

| Seattle Sutton's Healthy Eating | | | | | | | | | | | | | | | | | |
|--|-------------|-----------|-----------|-------------|-------------|------------|-----------|-----------|--------------|------------|-----------|------------|-----------|------------|-------------|------------|------------|
| 4-Day Monday 2000 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 A Week of: 3/2/2026 | | | | | | | | | | | | | | | | | |
| Open Faced Asparagus & Gruyere Omelet | 450 | 8 | 2.5 | 10 | 750 | 64 | 7 | 17 | 4 | 26 | 2 | 15 | 25 | 15 | 470 | 6 | 0 |
| Chocolate Hazelnut Crepe | 650 | 30 | 3.5 | 80 | 510 | 74 | 5 | 24 | 10 | 22 | 0 | 4 | 15 | 4 | 340 | 10 | 2 |
| Berry Colada Parfait | 320 | 2.5 | 1 | 5 | 80 | 62 | 10 | 43 | 19 | 12 | 0 | 6 | 8 | 15 | 390 | 2 | 0 |
| Biscuits & Sausage Gravy | 630 | 32 | 10.5 | 300 | 830 | 62 | 6 | 28 | 4 | 22 | 2 | 10 | 25 | 35 | 720 | 2 | 4 |
| Moroccan Chicken Skewers | 710 | 18 | 3 | 120 | 340 | 76 | 12.5 | 18 | 7 | 59 | 0 | 15 | 40 | 10 | 930 | 45 | 2 |
| Baja Chicken Tinga Wrap | 470 | 14 | 4.5 | 60 | 620 | 57 | 10 | 5 | 0 | 30 | 2 | 15 | 15 | 15 | 820 | 8 | 4 |
| Fresh Fruit and Cottage Cheese Plate | 540 | 17 | 7 | 50 | 990 | 54 | 9 | 21 | 0 | 34 | 2 | 35 | 15 | 45 | 730 | 15 | 2 |
| Chicken Salad on Croissant | 570 | 30 | 7.5 | 105 | 410 | 50 | 6 | 26 | 7 | 24 | 6 | 6 | 10 | 6 | 420 | 8 | 0 |
| Crab Stuffed Flounder | 440 | 14 | 4 | 65 | 810 | 52 | 6 | 7 | 1 | 27 | 6 | 25 | 15 | 15 | 1180 | 15 | 4 |
| Roast Turkey in Dijon Cream Sauce | 590 | 10 | 4 | 145 | 570 | 66 | 10 | 24 | 10 | 55 | 4 | 30 | 25 | 20 | 1330 | 40 | 6 |
| Nonna Sutton's Lasagna | 590 | 24 | 7.5 | 45 | 580 | 67 | 11.5 | 13 | 0 | 28 | 4 | 6 | 35 | 30 | 825 | 10 | 0 |
| Sweet & Sour Chicken | 700 | 23 | 5.5 | 55 | 590 | 99 | 10 | 17 | 6 | 22 | 2 | 6 | 45 | 10 | 420 | 4 | 2 |
| Average | 555 | 19 | 5 | 87 | 590 | 65 | 9 | 20 | 6 | 30 | 3 | 14 | 23 | 18 | 715 | 14 | 2 |
| Daily Average | 1665 | 56 | 15 | 260 | 1770 | 196 | 26 | 61 | 17 | 90 | 8 | 43 | 68 | 55 | 2144 | 41 | 7 |
| Menu A: 4 Day Average W 16 oz skim milk | 1995 | 63 | 19 | 290 | 2085 | 232 | 26 | 97 | 17 | 405 | 8 | 43 | 68 | 130 | 3344 | 146 | 307 |
| Menu C Week of: 3/9/2026 | | | | | | | | | | | | | | | | | |
| Peach Berry Blintz | 460 | 18 | 5.5 | 105 | 410 | 53 | 3 | 26 | 15 | 21 | 6 | 6 | 6 | 6 | 260 | 2 | 0 |
| Cheesy Baked Egg Casserole | 580 | 15 | 7 | 40 | 1000 | 64 | 10 | 18 | 4 | 42 | 2 | 35 | 25 | 35 | 860 | 15 | 2 |
| Strawberry Chia Oatmeal | 470 | 16 | 3 | 5 | 50 | 69 | 10.5 | 35 | 10 | 13 | 2 | 50 | 20 | 15 | 660 | 15 | 15 |
| Ciabatta Egg Sandwich | 560 | 19 | 9 | 260 | 840 | 69 | 6 | 15 | 0 | 27 | 0 | 80 | 30 | 30 | 180 | 0 | 0 |
| Honey Shrimp Salad | 360 | 16 | 1.5 | 40 | 420 | 40 | 7 | 13 | 1 | 15 | 6 | 100 | 20 | 8 | 570 | 20 | 0 |
| Curry Chicken Salad | 640 | 30 | 4 | 60 | 510 | 65 | 9.5 | 31 | 5 | 28 | 0 | 8 | 15 | 15 | 600 | 10 | 0 |
| Tuscan Bean Soup & Crostata | 530 | 23 | 6 | 25 | 1000 | 61 | 12.5 | 10 | 3 | 20 | 4 | 20 | 20 | 25 | 1860 | 6 | 0 |
| Lou's Bleu Burger | 550 | 18 | 4.5 | 125 | 730 | 70 | 5.5 | 25 | 9 | 26 | 0 | 8 | 25 | 15 | 770 | 4 | 0 |
| Penne Vodka Meatballs | 600 | 20 | 5.5 | 70 | 480 | 72 | 14 | 9 | 1 | 33 | 2 | 35 | 30 | 15 | 1170 | 25 | 6 |
| Garden Tamale Bowl | 520 | 25 | 11 | 25 | 630 | 58 | 13 | 29 | 0 | 13 | 2 | 20 | 25 | 20 | 470 | 10 | 2 |
| Chicken Linguini Alfredo | 600 | 19 | 7 | 130 | 990 | 58 | 6.5 | 14 | 0 | 50 | 2 | 120 | 15 | 25 | 1280 | 10 | 15 |
| Honey Peach BBQ Chicken | 600 | 16 | 7 | 160 | 760 | 64 | 3.5 | 18 | 10 | 52 | 2 | 4 | 20 | 25 | 1080 | 20 | 8 |
| Average | 539 | 20 | 6 | 87 | 652 | 62 | 8 | 20 | 5 | 28 | 2 | 41 | 21 | 20 | 813 | 11 | 4 |
| Daily Average | 1618 | 59 | 18 | 261 | 1955 | 186 | 25 | 61 | 15 | 85 | 7 | 122 | 63 | 59 | 2440 | 34 | 12 |
| Menu C: 4 Day Average W 16 oz skim milk | 1948 | 66 | 22 | 291 | 2270 | 222 | 25 | 97 | 15 | 400 | 7 | 122 | 63 | 134 | 3640 | 139 | 312 |

