

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
Beef Patty in Brown Gravy , served with brown rice and mixed vegetables. FRZ000882	391	39g	35mg	19g	471mg	16g	8g	S
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
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, M
NY Steak Patty With Mushroom Gravy , served with garlic mashed potatoes and mixed vegetables. FRZ000847	399	43g	35mg	20g	580mg	17g	8g	S, M
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


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
Batter-Dipped Crispy Fish Nuggets , served with garlic mashed potatoes and carrots. FRZ000097	350	42g	27mg	16g	296mg	14g	11g	S, W, M, F
Breaded Fish Sticks , served with cheesy potatoes and mixed vegetables. FRZ000879	301	51g	39mg	18g	299mg	15g	7g	S, W, M, F
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









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
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
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 and fruited granola. FRZ000833	539	60g	250mg	24g	304mg	18g	9g	S, M, E
Pancakes and Cheese Omelet , served with warm strawberry compote. FRZ000846	379	47g	257mg	18g	548mg	13g	3g	S, W, M, E
Rancheros Cheese Omelet , (cheese omelet with chicken chorizo, potatoes, and pinto beans), served with cranberry pears. FRZ000855	668	68g	264mg	35g	597mg	26g	7g	S, M, E
Western-Style Omelet , served with breakfast potatoes and strawberry applesauce crisp. FRZ000876	495	53g	252mg	25g	396mg	18g	4g	S, M, E

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Pork Entrees

	 CALORIES	 CARBS	 CHOLESTEROL	 PROTEIN	 SODIUM	 FAT	 FIBER	 ALLERGENS
Chili Dog on Whole Grain Bun , served with baked beans and corn. FRZ000710	554	40g	85mg	27g	448mg	15g	12g	S, W
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

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	M, E, W
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 parslid 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
Vegetarian Chili , served with pinto bean and carrot blend. FRZ000852	366	64g	0mg	16g	286mg	3g	17g	S

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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
Chicken and Rice , served with green bean and red pepper mix. FRZ000848	523	47g	55mg	23g	477mg	20g	4g	S
Chicken Garden Casserole , served with summer blend vegetables. FRZ000715	496	49g	55mg	25g	500mg	18g	6g	S
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
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
Homemade Chicken Stew , served with carrots and strawberry apple crisp. FRZ000881	501	71g	60mg	29g	644mg	17g	7g	S, W, M
Honey Mustard Chicken , served with garlic mashed potatoes and carrots. FRZ000878	353	41g	15mg	21g	426mg	17g	7g	S, M
Lasagna (with ground turkey), served with broccoli, cauliflower, and bean medley. FRZ000716	384	47g	61mg	24g	402mg	16g	7g	W, M, E
Sesame Chicken , served with broccoli and carrots and steamed cauliflower with red peppers. FRZ000076	294	27g	16mg	24g	711mg	15g	7g	S, W, Sesame
Sweet and Sour Chicken , served with steamed white rice and ginger peas. FRZ000849	617	83g	56mg	29g	876mg	19g	9g	S, W
Turkey With Country Pepper Gravy , served with mashed potatoes and green beans. FRZ000850	397	37g	64mg	30g	303mg	8g	6g	S, M
Twisted Mac and Cheese With Chicken Chorizo , served with pinto beans and steamed carrots. FRZ000107	376	54g	14mg	15g	340mg	15g	6g	S, W, M

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