

Seattle Sutton's Healthy Eating

1500 Calorie Plant-Based Vegetarian 7-Day Menu & Meal Plan Nutrition Averages

Menu A 10/13/2025																	
Meal Name	Calories	Fat	Sat. Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Added Sugar	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)
Biscuits & Vegetarian Gravy	500	22	8	155	680	62	7	28	16	4	2	10	20	30	640	2	2
Chocolate Crepe & Strawberry Salsa	650	30	3.5	80	510	74	5	21	22	7	0	4	10	4	290	10	0
Berry Colada Parfait	260	2	1	10	80	49	6	34	13	17	0	35	6	15	300	2	0
Moroccan Kofta Bowl	600	30	6	0	620	56	7	13	31	7	0	15	45	6	780	8	0
Baja Tinga Wrap	300	10	4	20	460	40	7.5	4	14	0	2	10	10	15	620	8	4
Fresh Fruit and Cottage Cheese Plate	390	15	7.5	45	730	38	4	20	25	0	8	40	8	35	700	15	2
Cauliflower Tikka Masala	450	14	3	10	750	66	8	8	16	0	2	90	30	15	1020	15	0
Chipotle Sweet Potato Chili	420	20	7	45	480	49	5	14	12	11	10	15	15	25	440	4	0
Nona Sutton's Lasagna	590	24	7.5	45	580	67	11.5	13	28	0	4	6	35	30	700	10	0
Average	462.2	18.6	5.3	45.6	543.3	55.7	6.8	17.2	19.7	5.1	3.1	25.0	19.9	19.4	610.0	8.2	0.9
Daily Average	1386.7	55.7	15.8	136.7	1630.0	167.0	20.3	51.7	59.0	15.3	9.3	75.0	59.7	58.3	1830.0	24.7	2.7
W 24 oz low-fat milk	1626.7	55.7	15.8	166.7	1930.0	203.0	20.3	87.7	83.6	15.3	9.3	75.0	59.9	148.3	2976.0	501.7	347.7
Menu B 10/16/2025																	
Meal Name	Calories	Fat	Sat. Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Added Sugar	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)
Egg Fonduta	400	10	4.5	30	700	45	8	18	29	2	0	35	20	30	650	4	0
Wild Blackberry Parfait	420	13	1	10	60	59	7	35	18	18	0	2	80	15	410	15	0
Strawberry Cheesecake French Toast	300	11	4	35	370	40	3	17	9	8	2	2	35	8	170	8	2
Biscuits & Vegetarian Gravy	500	22	8	155	680	62	7	28	16	4	2	10	20	30	640	2	2
Vegetables & Dumplings	290	5	2.5	20	480	54	7	16	10	10	10	20	15	6	510	8	2
Broccoli Cheddar Soup & Salad	520	22	9	65	980	61	7	16	21	5	8	40	20	40	600	20	15
El Pastor Bowl	320	13	2	10	220	38	8.5	5	12	0	4	15	15	15	690	6	4
Egg Salad on Croissant	340	19	7	250	360	31	4	14	10	1	6	6	15	4	190	0	0
Raspberry Goat Cheese Salad	400	24	6	15	170	35	7	24	14	9	6	10	15	10	630	20	2
Rustic Zucchini Cavatappi	360	13	4	50	570	50	5.5	9	12	3	2	15	20	6	470	6	0
Black Bean Enchilada Bake	490	20	9	55	850	51	9	9	19	0	2	30	15	35	510	25	2
Sweet & Sour Tofu	530	21	5.5	20	530	73	5	18	13	6	2	6	20	15	370	4	2
Average	405.8	16.1	5.2	59.6	497.5	49.9	6.5	17.4	15.3	5.5	3.7	15.9	24.2	17.8	486.7	9.8	2.6
Daily Average	1217.5	48.3	15.6	178.8	1492.5	149.8	19.5	52.3	45.8	16.5	11.0	47.8	72.5	53.5	1460.0	29.5	7.8
W 24 oz low-fat milk	1457.5	48.3	15.6	208.8	1792.5	185.8	19.5	88.3	70.4	16.5	11.0	47.8	72.7	143.5	2606.0	506.5	352.8
Menu C 10/20/2025																	
Meal Name	Calories	Fat	Sat. Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Added Sugar	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)
Peach Berry Blintz	570	23	5.5	70	560	61	5	27	32	16	0	8	20	10	610	2	0
Cheesy Baked Egg Casserole	410	14	7	40	880	35	6	15	34	0	2	30	20	30	720	15	2
Strawberry Chia Oatmeal	300	11	2	0	35	45	6	21	9	7	2	30	15	10	420	10	8
Honey Tempeh Salad	300	16	1.5	0	220	34	6	10	10	1	4	80	15	6	490	15	0
Curry Chickpea Salad	550	27	3	15	500	66	8	23	15	3	0	6	20	15	500	6	0
Tuscan Bean Soup & Crostata	480	21	4.5	15	1030	53	12	7	19	1	4	15	20	20	1680	6	0
Tamale Bowl	510	24	11.5	25	630	58	13	29	13	0	2	20	25	20	470	10	2
Vegetarian "Vodka" Meatballs	460	12	4	15	790	56	15	7	36	1	2	30	35	15	1180	10	2
Primavera Alfredo	380	11	5.5	30	500	55	5	13	16	0	2	25	6	25	650	10	15
Average	440.0	17.7	4.9	23.3	571.7	51.4	8.4	16.9	20.4	3.2	2.0	27.1	19.6	16.8	746.7	9.3	3.2
Daily Average	1320.0	53.0	14.8	70.0	1715.0	154.3	25.3	50.7	61.3	9.7	6.0	81.3	58.7	50.3	2240.0	28.0	9.7
W 24 oz low-fat milk	1560.0	53.0	14.8	100.0	2015.0	190.3	25.3	86.7	85.9	9.7	6.0	81.3	58.9	140.3	3386.0	505.0	354.7

