

Seattle Sutton's Healthy Eating

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

Menu B

Week of: 11/20/2025

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
Broccoli Cheddar Soup & Salad	450	17	7	55	750	56	6.5	15	5	18	6	35	20	30	520	20	10
Raspberry Salmon Salad	380	19	4.5	90	260	22	3.5	12	7	32	4	6	15	6	750	10	0
Wild Blackberry Parfait	340	11	1	5	40	50	6.5	29	14	13	0	2	70	10	330	10	0
Chicken & Dumplings	310	9	3.5	60	570	38	4.5	15	10	21	8	10	10	6	560	6	2
Rustic Zucchini Cavatappi	360	13	4	50	570	50	5.5	9	3	12	2	15	20	6	470	6	0
Strawberry Cheesecake French Toast	300	11	4	35	370	40	3	17	8	9	2	2	35	8	170	8	2
El Pastor Bowl	320	17	3	75	410	23	5	3	0	20	4	20	1	10	600	6	4
Chicken Enchilada Bake	340	15	6	70	570	29	4	6	0	22	2	30	8	20	420	25	2
Biscuits & Sausage Gravy	350	18	6.5	160	460	38	4	19	2	12	2	8	10	20	450	2	2
Chicken Salad on Croissant	330	17	6	80	300	31	4	13	1	16	6	4	6	2	210	0	0
Sweet & Sour Chicken	490	19	4.5	45	420	65	7	12	4	16	2	4	35	6	290	2	2
Average	355.8	14.5	4.4	62.1	445.0	39.9	5.0	13.8	4.8	17.7	3.2	11.8	20.4	12.0	438.3	8.3	2.0
Daily Average	1068	43.5	13.3	186.3	1335.0	119.8	15.0	41.5	14.3	53.0	9.5	35.5	61.3	36.0	1315.0	24.8	6.0
Menu B: 4 Day Average W 16 oz skim milk	1227.5	43.5	13.3	196.3	1535.0	143.8	15.0	65.5	14.3	71.0	39.5	35.5	61.3	86.0	2115.0	94.8	206.0

Menu D

Week of: 11/27/2025

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)	(%)	(%)
Blueberry Almond Torta	380	12	2	10	350	56	7	38	10	16	0	80	15	10	490	4	2
Gemelli Pasta Salad	400	29	9.5	90	350	34	4	18	8	7	0	4	8	6	90	6	0
Cider Salmon	270	6	2	95	320	27	5	15	8	28	0	60	15	6	830	6	2
Hashbrown Casserole	180	6	3	20	250	20	4	12	0	13	0	2	10	15	490	8	0
Margherita Flatbread Pizza	350	17	6	35	650	29	6	6	0	18	2	30	15	30	520	25	2
Marry Me Chicken	440	11	4.5	105	600	60	7	18	6	26	2	4	15	20	930	8	10
Cheddar & Sausage Breakfast Casserole	480	26	4.5	20	480	42	7	13	0	24	2	8	20	25	740	20	2
Chili Con Carne	450	26	4.5	30	490	40	8	9	0	17	2	20	25	15	610	8	2
Chicken Carnitas	340	8	2	135	500	34	4	3	0	34	2	8	20	4	340	4	0
Ciabatta Egg Sandwich	300	10	4.5	130	540	40	5	12	0	14	0	60	15	15	140	0	0
Lou's Bleu Burger	490	17	4.5	120	700	61	5	19	7	25	0	10	25	15	650	4	0
Honey Peach BBQ Chicken	430	14	5	125	400	39	3	10	6	39	2	4	10	15	820	15	6
Average	375.8	15.2	4.3	76.3	469.2	40.2	5.4	14.4	3.8	21.8	1.0	24.2	16.1	14.7	554.2	9.0	2.2
Daily Average	1128	45.5	13.0	228.8	1407.5	120.5	16.3	43.3	11.3	65.3	3.0	72.5	48.3	44.0	1662.5	27.0	6.5
Menu D: 4 Day Average W 16 oz skim milk	1287.5	45.5	13.0	238.8	1607.5	144.5	16.3	67.3	11.3	83.3	33.0	72.5	48.3	94.0	2462.5	97.0	206.5

