg	17g	660mg	17g	17g	S, M, E
Western-Style Omelet , served with breakfast potatoes, turkey sausage, and strawberry applesauce crisp. FRZ000876	430	49g	180mg	17g	530mg	18g	5g	S, M, E

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Pork Entrees

	 CALORIES	 CARBS	 CHOLESTEROL	 PROTEIN	 SODIUM	 FAT	 FIBER	 ALLERGENS
Pork Chop Patty in Sofrito Sauce , served with cilantro stewed tomatoes, and sweet potatoes. FRZ000896	340	63g	30mg	21g	620mg	13g	4g	S, SULF
Grilled Pork Chop With Homestyle Gravy , served with Brussels sprouts and sweet potatoes. FRZ000654	321	57g	35mg	22g	508mg	15g	5g	S, W
Pork Riblet in BBQ Sauce , served with sweet potatoes and mixed vegetables. FRZ000863	444	75g	35mg	22g	432mg	14g	8g	S
Pork Rib in Korean BBQ Sauce , served with broccoli, and pineapple-Mandarin fruit. FRZ000892	360	41g	35mg	17g	370mg	14g	2g	S

Meatless Entrees

	 CALORIES	 CARBS	 CHOLESTEROL	 PROTEIN	 SODIUM	 FAT	 FIBER	 ALLERGENS
Chick'n Nuggets , served with warm rice salad and sweet potatoes. FRZ000804	470	88g	5mg	24g	822mg	13g	7g	W, E, M
Cuban Black Beans and Rice , served with whole kernel corn with red peppers and carrots. FRZ000108	390	75g	0mg	16g	130mg	3g	15g	S
Lasagna Florentine , served with mixed vegetables. FRZ000864	283	36g	15mg	15g	640mg	13g	5g	W, M, E
Manicotti Alfredo , served with corn and carrots. FRZ000877	344	51g	49mg	15g	440mg	11g	6g	S, W, M, E
Meatless Ground Beef and Pasta Casserole , served with pinto beans and steamed carrots. FRZ000803	521	44g	34mg	31g	807mg	16g	14g	M, E, W
Mexican Bean Burrito With Queso , served with carrots and parsleyed whole kernel corn. FRZ000109	665	100g	5mg	19g	700mg	27g	13g	S, W, M
Three Cheese Macaroni and Cheese , served with carrots and green beans. FRZ000853	542	52g	12mg	18g	344mg	24g	8g	S, W, M, Y5
Vegetarian Chili , served with carrots.. FRZ000852	366	64g	0mg	16g	286mg	3g	17g	S, SULF

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Poultry Entrees



CALORIES

CARBS

CHOLESTEROL

PROTEIN

SODIUM

FAT

FIBER

ALLERGENS

Breaded Chicken With Country Pepper Gravy, served with skin-on potatoes and Brussels sprouts. FRZ000766

387

43g

3mg

21g

279mg

12g

5g

S, W, M, Y5

Chicken and Rice, served with green bean and red pepper mix. FRZ000848

523

47g

55mg

23g

477mg

20g

4g

S, Y5

Chicken Enchilada, served with Mexicali corn. FRZ000895

410

65g

90mg

20g

520mg

9g

8g

S, W, M

Chicken Marsala, served with diced butternut squash and green beans FRZ000711

354

24g

15mg

21g

307mg

17g

5g

S

Chicken With Italian Sauce, served with garlic mashed potatoes and green beans. FRZ000880

458

33g

25mg

25g

280mg

21g

7g

S, M, SULF

Chicken With Thai Ginger Red Curry Sauce, served with green beans and carrots. FRZ000564

344

17g

15mg

19g

201mg

18g

7g

S, W, F, TN, Y5, SULF

Homemade Chicken Stew, served with carrots and strawberry apple crisp. FRZ000881

501

71g

60mg

29g

644mg

17g

7g

S, W, M, Y5

Honey Mustard Chicken, served with garlic mashed potatoes and carrots. FRZ000878

353

41g

15mg

21g

426mg

17g

7g

S, M, SULF

Sesame Chicken, served with broccoli and carrots and steamed cauliflower with red peppers. FRZ000076

294

27g

16mg

24g

711mg

15g

7g

S, W, SS

General Tso's Chicken, served with ginger rice and peas and carrots. FRZ000893

460

50g

55mg

23g

750mg

17g

4g

S, W, SS

Chicken Fajita, served butternut squash and black beans. FRZ000890

390

28g

55mg

28g

480mg

16g

11g

S

Twisted Mac and Cheese With Chicken Chorizo, served with steamed carrots. FRZ000107

376

54g

14mg

15g

340mg

15g

6g

S, W, M, Y5

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