| Seattle Sutton's Healthy Eating | | | | | | | | | | | | | | | | | |
|--|-------------|-----------|-----------|-------------|-------------|------------|-----------|-----------|--------------|------------|-----------|------------|-----------|------------|-------------|------------|------------|
| 4-Day Monday 2000 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 E Week of: 3/16/2026 | | | | | | | | | | | | | | | | | |
| Strawberry Poppysseed Bread | 460 | 7 | 0 | 5 | 300 | 82 | 5.5 | 50 | 31 | 17 | 0 | 60 | 25 | 15 | 470 | 10 | 0 |
| Swiss Cheese Egg Bake | 440 | 10 | 6.5 | 35 | 820 | 35 | 3.5 | 5 | 0 | 37 | 0 | 15 | 15 | 40 | 530 | 0 | 0 |
| Morning Protein Plate | 680 | 39 | 11 | 400 | 590 | 55 | 7 | 27 | 4 | 25 | 6 | 60 | 20 | 25 | 730 | 15 | 10 |
| Bacon & Egg Bagel Sandwich | 400 | 15 | 4 | 190 | 700 | 43 | 6 | 12 | 0 | 28 | 2 | 80 | 20 | 8 | 620 | 4 | 0 |
| Chicken Gyro Bowl | 750 | 22 | 2.5 | 110 | 860 | 81 | 5 | 3 | 0 | 51 | 4 | 45 | 40 | 15 | 500 | 8 | 0 |
| Asian Chopped Salad | 420 | 20 | 2 | 0 | 670 | 45 | 11 | 23 | 7 | 17 | 2 | 170 | 30 | 20 | 1380 | 25 | 0 |
| Homestyle Roasted Turkey Sandwich | 570 | 11 | 6 | 140 | 430 | 74 | 6 | 31 | 12 | 44 | 6 | 8 | 20 | 10 | 780 | 25 | 4 |
| Chipotle Black Bean Burger | 580 | 31 | 4 | 10 | 550 | 63 | 13 | 25 | 15 | 18 | 2 | 15 | 20 | 15 | 890 | 4 | 0 |
| Cajun Shrimp Etouffee | 520 | 16 | 6.5 | 185 | 730 | 62 | 7.5 | 9 | 1 | 32 | 4 | 35 | 15 | 10 | 880 | 15 | 2 |
| Tortelloni Pomodoro | 490 | 17 | 5.5 | 80 | 1000 | 62 | 10 | 20 | 3 | 21 | 4 | 35 | 30 | 35 | 700 | 8 | 0 |
| BBQ Meatloaf & Cheddar Mash | 620 | 29 | 6 | 100 | 760 | 55 | 7 | 23 | 12 | 38 | 2 | 15 | 25 | 20 | 1190 | 35 | 10 |
| Chicken Matzo Ball Soup | 650 | 25 | 5.5 | 110 | 570 | 63 | 5 | 19 | 10 | 40 | 4 | 6 | 35 | 6 | 970 | 8 | 2 |
| Average | 548 | 20 | 5 | 114 | 665 | 60 | 7 | 21 | 8 | 31 | 3 | 45 | 25 | 18 | 803 | 13 | 2 |
| Daily Average | 1645 | 61 | 15 | 341 | 1995 | 180 | 22 | 62 | 24 | 92 | 9 | 136 | 74 | 55 | 2410 | 39 | 7 |