Menu F

Week of: 12/4/2025

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	13	5	110	600	32	3	4	0	17	2	40	20	25	620	15	2
Bonsai Salmon Bowl	420	11	2	65	540	56	4.5	22	11	22	2	20	15	4	760	20	0
Pasta Verde with Durango Turkey	300	9	4.5	60	400	36	5	6	0	21	2	60	10	6	340	4	2
Cheesy Egg Strata	240	10	5.5	30	500	20	3	11	0	18	4	100	10	20	420	10	2
Caesar Salad with Roasted Tomatoes	380	21	4	20	480	28	3	12	10	13	2	8	15	20	290	10	0
Chicken Matzo Ball Soup	440	16	3.5	90	400	40	4	11	6	32	2	4	20	4	730	4	0
Cranberry Oat Bar	310	7	0.5	5	60	49	5	20	11	14	0	10	50	15	320	10	0
Croque Monsieur	350	16	5.5	35	600	37	2.5	10	1	14	2	2	8	25	400	10	2
Butternut Squash Ravioli	450	20	7	70	450	51	9	11	3	17	10	35	20	25	560	15	6
Bacon & Egg Bagel Sandwich	330	12	3	160	500	42	6	12	0	21	2	80	15	6	540	4	0
Chipotle Black Bean Burger	470	25	3.5	5	500	51	11	16	9	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
Average	358.3	14.0	3.9	58.3	450.0	39.8	5.3	11.8	4.3	18.8	3.2	33.7	18.6	14.2	553.3	10.3	1.5
Daily Average	1075	42.0	11.8	175.0	1350.0	119.5	15.8	35.5	12.8	56.3	9.5	101.0	55.8	42.5	1660.0	31.0	4.5
Menu F: 4 Day Average W 16 oz skim milk	1235.0	42.0	11.8	185.0	1550.0	143.5	15.8	59.5	12.8	74.3	39.5	101.0	55.8	92.5	2460.0	101.0	204.5

Menu H

Week of: 12/11/2025

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 & Goat Cheese Frittata	220	5	3	10	400	25	3	8	0	17	4	80	30	15	820	15	0
Spinach Artichoke Flatbread Pizza	510	23	11	60	730	60	7	27	6	15	4	6	20	35	460	6	2
Picadillo Cubano	350	6	1.5	35	320	60	7	4	1	16	0	6	20	6	700	6	0
Bacon & Cheddar Clafoutis	340	15	4	30	340	32	3	6	0	16	10	50	25	20	1190	15	8
Tuna Melt	320	7	2.5	30	420	38	6	6	0	25	4	20	20	15	740	15	0
Chicken Cacciatore	370	12	4	95	490	28	8	17	1	36	2	40	15	8	930	6	0
Blueberry Smoothie Bowl	360	8	1.5	0	60	60	7	38	18	12	0	30	35	15	460	15	0
Acapulco Taco Pie	350	14	4.5	50	330	36	5	5	1	20	2	20	15	20	460	10	2
Pesto Cream Penne	380	14	4	20	640	47	10	11	0	18	4	25	20	20	0	20	15
Potato & Onion Pancakes	280	15	5	100	660	32	5	12	1	8	2	6	0	6	600	4	0
Pecan and Poppyseed Chicken Salad	360	19	2.5	60	290	26	3	9	0	23	2	4	10	6	300	4	0
Herbed Turkey Bake	300	13	4	45	240	32	4	9	3	15	2	4	10	4	360	4	2
Average	345.0	12.6	4.0	44.6	410.0	39.7	5.7	12.7	2.6	18.4	3.0	24.3	18.3	14.2	585.0	10.0	2.4
Daily Average	1035	37.8	11.9	133.8	1230.0	119.0	17.0	38.0	7.8	55.3	9.0	72.8	55.0	42.5	1755.0	30.0	7.3
Menu H: 4 Day Average W 16 oz skim milk	1195.0	37.8	11.9	143.8	1430.0	143.0	17.0	62.0	7.8	73.3	39.0	72.8	55.0	92.5	2555.0	100.0	207.3

