

Seattle Sutton's Healthy Eating

1200 Calorie Plan 7-Day Menu & Meal Plan Nutrition Averages

Menu A 10/13/2025

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)	(%)	(%)
Open-Faced Asparagus & Gruyere Omelet	300	6	2.5	10	540	41	5	15	2	21	2	15	20	15	410	6	0
Chocolate Crepe & Strawberry Salsa	320	15	1.5	40	260	38	3	11	4	11	0	4	6	2	150	4	0
Berry Colada Parfait	180	1.5	0.5	0	60	37	4	24	14	10	0	2	4	10	230	0	0
Moroccan Chicken Skewers	380	6	1.5	80	240	44	6	13	7	36	0	10	20	4	500	25	2
Baja Tinga Wrap	310	11	3.5	45	420	36	7	4	0	20	2	10	10	15	600	8	4
Fresh Fruit and Cottage Cheese Plate	280	9	4	30	620	31	5	13	0	20	0	25	8	25	470	8	2
Crab-Stuffed Flounder	280	9	2.5	60	490	27	4	4	0	23	4	15	10	10	670	6	2
Roast Turkey in Dijon Cream Sauce	460	7	3	120	460	53	8	22	10	48	2	20	20	15	1040	35	4
Nona Sutton's Lasagna	360	20	6	45	520	28	5	10	0	17	4	6	15	25	730	15	0
Average	318.9	9.4	2.8	47.8	401.1	37.2	5.2	12.9	4.1	22.9	1.6	11.9	12.6	13.4	533.3	11.9	1.6
Daily Average	957	28.2	8.3	143.3	1203.3	111.7	15.7	38.7	12.3	68.7	4.7	35.7	37.7	40.3	1600.0	35.7	4.7
W 16 oz skim milk	1116.7	28.2	8.3	153.3	1403.3	135.7	15.7	62.7	12.3	86.7	34.7	35.7	37.7	90.3	2400.0	105.7	204.7

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	350	18	6.5	160	460	38	4	19	2	12	2	8	10	20	450	2	2
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	330	17	6	80	300	27	4	10	1	16	6	4	6	2	240	0	0
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	490	19	4.5	45	420	65	7	12	4	16	2	70	35	6	290	2	2
Average	355.8	14.5	4.4	62.1	445.0	39.6	5.0	13.6	4.8	17.7	3.2	17.3	21.2	12.0	440.8	8.3	2.0
Daily Average	1068	43.5	13.3	186.3	1335.0	118.8	15.0	40.8	14.3	53.0	9.5	52.0	63.5	36.0	1322.5	24.8	6.0
W 16 oz skim milk	1227.5	43.5	13.3	196.3	1535.0	142.8	15.0	64.8	14.3	71.0	39.5	52.0	63.5	86.0	2122.5	94.8	206.0

Menu C 10/20/2025

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)	(%)	(%)
Peach Berry Blintz	240	9	3	55	210	29	2	15	8	11	2	4	4	8	160	2	0
Cheesy Baked Egg Casserole	300	8	3.5	20	530	37	7	13	2	21	0	30	15	15	560	8	2
Strawberry Chia Oatmeal	300	11	2	0	35	45	6.5	21	7	9	2	30	15	10	420	10	8
Honey Shrimp Salad	260	14	1.5	25	320	28	5	8	1	10	4	60	15	4	390	15	0
Curry Chicken Salad	470	22	2.5	45	400	48	6	19	3	21	0	6	15	10	390	6	0
Tuscan Bean Soup & Crostata	300	13	3	10	700	35	9	5	1	13	2	10	15	15	1190	4	0
Tamale Bowl	420	20	10	20	440	47	11.5	27	0	10	2	15	20	15	340	8	2
Penne "Vodka" Meatballs	410	14	4.5	55	350	49	9	7	1	24	2	30	20	10	890	20	4
Chicken Linguini Alfredo	350	11	4.5	60	560	39	5	10	0	25	2	110	8	20	720	0	0
Average	338.9	13.6	3.8	32.2	393.9	39.7	6.8	13.9	2.6	16.0	1.8	32.8	14.1	11.9	562.2	8.1	1.8
Daily Average	1016.7	40.7	11.5	96.7	1181.7	119.0	20.3	41.7	7.7	48.0	5.3	98.3	42.3	35.7	1686.7	24.3	5.3
W 16 oz skim milk	1176.7	40.7	11.5	106.7	1381.7	143.0	20.3	65.7	7.7	66.0	35.3	98.3	42.3	85.7	2486.7	94.3	205.3

