

Seattle Sutton's Healthy Eating

4-Day Thursday 1200 Calorie Plan Signature Menu & Nutrition Averages

	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)	(%)	mcg
Menu B Week of: 3/5/2026																	
Egg Fonduta	300	8	3	20	620	37	6.5	16	2	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	350	18	6.5	160	440	38	4	19	2	12	2	8	10	20	450	2	2
Broccoli Cheddar Soup & Salad	450	17	7	55	750	56	6.5	15	5	18	6	35	20	30	520	20	10
Chicken & Dumplings	310	9	3.5	60	570	38	4.5	15	10	21	8	10	10	6	560	6	2
Mushroom Swiss Chicken Burger	380	18	6	105	340	28	4	9	1	30	4	8	15	25	980	15	0
Chicken Salad on Croissant	330	17	6	80	300	27	4	10	1	16	6	4	6	2	210	0	0
Raspberry Salmon Salad	410	21	4.5	95	300	23	4	12	7	33	6	20	20	10	990	15	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	490	19	4.5	45	420	65	7	12	4	16	2	4	35	6	290	2	2
Average	363	15	5	65	441	40	5	14	5	19	3	12	22	14	490	9	2
Daily Average	1090	44	14	195	1323	120	15	42	14	56	10	36	66	41	1470	28	5
Menu B: 4 Day Average W 16 oz skim milk	1250	44	14	215	1523	144	15	66	14	74	210	36	66	91	2270	98	205
Menu D Week of: 3/12/2026																	
Blueberry Almond Torta	360	12	2.5	10	350	49	7	35	10	13	0	60	10	8	370	4	2
Hashbrown Casserole	180	6	3	20	250	20	4	12	0	13	0	2	10	15	490	8	0
Cheddar & Sausage Breakfast Casserole	480	26	4.5	20	480	42	8	18	1	24	2	8	20	25	640	20	2
Ciabatta Egg Sandwich	300	10	4.5	130	540	40	5	8	0	14	0	60	15	15	140	0	0
Gemelli Pasta Salad	400	29	10	90	350	34	4	18	8	7	0	4	8	6	90	6	0
Margherita Flatbread Pizza	350	17	6	35	650	29	6	6	0	18	2	30	15	30	520	25	2
Chili Con Carne	450	26	4.5	30	490	40	8	9	0	17	2	20	25	15	1050	8	2
Lou's Bleu Burger	490	17	4.5	120	700	61	5	19	7	25	0	10	25	15	650	4	0
Cider Salmon	280	6	2	95	370	28	5	16	7	28	0	60	15	6	830	6	2
Marry Me Chicken	440	11	4.5	105	600	60	7	18	6	26	2	4	15	20	930	8	10
Chicken Carnitas	340	8	2	135	500	33	4	2	0	34	2	8	20	4	340	4	0
Honey Peach BBQ Chicken	500	15	6.5	130	700	51	3	13	6	42	2	4	15	25	930	20	8
Average	381	15	5	77	498	41	6	15	4	22	1	23	16	15	582	9	2
Daily Average	1143	46	14	230	1495	122	17	44	11	65	3	68	48	46	1745	28	7
Menu D: 4 Day Average W 16 oz skim milk	1303	46	14	250	1695	146	17	68	11	83	203	68	48	96	2545	98	207

Seattle Sutton's Healthy Eating

4-Day Thursday 1200 Calorie Plan Signature Menu & Nutrition Averages

	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)	(%)	mcg
Menu F		Week of: 3/19/2026															
Sunrise Pizza	310	13	5	110	600	32	3	4	0	17	2	40	20	25	620	15	2
Cranberry Oat Bar	310	7	0.5	5	60	49	5	30	20	14	0	10	50	15	320	10	0
Cheesy Egg Strata	240	10	5.5	30	500	20	3	11	0	18	4	100	10	20	420	10	2
Bacon & Egg Bagel Sandwich	330	12	3	160	500	42	6	12	0	21	2	80	15	6	540	4	0
Bonsai Salmon Bowl	420	11	2	65	540	56	4.5	22	10	22	2	20	15	4	760	20	0
Caesar Salad with Roasted Tomatoes	380	25	4	20	480	28	3	12	10	13	2	8	15	20	290	10	0
Croque Monsieur	350	16	5.5	35	600	37	2.5	10	1	14	2	2	8	25	400	10	2
Chipotle Black Bean Burger	470	25	3.5	5	500	51	11	16	8	16	2	10	20	10	740	2	0
Swedish Meatballs	300	8	3	50	370	36	7	7	0	20	8	35	20	10	920	20	4
Pasta Verde with Durango Turkey	300	9	4.5	60	400	36	5	6	0	21	2	60	10	6	340	4	2
Butternut Squash Ravioli	450	20	7	70	450	51	9	11	3	17	10	35	20	25	560	15	6
Chicken Matzo Ball Soup	510	20	5.5	95	400	50	4	18	9	33	4	6	30	4	830	8	2
Average	364	15	4	59	450	41	5	13	5	19	3	34	19	14	562	11	2
Daily Average	1093	44	12	176	1350	122	16	40	15	57	10	102	58	43	1685	32	5
Menu F: 4 Day Average W 16 oz skim milk	1253	44	12	196	1550	146	16	64	15	75	210	102	58	93	2485	102	205
Menu H		Week of: 3/26/2026															
Spinach & Goat 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	11	12	0	30	35	15	460	15	0
Potato & Onion Pancakes	280	15	5	100	660	32	5	12	1	8	2	6	0	6	600	4	0
Tuna Melt	320	7	2.5	30	410	38	6	6	0	25	4	20	20	15	780	15	0
Spinach Artichoke Flatbread Pizza	510	23	11	60	730	60	7	30	9	15	4	6	20	35	460	6	2
Acapulco Taco Pie	350	14	4.5	50	330	36	5	5	1	20	2	20	15	20	460	10	2
Mediterranean Lunch Box	410	21	4	85	610	20	4	4	0	35	0	4	15	8	460	20	2
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	320	60	7	4	0	16	0	6	20	6	700	6	0
Pesto Cream Penne	380	14	4	20	640	47	10	11	0	18	4	25	20	20	550	20	15
Herbed Turkey Bake	290	13	4	40	310	32	4	9	3	13	2	4	10	4	370	4	2
Average	348	13	4	46	442	39	6	12	2	19	3	24	19	14	648	11	3
Daily Average	1045	38	12	139	1325	118	17	37	7	58	9	73	56	43	1945	34	8
Menu H: 4 Day Average W 16 oz skim milk	1205	38	12	159	1525	142	17	61	7	76	209	73	56	93	2745	104	208

