

Seattle Sutton's Healthy Eating																	
4-Day Thursday 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 B Week of: 3/5/2026																	
Egg Fonduta	410	10	4.5	30	710	49	9	21	2	29	0	8	20	30	710	4	0
Wild Blackberry Parfait	480	13	1	10	70	70	10	43	19	21	0	2	80	20	490	15	0
Strawberry Cheesecake French Toast	520	20	6.5	95	860	60	7	24	11	23	2	2	50	10	390	10	2
Biscuits & Sausage Gravy	630	32	10.5	300	800	62	6	28	4	22	2	10	25	30	720	2	4
Broccoli Cheddar Soup & Salad	710	30	12	80	840	82	10	22	6	28	10	60	25	50	820	30	20
Chicken & Dumplings	540	18	6	125	1000	58	7	18	12	41	10	15	20	8	970	6	2
Mushroom Swiss Chicken Burger	500	25	10	125	440	33	5	11	1	39	8	10	20	40	1220	20	2
Chicken Salad on Croissant	570	30	7.5	105	410	50	6	26	7	24	6	6	10	6	420	8	0
Raspberry Salmon Salad	460	24	5.5	95	300	28	4.5	16	9	33	6	20	20	10	1000	15	0
Rustic Zucchini Cavatappi	610	17	4.5	100	790	93	9	8	3	21	2	20	30	8	710	8	0
Chicken Enchilada Bake	600	24	10	125	820	44	7	8	0	41	2	40	15	35	620	40	4
Sweet & Sour Chicken	700	23	5.5	55	590	99	10	17	6	22	2	6	45	10	420	4	2
Average	561	22	7	104	636	61	8	20	7	29	4	17	30	21	708	14	3
Daily Average	1683	67	21	311	1908	182	23	61	20	86	13	50	90	64	2123	41	9
Menu B: 4 Day Average W 16 oz skim milk	2013	73	25	341	2223	218	23	97	20	401	13	50	90	139	3323	146	309
Menu D Week of: 3/12/2026																	
Blueberry Almond Torta	520	19	4	90	640	71	10	52	10	19	2	160	15	10	670	4	2
Hashbrown Casserole	320	9	4.5	25	470	41	6.5	20	0	21	2	4	15	20	660	10	2
Cheddar & Sausage Breakfast Casserole	580	29	6	30	630	51	9	19	1	31	2	8	20	30	770	20	2
Ciabatta Egg Sandwich	550	19	9	260	840	65	6	15	0	27	0	60	30	30	150	0	0
Gemelli Pasta Salad	620	39	11	95	470	55	7	27	8	10	0	6	10	8	160	10	0
Margherita Flatbread Pizza	620	34	9	50	940	53	10	19	8	26	4	40	20	45	740	35	2
Chili Con Carne	660	36	6	50	670	61	11	12	0	27	4	25	35	20	1580	15	2
Lou's Bleu Burger	550	18	4.5	125	730	71	5.5	25	9	26	0	8	25	15	770	4	0
Cider Salmon	400	7	2	95	500	49	10.5	26	10	31	2	110	20	10	1230	15	4
Marry Me Chicken	680	17	7	160	1000	85	11	25	6	43	2	8	25	30	1500	15	20
Chicken Carnitas	460	9	2.5	160	660	48	7	3	0	43	4	10	30	6	540	6	0
Honey Peach BBQ Chicken	600	16	7	160	760	64	3.5	18	10	52	2	4	20	25	1080	20	8
Average	547	21	6	108	693	60	8	22	5	30	2	37	22	21	821	13	4
Daily Average	1640	63	18	325	2078	179	24	65	16	89	6	111	66	62	2463	39	11
Menu D: 4 Day Average W 16 oz skim milk	1970	70	22	355	2393	215	24	101	16	404	6	111	66	137	3663	144	311

Seattle Sutton's Healthy Eating																	
4-Day Thursday 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 F Week of: 3/19/2026																	
Sunrise Pizza	490	20	8	165	890	51	5	6	1	25	2	60	35	35	1000	20	2
Cranberry Oat Bar	570	14.5	1	10	100	85	8.5	45	33	23	0	20	100	20	550	20	0
Cheesy Egg Strata	450	14	7	40	750	53	6.5	29	0	27	6	220	15	30	790	15	4
Bacon & Egg Bagel Sandwich	400	15	4	190	700	43	6	12	0	28	2	80	20	8	620	4	0
Bonsai Salmon Bowl	700	21	4	120	800	89	5	33	12	38	2	35	25	6	1190	35	0
Caesar Salad with Roasted Tomatoes	530	32	5.5	20	540	45	5	23	20	15	2	10	25	20	420	10	0
Croque Monsieur	710	37	10.5	80	1050	75	4.5	23	7	27	4	2	15	40	720	20	6
Chipotle Black Bean Burger	580	31	4	10	550	63	13	25	15	18	2	15	20	15	890	4	0
Swedish Meatballs	500	16	6	85	630	59	8.5	12	0	31	10	45	25	20	1410	30	10
Pasta Verde with Durango Turkey	440	14	6	90	570	51	6	7	0	29	4	90	15	10	500	6	4
Butternut Squash Ravioli	600	28	10	90	700	66	11	15	4	22	15	40	25	30	700	20	6
Chicken Matzo Ball Soup	650	25	5.5	110	570	63	5	19	10	40	4	6	35	6	970	8	2
Average	552	22	6	84	654	62	7	21	9	27	4	52	30	20	813	16	3
Daily Average	1655	67	18	253	1963	186	21	62	26	81	13	156	89	60	2440	48	9
Menu F: 4 Day Average W 16 oz skim milk	1985	74	22	283	2278	222	21	98	26	396	13	156	89	135	3640	153	309
Menu H Week of: 3/26/2026																	
Spinach & Goat Cheese Frittata	350	6	3	10	620	50	4	8	0	21	6	160	60	25	1640	25	0
Bacon & Cheddar Clafoutis	500	24	6	50	660	42	4	6	0	24	15	60	30	25	1520	20	4
Blueberry Smoothie Bowl	540	11	2.5	10	95	91	10	62	16	18	2	50	50	20	760	20	0
Potato & Onion Pancakes	440	22	8	150	990	48	7.5	17	2	12	2	10	2	8	900	6	0
Tuna Melt	570	14	4.5	65	600	59	9.5	9	0	45	8	35	35	25	1270	25	0
Spinach Artichoke Flatbread Pizza	660	32	15	75	760	73	9	38	18	16	4	6	25	45	530	10	4
Acapulco Taco Pie	530	20	6	70	440	56	8	9	2	29	2	35	20	30	690	15	4
Mediterranean Lunch Box	570	28	5	125	800	29	5	6	0	51	0	4	20	10	640	30	2
Chicken Cacciatore	540	18	8	125	620	44	14	31	1	46	2	60	25	10	1190	6	0
Picadillo Cubano	600	9	2.5	55	540	99	12	7	0	29	2	10	40	10	1080	10	0
Pesto Cream Penne	620	22	5.5	30	940	76	16	18	0	28	6	40	30	35	860	30	20
Herbed Turkey Bake	430	18	5.5	65	510	45	5	12	3	21	2	8	15	4	640	8	4
Average	529	19	6	69	631	59	9	19	4	28	4	40	29	21	977	17	3
Daily Average	1588	56	18	208	1894	178	26	56	11	85	13	120	88	62	2930	51	10
Menu H: 4 Day Average W 16 oz skim milk	1918	63	22	238	2209	214	26	92	11	400	13	120	88	137	4130	156	310