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	280	10	4.5	130	540	34	5	8	0	14	0	60	15	15	270	0	0	
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	
Chili Con Carne	460	26	4.5	10	490	40	8	9	0	17	2	20	25	15	1050	8	2	
Lou's Bleu Burger	490	17	4.5	120	750	61	5	19	7	25	0	10	25	15	640	2	0	
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	380.0	15.6	4.4	49.2	483.3	39.7	5.3	14.2	3.9	21.6	0.8	23.3	15.7	14.7	590.8	8.8	1.8	
Daily Average	1140.0	46.8	13.3	147.5	1450.0	119.0	15.8	42.5	11.8	64.8	2.5	70.0	47.0	44.0	1772.5	26.5	5.5	
W 16 oz skim milk	1300.0	46.8	13.3	157.5	1650.0	143.0	15.8	66.5	11.8	82.8	32.5	70.0	47.0	94.0	2572.5	96.5	205.5	
Menu E 10/27/2025																		
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)	(%)	(%)	
Strawberry Poppyseed Bread	380	6	0	0	290	69	5.5	35	21	13	0	40	25	10	360	10	0	
Swiss Cheese Egg Bake	200	6	3	20	440	18	2	4	0	20	0	6	10	25	380	0	0	
Morning Protein Plate	430	22	6	200	360	45	6	20	3	18	4	30	20	15	440	10	10	
Chicken Gyro Bowl	420	13	1.5	65	480	42	6	2	0	30	2	25	20	10	310	4	0	
Pecan-Cranberry Mixed Green Salad	410	32	4.5	15	150	25	6	13	10	9	4	8	10	20	220	8	0	
Homestyle Roasted Turkey Sandwich	360	6	3	70	340	55	5	22	8	24	2	8	15	6	450	15	2	
BBQ Meatloaf & Cheddar Mash	380	19	4	60	460	38	4.5	17	9	23	2	10	15	10	740	25	6	
Tortellini Pomodoro	280	10	3.5	50	560	35	5	12	3	12	2	15	15	20	370	4	0	
Cajun Shrimp Etoufee	350	13	4.5	140	550	39	4.5	7	1	23	2	25	10	8	610	10	2	
Average	356.7	14.1	3.3	68.9	403.3	40.7	4.9	14.7	6.1	19.1	2.0	18.6	15.6	13.8	431.1	9.6	2.2	
Daily Average	1070.0	42.3	10.0	206.7	1210.0	122.0	14.8	44.0	18.3	57.3	6.0	55.7	46.7	41.3	1293.3	28.7	6.7	
W 16 oz skim milk	1230.0	42.3	10.0	216.7	1410.0	146.0	14.8	68.0	18.3	75.3	36.0	55.7	46.7	91.3	2093.3	98.7	206.7	
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	330	12	3	160	530	42	6	12	0	21	2	80	15	6	540	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	470	25	3.5	5	510	51	11	16	9	16	2	10	20	10	740	2	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	358.3	17.0	3.9	58.3	459.2	39.8	5.3	11.8	4.3	18.8	3.2	33.7	18.4	13.8	553.3	9.3	1.8	
Daily Average	1075.0	51.0	11.8	175.0	1377.5	119.5	15.8	35.5	12.8	56.3	9.5	101.0	55.3	41.3	1660.0	28.0	5.3	
W 16 oz skim milk	1235.0	51.0	11.8	185.0	1577.5	143.5	15.8	59.5	12.8	74.3	39.5	101.0	55.3	91.3	2460.0	98.0	205.3	