| Menu E: 4 Day Average W 16 oz skim milk | 1975 | 67 | 19 | 371 | 2310 | 216 | 22 | 98 | 24 | 407 | 9 | 136 | 74 | 130 | 3610 | 144 | 307 |
| Menu G Week of: 3/23/2026 | | | | | | | | | | | | | | | | | |
| Wheat Croissant and Brie | 590 | 19 | 9 | 55 | 450 | 92 | 13 | 53 | 7 | 12 | 0 | 15 | 15 | 10 | 640 | 6 | 0 |
| Superfood Brioche French Toast | 470 | 22 | 7 | 65 | 440 | 54 | 5 | 29 | 12 | 15 | 4 | 2 | 60 | 15 | 350 | 8 | 4 |
| Brioche Breakfast Sandwich | 520 | 24 | 7 | 295 | 670 | 45 | 6 | 24 | 6 | 30 | 8 | 100 | 25 | 20 | 950 | 10 | 0 |
| Potato & Onion Pancakes | 440 | 22 | 8 | 150 | 990 | 48 | 7 | 17 | 2 | 12 | 2 | 10 | 2 | 8 | 900 | 6 | 0 |
| Broccoli Cheddar Fritter | 550 | 22 | 8 | 40 | 660 | 64 | 10 | 26 | 4 | 21 | 2 | 60 | 20 | 25 | 780 | 20 | 2 |
| Pecan & Poppysseed Chicken Salad | 590 | 31 | 3 | 90 | 440 | 40 | 6 | 16 | 0 | 34 | 4 | 6 | 15 | 10 | 460 | 6 | 0 |
| Loaded Quesadilla & Tortilla Soup | 550 | 25 | 10 | 70 | 1170 | 45 | 6 | 5 | 0 | 27 | 2 | 10 | 15 | 35 | 320 | 20 | 2 |
| Mediterranean Lunch Box | 570 | 28 | 5.5 | 125 | 800 | 29 | 6.5 | 6 | 0 | 51 | 0 | 4 | 20 | 10 | 620 | 30 | 2 |
| Grilled Salmon with Creamy Dill Sauce | 520 | 17 | 5 | 70 | 500 | 56 | 7 | 9 | 0 | 36 | 2 | 70 | 15 | 10 | 1140 | 15 | 4 |
| Capri Chicken with Quinoa Pilaf | 650 | 31 | 6 | 145 | 1040 | 43 | 13 | 13 | 0 | 58 | 2 | 180 | 25 | 30 | 1490 | 20 | 2 |
| Pierogi in Mushroom & Tomato Gravy | 600 | 13 | 4 | 40 | 750 | 99 | 6 | 16 | 6 | 21 | 2 | 60 | 30 | 10 | 950 | 8 | 2 |
| Herbed Turkey Bake | 430 | 18 | 5.5 | 65 | 510 | 45 | 5 | 12 | 3 | 21 | 2 | 8 | 15 | 4 | 640 | 8 | 4 |
| Average | 540 | 23 | 7 | 101 | 702 | 55 | 8 | 19 | 3 | 28 | 3 | 44 | 21 | 16 | 770 | 13 | 2 |
| Daily Average | 1620 | 68 | 20 | 303 | 2105 | 165 | 23 | 57 | 10 | 85 | 8 | 131 | 64 | 47 | 2310 | 39 | 6 |
| Menu G: 4 Day Average W 16 oz skim milk | 1950 | 75 | 24 | 333 | 2420 | 201 | 23 | 93 | 10 | 400 | 8 | 131 | 64 | 122 | 3510 | 144 | 306 |

