

Seattle Sutton's Healthy Eating

1200 Calorie Plan 4-Day THURSDAY Menu & Meal Plan Nutrition Averages

Menu B 10/16/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Egg Fonduta	300	8	3	20	620	37	6.5	16	3	21	0	6	15	20	490	4	0
Wild Blackberry Parfait	340	11	1	5	40	50	6.5	29	14	13	0	2	70	10	330	10	0
Strawberry Cheesecake French Toast	300	11	4	35	370	40	3	17	8	9	2	2	35	8	170	8	2
Biscuits & Sausage Gravy	320	15	1.5	40	260	38	3	11	4	11	0	4	6	2	150	4	0
Chicken & Dumplings	310	9	3.5	60	570	38	4.5	15	10	21	8	10	10	6	560	6	2
Broccoli Cheddar Soup & Salad	450	17	7	55	750	56	6.5	15	5	18	6	35	20	30	520	20	10
El Pastor Bowl	320	17	3	75	410	23	5	3	0	20	4	20	10	10	600	6	4
Chicken Salad on Croissant	460	7	3	120	460	53	8	22	10	48	2	20	20	15	1040	35	4
Raspberry Salmon Salad	380	19	4.5	90	260	22	3.5	12	7	32	4	6	15	6	750	10	0
Rustic Zucchini Cavatappi	360	13	4	50	570	50	5.5	9	3	12	2	15	20	6	470	6	0
Chicken Enchilada Bake	340	15	6	70	570	29	4	6	0	22	2	30	8	20	420	25	2
Sweet & Sour Chicken	360	20	6	45	520	28	5	10	0	17	4	6	15	25	730	15	0
Average	353.3	13.5	3.9	55.4	450.0	38.7	5.1	13.8	5.3	20.3	2.8	13.0	20.3	13.2	519.2	12.4	2.0
Daily Average	1060	40.5	11.6	166.3	1350.0	116.0	15.3	41.3	16.0	61.0	8.5	39.0	61.0	39.5	1557.5	37.3	6.0
W 16 oz skim milk	1220	40.5	11.625	176.25	1550.0	140.0	15.25	65.3	16	79	38.5	39	61	89.5	2357.5	107.25	206

Menu D 10/23/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Cheddar & Sausage Breakfast Casserole	480	26	4.5	7	480	42	7	13	0	24	2	8	20	25	740	20	2
Blueberry Almond Torta	400	15	3	18	390	56	5	40	13	14	0	70	10	10	390	4	2
Hashbrown Casserole	180	6	3	7	250	20	4	12	0	13	0	2	10	15	480	8	0
Ciabatta Egg Sandwich	300	8	3.5	20	530	37	7	13	2	21	0	30	15	15	560	8	2
Gemelli Pasta Salad	400	29	9.5	30	350	34	4	18	8	7	0	4	8	6	90	6	0
Margherita Pizza	360	19	6	13	670	29	6	6	0	18	2	30	15	30	520	25	2
Lou's Bleu Burger	300	13	3	10	700	35	9	5	1	13	2	10	15	15	1190	4	0
Chili Con Carne	460	26	4.5	10	490	40	8	9	0	17	2	20	25	15	1050	8	2
Chicken Carnitas	340	8	2	45	500	34	4	2	0	34	0	8	20	4	340	4	0
Marry Me Chicken	460	11	4.5	47	610	60	7	18	6	26	2	4	15	20	930	8	10
Cider Salmon	280	6	2	43	370	27	5	15	8	28	0	60	15	6	820	6	2
Honey Peach BBQ Chicken	430	14	5	120	400	39	3	10	5	39	2	4	10	15	820	15	2
Average	365.8	15.1	4.2	30.8	478.3	37.8	5.8	13.4	3.6	21.2	1.0	20.8	14.8	14.7	660.8	9.7	2.0
Daily Average	1098	45.3	12.6	92.5	1435.0	113.3	17.3	40.3	10.8	63.5	3.0	62.5	44.5	44.0	1982.5	29.0	6.0
W 16 oz skim milk	1258	45.25	12.625	102.5	1635.0	137.3	17.25	64.3	10.75	81.5	33	62.5	44.5	94	2782.5	99	206