Menu G 11/03/2025																		
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)	(%)	(%)	
Wheat Croissant with Brie	390	13	6	40	340	67	9	42	3	9	0	8	10	8	530	4	0	
Superfood Brioche French Toast	230	11	3.5	30	200	33	3	18	6	8	2	2	30	6	190	4	2	
Brioche Breakfast Sandwich	370	17	5.5	155	500	35	6	14	6	20	4	50	15	20	430	6	0	
Broccoli Cheddar Fritter	340	14	4	20	270	44	8.5	22	4	13	2	35	15	15	560	10	2	
Capri Chicken with Quinoa Pilaf	430	18	4	115	740	24	5.5	6	0	44	4	45	10	25	940	15	2	
Loaded Quesadilla & Tortilla Soup	380	19	7	55	990	37	4.5	4	0	21	2	8	10	25	270	15	2	
Mediterranean Lunch Box	360	21	3.5	85	550	20	5.5	4	1	35	0	4	15	8	450	20	2	
Pierogi in Mushroom & Tomato Gravy	270	6	3	20	300	46	3	7	4	9	2	35	15	4	370	2	0	
Salmon with Creamy Dill Sauce	360	13	4.5	65	430	33	4	5	0	30	2	40	10	6	830	10	4	
Average	347.8	14.7	4.6	65.0	480.0	37.7	5.4	13.6	2.7	21.0	2.0	25.2	14.4	13.0	507.8	9.6	1.6	
Daily Average	1043.3	44.0	13.7	195.0	1440.0	113.0	16.3	40.7	8.0	63.0	6.0	75.7	43.3	39.0	1523.3	28.7	4.7	
W 16 oz skim milk	1203.3	44.0	13.7	205.0	1640.0	137.0	16.3	64.7	8.0	81.0	36.0	75.7	43.3	89.0	2323.3	98.7	204.7	
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	280	15	5	100	650	32	5	12	1	8	2	6	0	6	600	4	0	
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	360	20	2	60	290	26	3	10	0	23	2	4	10	6	300	4	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	340.0	12.3	3.8	44.2	386.7	39.6	5.7	12.6	2.6	18.2	3.0	24.1	18.3	13.8	629.2	9.6	2.0	
Daily Average	1020.0	37.0	11.4	132.5	1160.0	118.8	17.0	37.8	7.8	54.5	9.0	72.3	55.0	41.3	1887.5	28.8	6.0	
W 16 oz skim milk	1180.0	37.0	11.4	142.5	1360.0	142.8	17.0	61.8	7.8	72.5	39.0	72.3	55.0	91.3	2687.5	98.8	206.0	
Menu I 11/10/2025																		
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 & Feta Tart	300	17	7	140	520	26	4	11	0	14	2	6	6	10	220	4	0	
Chocolate Chia Bowl	330	15	5	20	135	45	3.5	23	9	7	0	2	15	8	300	10	2	
Orange Berry Waffle	350	13	4	65	540	46	11	10	8	8	0	4	4	10	55	0	0	
Tex-Mex Fish Taco	340	13	3.5	40	550	37	5	4	0	22	0	4	10	15	520	6	2	
Smoky Chicken Salad Pita	330	11	2	60	420	38	7	9	1	25	2	20	15	10	630	8	0	
Pear & Gorgonzola Salad	390	26	4.5	30	270	34	6	17	11	9	4	8	15	10	320	10	0	
Spaghetti Bolognese	320	11	1.5	0	230	43	8	6	0	12	4	10	20	6	530	10	0	
Thai Coconut Chicken	350	10	3.5	40	450	44	2	6	2	19	2	10	20	6	320	2	0	
Sundried Tomato & Italian Sausage Flatbr	420	23	4.5	20	860	37	7	4	2	22	4	35	15	25	630	4	0	
Average	347.8	15.4	3.9	46.1	441.7	38.9	5.9	10.0	3.7	15.3	2.0	11.0	13.3	11.1	391.7	6.0	0.4	
Daily Average	1043.3	46.3	11.8	138.3	1325.0	116.7	17.8	30.0	11.0	46.0	6.0	33.0	40.0	33.3	1175.0	18.0	1.3	
W 16 oz skim milk	1203.3	46.3	11.8	148.3	1525.0	140.7	17.8	54.0	11.0	64.0	36.0	33.0	40.0	83.3	1975.0	88.0	201.3	

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	300	18	6	180	580	19	2	5	0	18	10	15	10	20	380	0	0
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	380	15	7	45	460	48	4	6	1	15	4	10	15	25	520	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	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	362.5	15.3	4.5	88.8	448.8	40.1	5.8	13.8	4.3	19.3	2.8	16.5	17.6	11.4	511.7	11.4	3.3
Daily Average	1087.5	46.0	13.6	266.3	1346.3	120.3	17.4	41.3	12.8	58.0	8.5	49.5	52.8	34.3	1535.0	34.3	10.0
W 16 oz skim milk	1247.5	46.0	13.6	276.3	1546.3	144.3	17.4	65.3	12.8	76.0	38.5	49.5	52.8	84.3	2335.0	104.3	210.0