Menu D 10/23/2025																	
Meal Name	Calories	Fat	Sat. Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Added Sugar	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)
Cheddar & Sausage Breakfast Casser	480	26	4.5	20	480	42	7	13	24	0	2	8	20	25	740	20	2
Blueberry Almond Torta	430	13	2.5	15	380	64	7	43	18	13	0	80	15	15	520	4	2
Hashbrown Casserole	270	8	4.5	25	360	31	5	20	18	2	2	4	15	20	700	10	2
Ciabatta Egg Sandwich	300	10	4.5	130	540	40	5	8	14	0	0	60	15	15	140	0	0
Gemelli Pasta Salad	400	29	9.5	90	350	34	4	18	7	8	0	4	8	6	90	6	0
Margherita Pizza	360	19	6	35	670	29	6	6	18	0	2	30	15	30	520	25	2
Three-Bean Chili	500	30	5.5	15	530	47	10	10	13	0	4	20	25	20	900	6	0
Lou's Bleu Veggie Burger	560	25	6.5	10	950	59	5	18	29	3	0	15	35	15	760	2	0
Sofrito Tofu	340	10	1.5	0	450	47	7	5	16	0	4	20	30	15	670	10	0
Marry Me Pasta	450	9	4	85	410	80	9	18	15	6	4	70	15	20	720	15	15
Greek Chickpea-Feta Fritter	450	23	10	45	170	51	8	20	11	8	4	80	15	8	800	10	4
Homestyle Macaroni and Cheese	560	14	6	35	340	91	9	19	23	5	8	100	25	25	1140	35	10
Average	425.0	18.0	5.4	42.1	469.2	51.3	6.8	16.5	17.2	3.8	2.5	40.9	19.4	17.8	641.7	11.9	3.1
Daily Average	1275.0	54.0	16.3	126.3	1407.5	153.8	20.5	49.5	51.5	11.3	7.5	122.8	58.3	53.5	1925.0	35.8	9.3
W 24 oz low-fat milk	1515.0	54.0	16.3	156.3	1707.5	189.8	20.5	85.5	76.1	11.3	7.5	122.8	58.5	143.5	3071.0	512.8	354.3
Menu E 10/27/2025																	
Meal Name	Calories	Fat	Sat. Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Added Sugar	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)
Strawberry Poppyseed Bread	380	6	0	0	290	69	5.5	35	13	21	0	40	25	10	360	10	0
Swiss Cheese Egg Bake	200	6	3	20	440	18	2	4	20	0	0	6	10	25	380	0	0
Morning Protein Plate	430	22	6	200	360	45	6	20	18	3	4	30	20	15	440	10	10
Falafel Bowl	540	16	1	0	640	79	8	6	19	0	4	40	40	15	500	8	0
Pecan-Cranberry Mixed Green Salad	410	32	4.5	15	150	25	6	13	9	10	4	8	10	20	220	8	0
Pumpkin-Sweet Potato Bisque	460	17	5.5	35	150	71	11	26	11	18	10	20	25	15	670	8	2
