

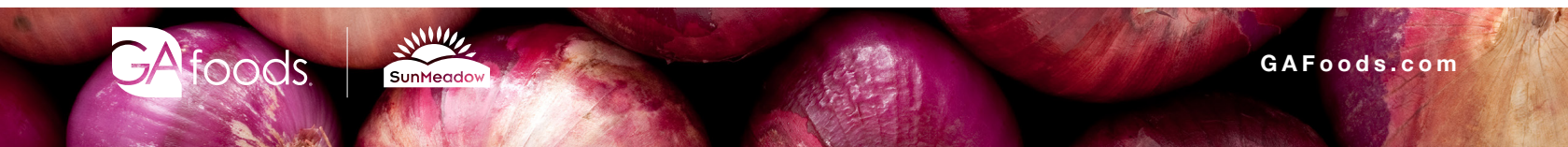
# Nutrition Information

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
<b>Beef Patty in Teriyaki Sauce</b> , served with steamed rice and mixed vegetables. <b>FRZ000763</b>	449	60g	35mg	20g	472mg	15g	7g	S, W, M
<b>Beef Patty in Brown Gravy</b> , served with brown rice and mixed vegetables. <b>FRZ000882</b>	391	39g	35mg	19g	471mg	16g	8g	S
<b>Chargrilled Beef Patty in Pizzaiola Sauce</b> , served with green beans and pineapple Mandarin oranges. <b>FRZ000034</b>	449	45g	35mg	17g	368mg	17g	9g	S
<b>Grilled Veal Chop With Mustard Sage Sauce</b> , served with mashed potatoes and butternut squash. <b>FRZ000725</b>	430	58g	40mg	19g	256mg	10g	3g	S
<b>Hamburger Patty</b> , served with mashed potatoes and carrots. <b>FRZ000712</b>	324	32g	36mg	18g	335mg	14g	7g	S, M
<b>Macaroni and Beef Casserole</b> , served with Neapolitan spinach and California blend vegetables. <b>FRZ000091</b>	483	55g	75mg	28g	425mg	16g	9g	S, W, M
<b>Meatballs and Pasta in Marinara</b> , served with steamed broccoli. <b>FRZ000861</b>	256	40g	18mg	17g	161mg	13g	5g	S, W, M, E
<b>Meatloaf With Apple Brown Gravy</b> , served with skin-on potatoes and stewed tomatoes. <b>FRZ000044</b>	498	40g	42mg	25g	429mg	20g	5g	S, M
<b>NY Steak Patty With Mushroom Gravy</b> , served with garlic mashed potatoes and mixed vegetables. <b>FRZ000847</b>	399	43g	35mg	20g	580mg	17g	8g	S, M
<b>NY Strip Patty With Picadillo Sauce</b> , served with green peas and sweet potatoes. <b>FRZ000563</b>	400	81g	35mg	24g	370mg	15g	8g	S
<b>Pasta Bolognese</b> , served with Italian vegetable blend. <b>FRZ000565</b>	366	44g	56mg	20g	187mg	11g	6g	S, W
<b>Three Bean Chili con Carne</b> , served with squash medley. <b>FRZ000859</b>	377	31g	61mg	22g	222mg	19g	8g	S

**Allergen Key** | S: Soy | W: Wheat | E: Egg | TN: Treenut | F: Fish | M: Milk

\*This information is not intended to replace medical advice. Please discuss any concerns with your physician.



## Seafood Entrees

	 CALORIES	 CARBS	 CHOLESTEROL	 PROTEIN	 SODIUM	 FAT	 FIBER	 ALLERGENS
<b>Batter-Dipped Crispy Fish Nuggets</b> , served with garlic mashed potatoes and carrots. <b>FRZ000097</b>	350	42g	27mg	16g	296mg	14g	11g	S, W, M, F
<b>Breaded Pollock</b> , served with cheesy potatoes and mixed vegetables. <b>FRZ000879</b>	301	51g	39mg	18g	299mg	15g	7g	S, W, M, F
<b>Fish Fillet With Seafood Sauce</b> , served with brown rice and corn. <b>FRZ000865</b>	367	65g	9mg	13g	148mg	7g	11g	S, W, F
<b>Southern-Style Pollock Fingers</b> , served with broccoli and cheesy country-style potatoes. <b>FRZ000851</b>	366	42g	73mg	23g	405mg	19g	6g	S, W, M, F