Menu J Week of: 12/18/2025																	
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 Pistachio Pancake	330	15	5	20	135	45	3.5	23	9	7	0	2	15	8	300	10	2
Landry Bay Crab Cakes	390	25	7	95	680	24	4	5	1	18	2	30	10	8	630	6	2
Chicken Fricassee	440	13	3.5	110	400	48	5	12	11	35	2	10	10	4	780	4	2
Bircher Muesli and Pears	420	20	5.5	30	15	57	6.5	31	16	9	2	2	50	8	330	15	4
Turkey Cobb Salad	340	16	5.5	245	900	20	5	5	0	31	4	6	20	1	450	15	10
Traditional Cottage Pie	410	16	5	65	540	38	8	22	1	25	2	50	8	4	600	6	2
Avocado Toast	350	18	3	130	290	35	10	10	1	13	2	50	15	4	480	8	0
BBQ Chicken Pizza	320	11	5	60	350	39	7	15	4	20	2	6	6	20	530	15	0
Honey Garlic Chicken Bowl	440	12	1.5	30	800	74	7	24	0	16	2	2	30	6	250	8	0
English Muffin Breakfast Sandwich	380	19	6	180	730	30	4	6	1	20	10	15	15	20	440	0	0
Loaded Potato Soup	380	15	7	45	450	46	4	6	1	15	4	25	15	25	540	20	10
Salisbury Steak	330	10	3	65	380	36	7	9	1	26	2	15	25	6	790	25	6
Average	377.5	15.8	4.8	89.6	472.5	41.0	5.9	14.0	3.8	19.6	2.8	17.8	18.3	9.5	510.0	11.0	3.2
Daily Average	1133	47.5	14.3	268.8	1417.5	123.0	17.8	42.0	11.5	58.8	8.5	53.3	54.8	28.5	1530.0	33.0	9.5
Menu J: 4 Day Average W 16 oz skim milk	1292.5	47.5	14.3	278.8	1617.5	147.0	17.8	66.0	11.5	76.8	38.5	53.3	54.8	78.5	2330.0	103.0	209.5

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: 4 Day Average W 16 oz skim milk	1227.5	43.5	13.3	196.3	1535.0	143.8	15.0	65.5	14.3	71.0	39.5	35.5	61.3	86.0	2115.0	94.8	206.0
Menu D: 4 Day Average W 16 oz skim milk	1287.5	45.5	13.0	238.8	1607.5	144.5	16.3	67.3	11.3	83.3	33.0	72.5	48.3	94.0	2462.5	97.0	206.5
Menu F: 4 Day Average W 16 oz skim milk	1235.0	42.0	11.8	185.0	1550.0	143.5	15.8	59.5	12.8	74.3	39.5	101.0	55.8	92.5	2460.0	101.0	204.5
Menu H: 4 Day Average W 16 oz skim milk	1195.0	37.8	11.9	143.8	1430.0	143.0	17.0	62.0	7.8	73.3	39.0	72.8	55.0	92.5	2555.0	100.0	207.3
Menu J: 4 Day Average W 16 oz skim milk	1292.5	47.5	14.3	278.8	1617.5	147.0	17.8	66.0	11.5	76.8	38.5	53.3	54.8	78.5	2330.0	103.0	209.5



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 Monday 4-Day Plan Including 2 servings of Non-Fat Milk/Day	
Calories	1248 kcal
Total Fat	43.3 g
Saturated Fat	13 g
Trans Fat	0 g
Cholesterol	208.5 mg
Sodium	1548 mg
Total Carbohydrates	144.4 g
Dietary Fiber	16.4 g
Total Sugars	64.1 g
Added Sugars	11.5 g
Protein	75.7 g
Vitamin D	206.8 mcg
Calcium (%)	88.70 %
Iron (%)	55.00 %
Potassium	2384.5 mcg
Macronutrient Breakdown	
Fats	31%
Carbohydrates	46%
Protein	24%

1200 Calorie Plan Monday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1087.5 kcal
Total Fat	43.3 g
Saturated Fat	13 g
Trans Fat	0 g
Cholesterol	198.5 mg
Sodium	1348 mg
Total Carbohydrates	120.4 g
Dietary Fiber	16.4 g
Total Sugars	40.1 g
Includes Added Sug	11.5 g
Protein	57.7 g
Vitamin D	6.8 mcg
Calcium (%)	38.70 %
Iron (%)	55.00 %
Potassium	1584.5 mcg
Macronutrient Breakdown	
Fats	35%
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	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