BBQ "Meatloaf" & Cheddar Mash	480	25	5.5	10	680	48	6	16	21	9	2	15	25	15	890	15	4
Tortelloni Pomodoro	280	10	3.5	50	560	35	5	12	12	3	2	15	15	20	370	4	0
Cajun Etouffee	500	18	6.5	30	400	76	9	14	14	1	4	50	20	8	1100	20	2
Average	408.9	16.9	3.9	40.0	407.8	51.8	6.5	16.2	15.2	7.2	3.3	24.9	21.1	15.9	547.8	9.2	2.0
Daily Average	1226.7	50.7	11.8	120.0	1223.3	155.3	19.5	48.7	45.7	21.7	10.0	74.7	63.3	47.7	1643.3	27.7	6.0
W 24 oz low-fat milk	1466.7	50.7	11.8	150.0	1523.3	191.3	19.5	84.7	70.3	21.7	10.0	74.7	63.6	137.7	2789.3	504.7	351.0
Menu F 10/30/2025																	
Meal Name	Calories	Fat	Sat. Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Added Sugar	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)
Sunrise Pizza	310	13	5	110	600	32	3	4	17	0	2	40	20	25	620	15	2
Cranberry Oat Bar	470	13	1	5	75	73	7	40	17	25	0	20	90	15	470	15	0
Cheesy Egg Strata	320	13	6.5	40	660	27	3	16	23	0	8	150	15	25	580	15	4
Bagel Breakfast Sandwich	350	13	3	135	790	42	6	12	23	0	2	80	20	6	610	4	0
Mushroom Croque Monsieur	560	33	10	55	750	58	4	18	18	7	4	4	8	35	710	25	8
Caesar Salad with Roasted Tomatoes	390	25	4.5	20	480	28	3	13	13	10	2	10	15	20	330	10	2
Bonsai Bowl	410	13	2.5	20	600	60	6	22	17	11	0	20	30	25	550	6	0
Chipotle Black Bean Burger	580	31	4	10	560	63	13	25	18	15	2	15	20	15	890	4	0
Vegetarian Swedish Meatballs	370	8	4.5	25	850	45	9	9	29	0	2	30	25	15	1230	15	8
Butternut Squash Ravioli	450	20	7	70	450	51	9	11	17	3	10	35	20	25	560	15	6
Pasta Verde with Guajillo Garbanzos	420	13	4.5	25	200	62	10	11	15	0	2	60	15	8	890	4	2
Lentil Matzo Ball Soup	440	16	4	15	700	61	10	18	12	10	2	8	35	6	500	15	2
Average	422.5	17.6	4.7	44.2	559.6	50.2	6.9	16.6	18.3	6.8	3.0	39.3	26.1	18.3	661.7	11.9	2.8
Daily Average	1267.5	52.8	14.1	132.5	1678.8	150.5	20.8	49.8	54.8	20.3	9.0	118.0	78.3	55.0	1985.0	35.8	8.5
W 24 oz low-fat milk	1507.5	52.8	14.1	162.5	1978.8	186.5	20.8	85.8	79.4	20.3	9.0	118.0	78.5	145.0	3131.0	512.8	353.5