Seattle Sutton's Healthy Eating 1200 Calorie Plan 7-Day 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 A 10/13/2025	1116.7	28.2	8.3	153.3	1403.3	135.7	15.7	62.7	12.3	86.7	34.7	35.7	37.7	90.3	2400.0	105.7	204.7
Menu B 10/16/2025	1227.5	43.5	13.3	196.3	1535.0	142.8	15.0	64.8	14.3	71.0	39.5	52.0	63.5	86.0	2122.5	94.8	206.0
Menu A & B Average	1164.2	34.7	10.4	171.7	1459.8	138.7	15.4	63.6	13.2	80.0	36.7	42.7	48.7	88.5	2281.1	101.0	205.2
Menu C 10/20/2025	1176.7	40.7	11.5	106.7	1381.7	143.0	20.3	65.7	7.7	66.0	35.3	98.3	42.3	85.7	2486.7	94.3	205.3
Menu D 10/23/2025	1300.0	46.8	13.3	157.5	1650.0	143.0	15.8	66.5	11.8	82.8	32.5	70.0	47.0	94.0	2572.5	96.5	205.5
Menu C & D Average	1229.5	43.3	12.3	128.5	1496.7	143.0	18.4	66.0	9.4	73.2	34.1	86.2	44.3	89.2	2523.5	95.3	205.4
Menu E 10/27/2025	1230.0	42.3	10.0	216.7	1410.0	146.0	14.8	68.0	18.3	75.3	36.0	55.7	46.7	91.3	2093.3	98.7	206.7
Menu F 10/30/2025	1235.0	51.0	11.8	185.0	1577.5	143.5	15.8	59.5	12.8	74.3	39.5	101.0	55.3	91.3	2460.0	98.0	205.3
Menu E & F Average	1232.1	46.0	10.8	203.1	1481.8	144.9	15.2	64.4	15.9	74.9	37.5	75.1	50.3	91.3	2250.5	98.4	206.1
Menu G 11/03/2025	1203.3	44.0	13.7	205.0	1640.0	137.0	16.3	64.7	8.0	81.0	36.0	75.7	43.3	89.0	2323.3	98.7	204.7
Menu H 11/06/2025	1180.0	37.0	11.4	142.5	1360.0	142.8	17.0	61.8	7.8	72.5	39.0	72.3	55.0	91.3	2687.5	98.8	206.0
Menu G & H Average	1193.3	41.0	12.7	178.2	1520.0	139.5	16.6	63.4	7.9	77.4	37.3	74.2	48.3	90.0	2479.4	98.7	205.2
Menu I 11/10/2025	1203.3	46.3	11.8	148.3	1525.0	140.7	17.8	54.0	11.0	64.0	36.0	33.0	40.0	83.3	1975.0	88.0	201.3
Menu J 11/13/2025	1247.5	46.0	13.6	276.3	1546.3	144.3	17.4	65.3	12.8	76.0	38.5	49.5	52.8	84.3	2335.0	104.3	210.0
Menu I & J Average	1222.3	46.2	12.6	203.2	1534.1	142.2	17.6	58.8	11.8	69.1	37.1	40.1	45.5	83.7	2129.3	95.0	205.0



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 Daily Average WITH Milk Servings	
Calories	1208 kcal
Total Fat	41.3 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	176.9 mg
Sodium	1498 mg
Total Carbohydrates	141.7 g
Dietary Fiber	16.6 g
Total Sugars	63.2 g
Added Sugars	11.6 g
Protein	74.9 g
Vitamin D	205.4 mcg
Calcium (%)	88.54 %
Iron (%)	47.44 %
Potassium	2332.7 mcg
Macronutrient Breakdown	
Fats	31%
Carbohydrates	47%
Protein	25%

1200 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1048.3 kcal
Total Fat	41.3 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	166.9 mg
Sodium	1298 mg
Total Carbohydrates	117.7 g
Dietary Fiber	16.6 g
Total Sugars	39.2 g
Includes Added !	11.6 g
Protein	56.9 g
Vitamin D	5.4 mcg
Calcium (%)	38.54 %
Iron (%)	47.44 %
Potassium	1532.7 mcg
Macronutrient Breakdown	
Fats	35%
Carbohydrates	45%
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