Seattle Sutton's Healthy Eating																	
4-Day Thursday 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 J		Week of: 4/2/2026															
Chocolate Pistachio Pancake	620	26	9	30	250	83	6.5	39	24	12	0	2	25	15	570	25	4
Bircher Muesli and Pears	600	27	9	55	30	78	7	41	23	10	4	2	50	10	360	20	6
Avocado Toast	600	27	5	260	540	63	16	19	1	25	2	100	25	8	740	15	0
English Muffin Breakfast Sandwich	420	19	6	180	730	40	6	13	1	21	6	50	15	25	540	2	0
Landry Bay Crab Cakes	530	26	7	145	990	40	7	8	1	35	4	50	20	10	1080	8	2
Verde Chicken Taco	580	24	10	100	880	60	7	8	0	36	2	25	15	20	700	15	8
BBQ Chicken Pizza	480	16	8	90	520	54	9.5	20	6	30	2	6	8	35	740	20	2
Loaded Potato Soup	490	17	8	50	550	64	5	9	1	19	4	30	20	30	760	25	15
Chicken Fricassee	560	16	4.5	145	470	65	8	14	12	45	4	15	20	6	980	6	2
Traditional Cottage Pie	470	18	6	80	600	44	9	26	2	30	2	50	10	6	710	8	2
Honey Garlic Chicken Bowl	640	16	2.5	40	1000	100	9	28	0	21	2	4	40	8	340	10	0
Salisbury Steak	620	19	5.5	135	690	65	10	12	1	47	4	25	35	10	1510	45	10
Average	551	21	7	109	604	63	8	20	6	28	3	30	24	15	753	17	4
Daily Average	1653	63	20	328	1813	189	25	59	18	83	9	90	71	46	2258	50	13
Menu J: 4 Day Average W 16 oz skim milk	1983	70	24	358	2128	225	25	95	18	398	9	90	71	121	3458	155	313

Seattle Sutton's Healthy Eating
4-Day Thursday 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 B: 4 Day Average W 16 oz skim milk	2013	73	25	341	2223	218	23	97	20	401	13	50	90	139	3323	146	309
Menu D: 4 Day Average W 16 oz skim milk	1970	70	22	355	2393	215	24	101	16	404	6	111	66	137	3663	144	311
Menu F: 4 Day Average W 16 oz skim milk	1985	74	22	283	2278	222	21	98	26	396	13	156	89	135	3640	153	309
Menu H: 4 Day Average W 16 oz skim milk	1918	63	22	238	2209	214	26	92	11	400	13	120	88	137	4130	156	310
Menu J: 4 Day Average W 16 oz skim milk	1983	70	24	358	2128	225	25	95	18	398	9	90	71	121	3458	155	313



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 With Milk Servings	
Calories	1974 kcal
Total Fat	69.9 g
Saturated Fat	23 g
Trans Fat	0 g
Cholesterol	314.8 mg
Sodium	2246 mg
Total Carbohydrates	218.7 g
Dietary Fiber	27.0 g
Total Sugars	96.6 g
Added Sugars	17.9 g
Protein	399.7 g
Vitamin D	310.1 mcg
Calcium (%)	133.80 %
Iron (%)	80.75 %
Potassium	3642.5 mcg
Macronutrient Breakdown	
Fats	32%
Carbohydrates	44%
Protein	81%

2000 Calorie Plan Monday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1643.5 kcal
Total Fat	63.0 g
Saturated Fat	19 g
Trans Fat	0 g
Cholesterol	284.8 mg
Sodium	1931 mg
Total Carbohydrate	182.7 g
Dietary Fiber	27.0 g
Total Sugars	60.6 g
Includes Added	17.9 g
Protein	372.7 g
Vitamin D	10.1 mcg
Calcium (%)	58.80 %
Iron (%)	80.75 %
Potassium	2442.5 mcg
Macronutrient Breakdown	
Fats	34%
Carbohydrates	44%
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