Menu G 11/03/2025																	
Meal Name	Calories	Fat	Sat. Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Added Sugar	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)
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	470	22	7	65	440	54	5	29	15	13	4	2	60	15	350	8	4
Brioche Breakfast Sandwich	600	30	9	250	850	49	9	24	33	7	8	100	35	20	960	2	0
Broccoli Cheddar Fritter	340	14	4	20	270	44	8.5	22	13	4	2	35	15	15	560	10	2
Capri-Style Roasted Eggplant	350	17	4.5	30	510	32	9	11	19	0	4	70	15	35	710	20	2
Loaded Quesadilla & Tortilla Soup	480	25	11.5	55	880	44	5	6	22	0	2	20	8	35	400	25	4
Mediterranean Lunch Box	470	25	3.5	10	940	40	7	4	28	0	0	6	25	15	530	4	0
Pierogi in Mushroom & Tomato Grav	600	13	4	40	750	99	6	16	21	7	2	60	30	10	950	8	2
Southwestern Couscous Pilaf	640	20	6.5	40	690	94	11	17	22	11	4	30	20	20	770	20	2
Average	482.2	19.9	6.2	61.1	630.0	58.1	7.7	19.0	19.6	5.7	2.9	36.8	24.2	19.2	640.0	11.2	1.8
Daily Average	1446.7	59.7	18.7	183.3	1890.0	174.3	23.2	57.0	58.7	17.0	8.7	110.3	72.7	57.7	1920.0	33.7	5.3
W 24 oz low-fat milk	1686.7	59.7	18.7	213.3	2190.0	210.3	23.2	93.0	83.3	17.0	8.7	110.3	72.9	147.7	3066.0	510.7	350.3
Menu H 11/06/2025																	
Meal Name	Calories	Fat	Sat. Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Added Sugar	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)
Spinach & Cheese Frittata	350	6	3	10	400	25	3	6	21	0	4	80	30	15	820	15	0
Savory Clafoutis	460	22	5.5	25	570	39	3	8	23	0	15	60	30	25	1560	20	10
Blueberry Smoothie Bowl	360	8	1.5	0	60	60	7	38	12	18	0	30	35	15	480	15	0
Potato Pancakes with Smoked Veggie	280	15	5	100	650	32	5	12	8	1	2	6	0	6	600	4	0
Spinach-Artichoke Flatbread Pizza	510	23	11	60	730	60	7	27	15	6	4	4	20	35	400	6	2
Veggie Melt	320	8	2.5	30	420	38	6	6	18	1	4	20	20	15	740	15	0
Acapulco Taco Pie	330	11	4.5	50	330	36	5	5	12	1	1	20	15	20	460	10	2
Poppyseed Sweet Potato Salad	420	16	2.5	10	280	58	6	23	11	9	20	25	20	10	680	15	0
Eggplant Parmesan	250	11	4	95	490	28	8	17	9	0	2	40	15	8	930	6	0
Picadillo Cubano	400	3	1.5	35	290	60	7	4	10	1	0	6	20	6	790	6	0
Pesto Cream Penne	380	14	2.5	15	400	46	10	11	18	0	4	25	20	15	480	15	10
Butternut & Zucchini Bake	390	13	4.5	30	290	59	4.5	14	11	4	2	15	15	6	670	8	2
Average	370.8	12.5	4.0	38.3	409.2	45.1	6.0	14.3	14.0	3.4	4.8	27.6	20.0	14.7	717.5	11.3	2.2
Daily Average	1112.5	37.5	12.0	115.0	1227.5	135.3	17.9	42.8	42.0	10.3	14.5	82.8	60.0	44.0	2152.5	33.8	6.5
W 24 oz low-fat milk	1352.5	37.5	12.0	145.0	1527.5	171.3	17.9	78.8	66.0	10.3	14.5	82.8	60.2	134.0	3298.5	510.8	351.5
Menu I 11/10/2025																	
Meal Name	Calories	Fat	Sat. Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Added Sugar	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)
Egg & Feta Tart	500	28	11.5	210	800	35	5	12	26	0	2	15	20	25	520	6	0
Chocolate Chia Bowl	340	13	4	0	80	52	8	35	9	15	0	2	15	20	520	15	4
Orange Berry Waffle	350	13	4	65	540	46	3	22	10	8	0	4	4	10	55	0	0
Tex-Mex Black Bean Taco	490	22	9	50	740	55	7	7	18	0	2	4	10	25	610	10	2
Smoky Chick'n Salad Pita	350	12	2	15	540	48	11	11	19	1	4	30	25	15	870	4	0
Pear & Gorgonzola Salad	390	26	4.5	30	270	34	6	17	11	9	4	8	15	10	320	10	0
Spaghetti Bolognese	430	13	1.5	0	260	61	11	8	16	1	2	10	25	6	770	15	0
Thai Coconut Curry	560	16	8	0	430	87	5	18	13	5	2	25	40	10	660	4	0
Sundried Tomato & Italian Sausage F	420	23	4.5	20	860	37	7	4	22	2	4	35	15	25	630	4	0
Average	425.6	18.4	5.4	43.3	502.2	50.6	7.0	14.9	16.0	4.6	2.2	14.8	18.8	16.2	550.6	7.6	0.7
Daily Average	1276.7	55.3	16.3	130.0	1506.7	151.7	21.0	44.7	48.0	13.7	6.7	44.3	56.3	48.7	1651.7	22.7	2.0
W 24 oz low-fat milk	1516.7	55.3	16.3	160.0	1806.7	187.7	21.0	80.7	72.6	13.7	6.7	44.3	56.6	138.7	2797.7	499.7	347.0