Menu F 10/30/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Sunrise Pizza	310	17	5	110	600	32	3	4	0	17	2	40	20	25	620	15	2
Cranberry Oat Bar	310	9	0.5	5	60	49	5	20	11	14	0	10	50	15	320	10	0
Cheesy Egg Strata	240	13	5.5	30	510	20	3	11	0	18	4	100	10	20	420	10	2
Bacon & Egg Bagel Sandwich	420	13	1.5	65	480	42	6	2	0	30	2	25	20	10	310	4	0
Croque Monsieur	350	21	5.5	35	620	37	2.5	10	1	14	2	2	6	20	400	10	2
Caesar Salad with Roasted Tomatoes	380	27	4	20	480	28	3	12	10	13	2	8	15	20	290	10	0
Bonsai Salmon Bowl	420	15	2	65	540	56	4.5	22	11	22	2	20	15	4	760	20	0

Chipotle Black Bean Burger	410	32	4.5	15	150	25	6	13	10	9	4	8	10	20	220	8	0
Swedish Meatballs	300	11	3	50	370	36	7	7	0	20	8	35	20	10	920	8	7
Butternut Squash Ravioli	450	26	7	70	450	51	9	11	3	17	10	35	20	25	560	15	6
Pasta Verde with Durango Turkey	300	12	4.5	60	420	36	5	6	0	21	2	60	10	6	340	4	2
Chicken Matzo Ball Soup	440	16	3.5	90	420	40	4	11	6	32	2	4	20	4	730	4	0
Average	360.8	17.7	3.9	51.3	425.0	37.7	4.8	10.8	4.3	18.9	3.3	28.9	18.0	14.9	490.8	9.8	1.8
Daily Average	1083	53.0	11.6	153.8	1275.0	113.0	14.5	32.3	13.0	56.8	10.0	86.8	54.0	44.8	1472.5	29.5	5.3
W 16 oz skim milk	1243	53	11.625	163.75	1475.0	137.0	14.5	56.3	13	74.75	40	86.75	54	94.75	2272.5	99.5	205.25

Menu H 11/06/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Spinach & Cheese Frittata	220	5	3	10	400	25	3	6	0	17	4	80	30	15	820	15	0
Bacon & Cheddar Clafoutis	340	15	4	30	340	32	3	6	0	16	10	50	25	20	1190	15	8
Blueberry Smoothie Bowl	360	8	1.5	0	60	60	7	38	18	12	0	30	35	15	480	15	0
Potato Pancakes with Smoked Veggie Cre	340	14	4	20	270	44	8.5	22	4	13	2	35	15	15	560	10	2
Spinach-Artichoke Flatbread Pizza	510	23	11	60	730	60	7	27	6	15	4	4	20	35	400	6	2
Tuna Melt	320	7	2.5	30	420	38	6	6	0	25	4	20	20	15	740	15	0
Acapulco Taco Pie	350	14	4.5	50	330	36	5	5	1	20	2	20	15	20	460	10	2
Pecan and Poppyseed Chicken Salad	270	6	3	20	300	46	3	7	4	9	2	35	15	4	370	2	0
Chicken Cacciatore	370	12	4	95	490	28	8	17	1	36	2	40	15	8	930	6	0
Picadillo Cubano	350	6	1.5	35	290	60	7	4	1	16	0	6	20	6	790	6	0
Pesto Cream Penne	320	10	2.5	15	400	46	10	11	0	15	4	25	20	15	480	15	10
Herbed Turkey Bake	300	13	4	45	240	32	4	9	3	15	2	4	10	4	360	4	2
Average	337.5	11.1	3.8	34.2	355.8	42.3	6.0	13.2	3.2	17.4	3.0	29.1	20.0	14.3	631.7	9.9	2.2
Daily Average	1013	33.3	11.4	102.5	1067.5	126.8	17.9	39.5	9.5	52.3	9.0	87.3	60.0	43.0	1895.0	29.8	6.5
W 16 oz skim milk	1173	33.25	11.375	112.5	1267.5	150.8	17.875	63.5	9.5	70.25	39	87.25	60	93	2695	99.75	206.5