Seattle Sutton's Healthy Eating
4-Day Monday 2000 Calorie Plan Signature Menu & Nutrition Averages

| | <u>Calories</u> | <u>Fat</u> | <u>Sat Fat</u> | <u>Cholesterol</u> | <u>Sodium</u> | <u>Carbs</u> | <u>Fiber</u> | <u>Sugar</u> | <u>Added Sugars</u> | <u>Protein</u> | <u>Vitamin A</u> | <u>Vitamin C</u> | <u>Iron</u> | <u>Calcium</u> | <u>Potassium</u> | <u>Phosphorus</u> | <u>Vitamin D</u> |
|--|-----------------|--------------------|----------------|--------------------|---------------|--------------|--------------|--------------|---------------------|----------------|------------------|------------------|-------------|----------------|------------------|-------------------|------------------|
| Unit of Measure | (kcal) | (g) | (g) | (mg) | (mg) | (g) | (g) | (g) | (g) | (g) | (%) | (%) | (%) | (%) | (mg) | (%) | mcg |
| Menu I | | Week of: 3/30/2026 | | | | | | | | | | | | | | | |
| Egg & Feta Tart | 480 | 23 | 11.5 | 210 | 550 | 51 | 7 | 25 | 0 | 17 | 2 | 2 | 10 | 20 | 460 | 10 | 0 |
| Chocolate Chia Bowl | 700 | 35 | 9 | 0 | 140 | 87 | 14 | 55 | 27 | 21 | 2 | 25 | 35 | 35 | 1070 | 40 | 8 |
| Orange Berry Waffle | 420 | 15 | 5.5 | 75 | 600 | 56 | 3.5 | 29 | 9 | 13 | 0 | 4 | 4 | 15 | 85 | 0 | 0 |
| English Muffin Breakfast Sandwich | 420 | 19 | 6 | 180 | 730 | 40 | 6 | 13 | 1 | 21 | 6 | 50 | 15 | 25 | 540 | 2 | 0 |
| Tex Mex Fish Taco | 590 | 21 | 5 | 70 | 980 | 64 | 8 | 6 | 0 | 34 | 0 | 4 | 15 | 20 | 830 | 6 | 2 |
| Smoky Chicken Salad Pita | 460 | 13 | 2 | 70 | 640 | 55 | 11 | 10 | 1 | 32 | 4 | 20 | 25 | 20 | 830 | 10 | 0 |
| Genoa Minestrone | 520 | 10 | 3 | 20 | 820 | 86 | 6.5 | 10 | 2 | 19 | 4 | 20 | 35 | 8 | 420 | 6 | 0 |
| Loaded Potato Soup | 460 | 18 | 9 | 50 | 550 | 58 | 6 | 9 | 1 | 18 | 4 | 25 | 20 | 30 | 680 | 25 | 15 |
| Italian Sausage Flatbread Pizza | 790 | 34 | 8 | 40 | 1600 | 86 | 11 | 6 | 2 | 39 | 0 | 2 | 30 | 30 | 1000 | 2 | 0 |
| Thai Coconut Chicken | 540 | 16 | 5.5 | 50 | 650 | 71 | 3 | 11 | 4 | 27 | 2 | 20 | 35 | 10 | 470 | 4 | 0 |
| Spaghetti Lentil Bolognese | 680 | 21 | 5.5 | 20 | 700 | 85 | 16 | 10 | 0 | 33 | 4 | 50 | 40 | 35 | 1440 | 35 | 2 |
| Salisbury Steak | 610 | 19 | 5.5 | 135 | 870 | 61 | 10 | 12 | 1 | 47 | 4 | 25 | 30 | 10 | 1450 | 45 | 10 |
| Average | 556 | 20 | 6 | 77 | 736 | 67 | 9 | 16 | 4 | 27 | 3 | 21 | 25 | 22 | 773 | 15 | 3 |
| Daily Average | 1668 | 61 | 19 | 230 | 2208 | 200 | 26 | 49 | 12 | 80 | 8 | 62 | 74 | 65 | 2319 | 46 | 9 |
| Menu I: 4 Day Average W 16 oz skim milk | 1998 | 68 | 23 | 260 | 2523 | 236 | 26 | 85 | 12 | 395 | 8 | 62 | 74 | 140 | 3519 | 151 | 309 |