Seattle Sutton's Healthy Eating

4-Day Thursday 1200 Calorie Plan Signature Menu & Nutrition Averages

	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)	(%)	mcg
Menu J		Week of: 4/2/2026															
Chocolate Pistachio Pancake	330	15	5	20	135	45	3.5	22	13	7	0	2	15	8	300	10	2
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	0	13	2	50	15	4	480	8	0
English Muffin Breakfast Sandwich	370	19	6	180	730	31	4	7	1	20	6	15	15	20	410	0	0
Landry Bay Crab Cakes	390	25	7	95	680	24	4	5	1	18	2	30	10	8	630	6	2
Verde Chicken Taco	310	15	6.5	35	590	35	5	6	0	13	2	20	8	15	300	15	8
BBQ Chicken Pizza	320	11	5	60	350	39	7	15	4	20	2	6	6	20	530	15	0
Loaded Potato Soup	380	15	7	45	450	46	4	6	1	15	4	25	15	25	540	20	10
Chicken Fricassee	440	13	3.5	110	400	48	5	12	11	35	2	10	10	4	780	4	2
Traditional Cottage Pie	410	16	5	65	540	38	8	22	1	25	2	50	8	4	600	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	380	36	7	9	1	26	2	15	20	6	760	25	6
Average	374	16	5	72	447	42	6	14	4	18	2	19	17	11	493	11	3
Daily Average	1123	47	15	216	1340	127	18	42	12	54	7	57	51	32	1478	33	9
Menu J: 4 Day Average W 16 oz skim milk	1283	47	15	236	1540	151	18	66	12	72	207	57	51	82	2278	103	209

Seattle Sutton's Healthy Eating

4-Day Thursday 1200 Calorie Plan Signature Menu & Nutrition Averages

	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)	(%)	(mcg)
Menu B: 4 Day Average W 16 oz skim milk	1250	44	14	215	1523	144	15	66	14	74	210	36	66	91	2270	98	205
Menu D: 4 Day Average W 16 oz skim milk	1303	46	14	250	1695	146	17	68	11	83	203	68	48	96	2545	98	207
Menu F: 4 Day Average W 16 oz skim milk	1253	44	12	196	1550	146	16	64	15	75	210	102	58	93	2485	102	205
Menu H: 4 Day Average W 16 oz skim milk	1205	38	12	159	1525	142	17	61	7	76	209	73	56	93	2745	104	208
Menu J: 4 Day Average W 16 oz skim milk	1283	47	15	236	1540	151	18	66	12	72	207	57	51	82	2278	103	209



1200 Calorie Plan Thursday 4-Day Plan Including 2 servings of Non-Fat Milk/Day	
Calories	1259 kcal
Total Fat	43.9 g
Saturated Fat	13 g
Trans Fat	0 g
Cholesterol	211.3 mg
Sodium	1567 mg
Total Carbohydrates	145.7 g
Dietary Fiber	16.4 g
Total Sugars	65.0 g
Added Sugars	11.9 g
Protein	75.9 g
Vitamin D	206.8 mcg
Calcium (%)	90.85 %
Iron (%)	55.85 %
Potassium	2464.5 mcg
Macronutrient Breakdown	
Fats	14%
Carbohydrates	46%
Protein	24%

1200 Calorie Plan Monday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1098.5 kcal
Total Fat	43.9 g
Saturated Fat	13.3 g
Trans Fat	0.0 g
Cholesterol	191.3 mg
Sodium	1366.5 mg
Total Carbohydrate	121.7 g
Dietary Fiber	16.4 g
Total Sugars	41.0 g
Includes Added	11.9 g
Protein	57.9 g
Vitamin D	6.8 mcg
Calcium (%)	40.9 %
Iron (%)	55.9 %
Potassium	1664.5 mcg
Macronutrient Breakdown	
Fats	16%
Carbohydrates	44%
Protein	21%

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	100mg	200 mg
Total Carbohydrate	12 g	24 g
Dietary Fiber	0 g	0 g
Total Sugars	12 g	24 g
Includes Added	0 g	0 g
Protein	9 g	18 g
Phosphorus	35	70 %
Vitamin D	100 mcg	200 mcg
Calcium (%)	25%	50 %
Iron (%)	0%	0 %
Potassium	400 mcg	800 mcg

For questions regarding this nutritional analysis, please contact the dietitians at Seattle Sutton's Healthy Eating

1-815-780-2060

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