Menu J 11/13/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Chocolate Pancake with Citrus Mascarpone	310	13	3.5	0	70	46	7	31	12	8	0	2	15	15	460	15	4
Bircher Muesli and Pears	420	20	5.5	30	15	57	6.5	31	16	9	2	2	50	8	330	15	4
Avocado Toast	350	18	3	130	290	35	10	10	1	13	2	50	15	4	480	8	0
Open-Faced Breakfast Sandwich	340	13	3.5	40	550	37	5	4	0	22	0	4	10	15	520	6	2
Landry Bay Crab Cakes	390	25	7	95	680	24	4	5	1	18	2	30	10	8	590	6	2
Turkey Cobb Salad	340	16	5.5	245	900	20	5	5	0	31	4	6	20	15	450	15	10
BBQ Chicken Pizza	320	11	5	60	350	39	7	15	4	20	2	6	6	20	530	15	0
Loaded Potato Soup	390	26	4.5	30	270	34	6	17	11	9	4	8	15	10	320	10	0
Chicken Fricassee	440	13	3.5	110	400	48	5	12	11	35	2	10	10	4	780	4	2
Traditional Cottage Pie	330	13	4	75	450	33	5	13	4	24	2	50	10	6	610	6	2
Honey Garlic Chicken Bowl	440	12	1.5	30	800	74	7	24	0	16	2	2	30	6	250	8	0
Salisbury Steak	330	10	3	65	390	38	7	8	1	25	2	15	20	6	760	25	6
Average	366.7	15.8	4.1	75.8	430.4	40.4	6.2	14.6	5.1	19.2	2.0	15.4	17.6	9.8	506.7	11.1	2.7
Daily Average	1100	47.5	12.4	227.5	1291.3	121.3	18.6	43.8	15.3	57.5	6.0	46.3	52.8	29.3	1520.0	33.3	8.0
W 16 oz skim milk	1260	47.5	12.375	237.5	1491.3	145.3	18.625	67.8	15.25	75.5	36	46.25	52.75	79.25	2320	103.25	208

Seattle Sutton's Healthy Eating

1200 Calorie Plan 4-Day THURSDAY Menu & Meal Plan Nutrition Averages

Weekly Averages with Milk	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Menu B 10/16/2025	1220	41	12	176	1550	140	15	65	16	79	39	39	61	90	2358	107	206
Menu D 10/23/2025	1257.5	45.3	12.6	102.5	1635.0	137.3	17.3	64.3	10.8	81.5	33.0	62.5	44.5	94.0	2782.5	99.0	206.0
Menu F 10/30/2025	1243	53	12	164	1475	137	15	56	13	75	40	87	54	95	2273	100	205
Menu H 11/06/2025	1173	33	11	113	1268	151	18	64	10	70	39	87	60	93	2695	100	207
Menu J 11/13/2025	1260	48	12	238	1491	145	19	68	15	76	36	46	53	79	2320	103	208



For questions regarding this nutritional analysis, please contact the dietitians at Seattle Sutton's Healthy Eating
1-815-780-2060
Dietitians@sshe.com

1200 Calorie Plan Thursday 4-Day Plan Including 2 servings of Non-Fat Milk/Day	
Calories	1231 kcal
Total Fat	42.3 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	158.5 mg
Sodium	1484 mg
Total Carbohydrates	142.1 g
Dietary Fiber	16.7 g
Total Sugars	63.4 g
Added Sugars	12.9 g
Protein	76.2 g
Vitamin D	206.4 mcg
Calcium (%)	90.10 %
Iron (%)	54.45 %
Potassium	2485.5 mcg
Macronutrient Breakdown	
Fats	31%
Carbohydrates	45%
Protein	24%

1200 Calorie Plan Thursday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1070.5 kcal
Total Fat	42.3 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	148.5 mg
Sodium	1284 mg
Total Carbohydrates	118.1 g
Dietary Fiber	16.7 g
Total Sugars	39.4 g
Includes Added !	12.9 g
Protein	58.2 g
Vitamin D	6.3 mcg
Calcium (%)	40.10 %
Iron (%)	54.45 %
Potassium	1685.5 mcg
Macronutrient Breakdown	
Fats	35%
Carbohydrates	44%
Protein	22%

The 1200 calorie plan is recommended with 2 glasses of Skim/Nonfat Milk

Skim Milk Additions		
Amount	8 oz	16 oz
Calories	80 kcal	160 kcal
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	10 mg	20 mg
Sodium	100	200
Total Carbohydrates	12 g	24 g
Dietary Fiber	0 g	0 g
Total Sugars	12 g	24 g
Includes Added Sugars	0 g	0 g
Protein	9 g	18 g
Vitamin D	100 mcg	200mcg
Calcium (%)	25%	50%
Iron (%)	0%	0%
Potassium	400 mcg	800 mcg