Menu J 11/13/2025																	
Meal Name	Calories	Fat	Sat. Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Added Sugar	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)
Chocolate Pancake with Citrus Masc	530	23	7	20	230	73	5	31	11	15	0	2	25	15	530	25	4
Bircher Muesli and Pears	600	27	9	55	30	78	7	41	10	24	4	2	50	10	360	20	6
Avocado Toast	350	18	3	130	290	35	10	10	13	1	2	50	15	4	480	8	0
Open-Faced Breakfast Sandwich	330	17	5.5	140	640	22	4	5	21	1	8	15	15	20	480	0	0
Landry Bay Zucchini Cakes	550	26	7	50	900	63	8	11	15	2	4	60	25	10	930	10	2
Chickpea Cobb Salad	400	17	5.5	210	680	40	10.5	11	22	0	4	8	20	20	720	20	10
Vegetarian BBQ Pizza	470	17	8	40	580	56	12	17	26	3	2	8	15	35	750	15	2
Loaded Potato Soup	470	16	8	45	540	64	5	8	17	1	4	15	20	30	660	25	15
Spring Vegetable Fricassee	430	14	4	20	260	76	11	20	11	13	20	30	25	8	850	10	2
Traditional Cottage Pie	310	7	2.5	10	500	51	13	14	13	4	2	50	20	6	890	15	2
Honey Garlic Chickpea Bowl	420	14	6.5	25	260	62	8	15	12	0	4	6	15	10	590	10	2
Peppered Lentil Salisbury Steak	390	11	4	10	440	50	13	8	1	22	2	15	30	6	940	20	2
Average	437.5	17.3	5.8	62.9	445.8	55.8	8.9	15.9	14.3	7.2	4.7	21.8	22.9	14.5	681.7	14.8	3.9
Daily Average	1312.5	51.8	17.5	188.8	1337.5	167.5	26.6	47.8	43.0	21.5	14.0	65.3	68.8	43.5	2045.0	44.5	11.8
W 24 oz low-fat milk	1552.5	51.8	17.5	218.8	1637.5	203.5	26.6	83.8	67.6	21.5	14.0	65.3	69.0	133.5	3191.0	521.5	356.8