Seattle Sutton's Healthy Eating
4-Day Monday 2000 Calorie Plan Signature Menu & Nutrition Averages

| | <u>Calories</u> | <u>Fat</u> | <u>Sat Fat</u> | <u>Cholesterol</u> | <u>Sodium</u> | <u>Carbs</u> | <u>Fiber</u> | <u>Sugar</u> | <u>Added Sugars</u> | <u>Protein</u> | <u>Vitamin A</u> | <u>Vitamin C</u> | <u>Iron</u> | <u>Calcium</u> | <u>Potassium</u> | <u>Phosphorus</u> | <u>Vitamin D</u> |
|---|-----------------|------------|----------------|--------------------|---------------|--------------|--------------|--------------|---------------------|----------------|------------------|------------------|-------------|----------------|------------------|-------------------|------------------|
| Unit of Measure | (kcal) | (g) | (g) | (mg) | (mg) | (g) | (g) | (g) | (g) | (g) | (%) | (%) | (%) | (%) | (mg) | (%) | (mcg) |
| Menu A: 4 Day Average W 16 oz skim milk | 1995 | 63 | 19 | 290 | 2085 | 232 | 26 | 97 | 17 | 405 | 8 | 43 | 68 | 130 | 3344 | 146 | 307 |
| Menu C: 4 Day Average W 16 oz skim milk | 1948 | 66 | 22 | 291 | 2270 | 222 | 25 | 97 | 15 | 400 | 7 | 122 | 63 | 134 | 3640 | 139 | 312 |
| Menu E: 4 Day Average W 16 oz skim milk | 1975 | 67 | 19 | 371 | 2310 | 216 | 22 | 98 | 24 | 407 | 9 | 136 | 74 | 130 | 3610 | 144 | 307 |
| Menu G: 4 Day Average W 16 oz skim milk | 1950 | 75 | 24 | 333 | 2420 | 201 | 23 | 93 | 10 | 400 | 8 | 131 | 64 | 122 | 3510 | 144 | 306 |
| Menu I: 4 Day Average W 16 oz skim milk | 1998 | 68 | 23 | 260 | 2523 | 236 | 26 | 85 | 12 | 395 | 8 | 62 | 74 | 140 | 3519 | 151 | 309 |



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

1-815-780-2060

Dietitians@sshe.com

| 2000 Calorie Plan Monday 4-Day Plan Average With Milk Servings | |
|--|------------|
| Calories | 1973 kcal |
| Total Fat | 67.7 g |
| Saturated Fat | 21 g |
| Trans Fat | 0 g |
| Cholesterol | 309.0 mg |
| Sodium | 2322 mg |
| Total Carbohydrates | 221.3 g |
| Dietary Fiber | 27.4 g |
| Total Sugars | 93.8 g |
| Added Sugars | 15.5 g |
| Protein | 401.4 g |
| Vitamin D | 308.1 mcg |
| Calcium (%) | 130.90 % |
| Iron (%) | 68.50 % |
| Potassium | 3524.5 mcg |
| Macronutrient Breakdown | |
| Fats | 31% |
| Carbohydrates | 45% |
| Protein | 81% |

| 2000 Calorie Plan Monday 4-Day Plan Average WITHOUT MILK SERVINGS | |
|---|-------------|
| Calories | 1643.0 kcal |
| Total Fat | 60.8 g |
| Saturated Fat | 17 g |
| Trans Fat | 0 g |
| Cholesterol | 279.0 mg |
| Sodium | 2007 mg |
| Total Carbohydrate | 185.3 g |
| Dietary Fiber | 27.4 g |
| Total Sugars | 57.8 g |
| Includes Added | 15.5 g |
| Protein | 374.4 g |
| Vitamin D | 8.1 mcg |
| Calcium (%) | 55.90 % |
| Iron (%) | 68.50 % |
| Potassium | 2324.5 mcg |
| Macronutrient Breakdown | |
| Fats | 33% |
| Carbohydrates | 45% |
| Protein | 91% |

The 2000 calorie plan is recommended with 3 glasses of Low fat Milk

| Low-Fat Milk Additions | | |
|------------------------|---------|----------|
| Amount | 8 oz | 24 oz |
| Calories | 110kcal | 330 kcal |
| Total Fat | 2.3g | 6.9 g |
| Saturated Fat | 1.4g | 4.2 g |
| Trans Fat | 0 g | 0 g |
| Cholesterol | 10 mg | 30 mg |
| Sodium | 105mg | 315 mg |
| Total Carbohydrates | 12 g | 36 g |
| Dietary Fiber | 0 g | 0 g |
| Total Sugars | 12 g | 36 g |
| Added Sugars | 0 g | 0 g |
| Protein | 9 g | 27 g |
| Phosphorus | 35% | 105 % |
| Vitamin D | 100 mcg | 300 mcg |
| Calcium (%) | 25% | 75 % |
| Iron (%) | 0% | 0 % |
| Potassium | 400 mcg | 1200 mcg |