## Breakfast Entrees

	 CALORIES	 CARBS	 CHOLESTEROL	 PROTEIN	 SODIUM	 FAT	 FIBER	 ALLERGENS
<b>Cheese Omelet With Garden Sauce</b> , served with potatoes, sausage and spiced peaches. <b>FRZ000858</b>	673	58g	278mg	34g	646mg	29g	5g	S, W, M, E
<b>Egg With Sausage Country Pepper Gravy</b> , served with breakfast potatoes and maple pecan cinnamon apples. <b>FRZ000857</b>	546	53g	180mg	24g	667mg	22g	8g	S, W, M, E
<b>Garden Scrambled Eggs</b> , served with potatoes and cranberry apples. <b>FRZ000856</b>	589	72g	329mg	27g	432mg	19g	10g	S, M, E
<b>Omelet With Cheese</b> , served with roasted parsley potatoes and fruited granola. <b>FRZ000119</b>	539	60g	250mg	24g	304mg	18g	9g	S, M, E
<b>Pancakes and Cheese Omelet</b> , served with warm strawberry compote. <b>FRZ000846</b>	379	47g	257mg	18g	548mg	13g	3g	S, W, M, E
<b>Rancheros Cheese Omelet</b> , (cheese omelet with chicken chorizo, potatoes, and pinto beans), served with cranberry pears. <b>FRZ000855</b>	668	68g	264mg	35g	597mg	26g	7g	S, M, E
<b>Western-Style Omelet</b> , served with breakfast potatoes and strawberry applesauce crisp. <b>FRZ000876</b>	495	53g	252mg	25g	396mg	18g	4g	S, M, E

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## Pork Entrees

	 CALORIES	 CARBS	 CHOLESTEROL	 PROTEIN	 SODIUM	 FAT	 FIBER	 ALLERGENS
<b>Chili Dog on Whole Grain Bun</b> , served with baked beans and corn. <b>FRZ000710</b>	554	40g	85mg	27g	448mg	15g	12g	S, W
<b>Grilled Pork Chop With Homestyle Gravy</b> , served with Brussels sprouts and sweet potatoes. <b>FRZ000654</b>	321	57g	35mg	22g	508mg	15g	5g	S, W
<b>Pork Riblet in BBQ Sauce</b> , served with sweet potatoes and mixed vegetables. <b>FRZ000863</b>	444	75g	35mg	22g	432mg	14g	8g	S









## Meatless Entrees

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

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## Poultry Entrees

	 CALORIES	 CARBS	 CHOLESTEROL	 PROTEIN	 SODIUM	 FAT	 FIBER	 ALLERGENS
<b>Breaded Chicken With Country Pepper Gravy</b> , served with skin-on potatoes and Brussels sprouts. <b>FRZ000766</b>	387	43g	3mg	21g	279mg	12g	5g	S, W, M
<b>Chicken and Rice</b> , served with green bean and red pepper mix. <b>FRZ000848</b>	523	47g	55mg	23g	477mg	20g	4g	S
<b>Chicken Garden Casserole</b> , served with summer blend vegetables. <b>FRZ000715</b>	496	49g	55mg	25g	500mg	18g	6g	S
<b>Chicken Marsala</b> , served with diced butternut squash and green beans <b>FRZ000711</b>	354	24g	15mg	21g	307mg	17g	5g	S
<b>Chicken With Italian Sauce</b> , served with garlic mashed potatoes and green beans. <b>FRZ000880</b>	458	33g	25mg	25g	280mg	21g	7g	S, M
<b>Chicken With Thai Ginger Red Curry Sauce</b> , served with green beans and carrots. <b>FRZ000564</b>	344	17g	15mg	19g	201mg	18g	7g	S, W, F, TN
<b>Homemade Chicken Stew</b> , served with carrots and strawberry apple crisp. <b>FRZ000881</b>	501	71g	60mg	29g	644mg	17g	7g	S, W, M
<b>Honey Mustard Chicken</b> , served with garlic mashed potatoes and carrots. <b>FRZ000878</b>	353	41g	15mg	21g	426mg	17g	7g	S, M
<b>Lasagna</b> (with ground turkey), served with broccoli, cauliflower, and bean medley. <b>FRZ000716</b>	384	47g	61mg	24g	402mg	16g	7g	W, M, E
<b>Sesame Chicken</b> , served with broccoli and carrots and steamed cauliflower with red peppers. <b>FRZ000076</b>	294	27g	16mg	24g	711mg	15g	7g	S, W, Sesame
<b>Sweet and Sour Chicken</b> , served with steamed white rice and ginger peas. <b>FRZ000849</b>	617	83g	56mg	29g	876mg	19g	9g	S, W
<b>Turkey With Country Pepper Gravy</b> , served with mashed potatoes and green beans. <b>FRZ000850</b>	397	37g	64mg	30g	303mg	8g	6g	S, M
<b>Twisted Mac and Cheese With Chicken Chorizo</b> , served with pinto beans and steamed carrots. <b>FRZ000107</b>	376	54g	14mg	15g	340mg	15g	6g	S, W, M

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