Seattle Sutton's Healthy Eating

1500 Calorie Plant-Based Vegetarian 7-Day Menu & Meal Plan Nutrition Averages

Weekly Averages WITH Milk	Calories	Fat	Sat. Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Added Sugar	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 A 10/13/2025	1627	55.7	15.8	166.7	1930.0	203.0	20.3	87.7	83.6	15.3	9.3	75.0	59.9	148.3	2976.0	501.7	347.7
Menu B 10/16/2025	1458	48.3	15.6	208.8	1792.5	185.8	19.5	88.3	70.4	16.5	11.0	47.8	72.7	143.5	2606.0	506.5	352.8
Menu A & B Average	1554	52.5	15.7	184.7	1871.1	195.6	20.0	86.2	77.9	15.8	10.0	63.3	65.4	146.3	2817.4	503.7	349.8
Menu C 10/20/2025	1560	53.0	14.8	100.0	2015.0	190.3	25.3	86.7	85.9	9.7	6.0	81.3	58.9	140.3	3386.0	505.0	354.7
Menu D 10/23/2025	1515	54.0	16.3	156.3	1707.5	189.8	20.5	85.5	76.1	11.3	7.5	122.8	58.5	143.5	3071.0	512.8	354.3
Menu C & D Average	1541	53.4	15.4	124.1	1883.2	190.1	23.3	86.2	81.7	10.3	6.6	99.1	58.7	141.7	3251.0	508.3	354.5
Menu E 10/27/2025	1467	50.7	11.8	150.0	1523.3	191.3	19.5	84.7	70.3	21.7	10.0	74.7	63.6	137.7	2789.3	504.7	351.0
Menu F 10/30/2025	1508	52.8	14.1	162.5	1978.8	186.5	20.8	85.8	79.4	20.3	9.0	118.0	78.5	145.0	3131.0	512.8	353.5
Menu E & F Average	1484	51.6	12.8	155.4	1718.5	189.3	20.0	85.1	74.2	21.1	9.6	93.2	69.9	140.8	2935.8	508.1	352.1
Menu G 11/03/2025	1687	59.7	18.7	213.3	2190.0	210.3	23.2	93.0	83.3	17.0	8.7	110.3	72.9	147.7	3066.0	510.7	350.3
Menu H 11/06/2025	1353	37.5	12.0	145.0	1527.5	171.3	17.9	78.8	66.0	10.3	14.5	82.8	60.2	134.0	3298.5	510.8	351.5
Menu G & H Average	1543	50.2	14.2	184.0	1906.1	193.6	20.9	86.9	75.9	14.1	11.2	98.5	67.5	141.8	3165.6	510.7	350.8
Menu I 11/10/2025	1517	55.3	16.3	160.0	1806.7	187.7	21.0	80.7	72.6	13.7	6.7	44.3	56.6	138.7	2797.7	499.7	347.0
Menu J 11/13/2025	1553	51.8	17.5	218.8	1637.5	203.5	26.6	83.8	67.6	21.5	14.0	65.3	69.0	133.5	3191.0	521.5	356.8
Menu I & J Average	1532	53.8	16.6	185.2	1734.2	194.5	23.4	82.0	70.5	17.0	9.8	53.3	61.9	136.5	2966.2	509.0	351.2



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

1500 Calorie Plan Daily Average WITH Milk Servings	
Calories	1531 kcal
Total Fat	50 g
Saturated Fat	15 g
Trans Fat	0 g
Cholesterol	166.7 mg
Sodium	1823 mg
Total Carbohydrates	202.6 g
Dietary Fiber	21.5 g
Total Sugars	85.3 g
Added Sugars	21.7 g
Protein	76.0 g
Vitamin D	351.7 mcg
Calcium (%)	141.40 %
Iron (%)	64.67 %
Potassium	3027.2 mcg
Macronutrient Breakdown	
Fats	28%
Carbohydrates	52%
Protein	19%

1500 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1231 kcal
Total Fat	43.2 g
Saturated Fat	10.5 g
Trans Fat	0 g
Cholesterol	136.7 mg
Sodium	1523 mg
Total Carbohydrates	166.6 g
Dietary Fiber	21.5 g
Total Sugars	49.3 g
Added Sugars	21.7 g
Protein	51.1 g
Vitamin D	6.7 mcg
Calcium (%)	51.40 %
Iron (%)	64.45 %
Potassium	1881.2 mcg
Macronutrient Breakdown	
Fats	30%
Carbohydrates	51%
Protein	17%

The 1500 calorie plan is recommended with 3 glasses of Low-Fat Milk

Low-Fat Milk Additions		
Amount	8 oz	24 oz
Calories	106 kcal	318
Total Fat	2.3 g	6.9 g
Saturated Fat	0 g	4.2 g
Trans Fat	0 g	0 g
Cholesterol	10 mg	30 mg
Sodium	105 mg	315 mg
Total Carbohydrates	13 g	39 g
Dietary Fiber	0 g	0 g
Total Sugars	12 g	36 g
Includes Added Sugars	0 g	0 g
Protein	8.2 g	24.6 g
Vitamin D	100 mcg	300 mcg
Calcium (%)	30%	90%
Iron (%)	0%	0%
Potassium	300 mcg	900 mcg