

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: 7/20/2026															
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	9.5	4	145	570	66	10	24	9	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	8.6	20	6	30.1	3	14	23	18	715	14	2
Daily Average	1665	56	15	260	1770	196	25.8	61	17	90.3	8	43	68	55	2144	41	7
Menu A: 4 Day Average W 16 oz skim milk	1995	62	19	290	2070	232	25.8	97	17	117.3	8	43	68	130	3344	146	307
Menu C		Week of: 7/27/2026															
Peach Berry Blintz	430	17	5.5	105	410	47	3	21	13	21	4	4	6	6	200	0	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	4	28	0	8	15	15	600	10	0
Pecan Cranberry Salad	650	46	7	25	320	43	7	17	12	16	4	8	15	35	260	8	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
Genoa Minestrone	440	13	4.5	25	650	63	6.5	13	2	13	6	40	30	10	770	8	0
Chicken Linguini Alfredo	600	19	7	130	990	58	6.5	13	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	540	20	5	87	597	60	7.4	19	6	28.0	3	41	21	20	700	11	4
Daily Average	1620	61	16	261	1790	181	22.3	57	17	84.0	8	123	63	59	2100	34	12
Menu C: 4 Day Average W 16 oz skim milk	1950	68	21	291	2090	217	22.3	93	17	111.0	8	123	63	134	3300	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: 8/3/2026																	
Strawberry Poppyseed 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 Potstickers	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	520	22	6	80	990	59	10	17	3	21	4	40	25	35	840	8	0
BBQ Meatloaf & Cheddar Mash	620	29	6	100	760	55	7	23	11	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	551	21	5	114	664	60	7.2	20	8	30.7	3	46	24	18	815	13	2
Daily Average	1653	62	15	341	1993	179	21.6	61	24	92.0	9	137	73	55	2445	39	7
Menu E: 4 Day Average W 16 oz skim milk	1983	69	19	371	2293	215	21.6	97	24	119.0	9	137	73	130	3645	144	307
Menu G Week of: 8/10/2026																	
Wheat Croissant and Brie	540	19	9	55	450	82	9	49	7	11	2	15	15	4	750	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 & Poppyseed 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	27	5	125	760	29	6.5	6	0	51	0	6	20	10	650	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	536	23	6	101	698	54	7.2	19	3	28.1	3	44	21	15	782	13	2
Daily Average	1608	68	19	303	2095	163	21.6	56	10	84.3	8	132	64	45	2345	39	6
Menu G: 4 Day Average W 16 oz skim milk	1938	75	24	333	2395	199	21.6	92	10	111.3	8	132	64	120	3545	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: 8/17/2026															
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
Protein Pasta Carbonara	560	26	14.5	80	600	61	12.5	6	0	20	4	15	15	15	400	10	2
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	559	22	7	82	718	65	9.0	16	4	26.8	3	20	23	22	771	16	3
Daily Average	1678	65	22	245	2153	194	27.0	48	12	80.5	8	61	69	66	2314	47	10
Menu I: 4 Day Average W 16 oz skim milk	2008	72	26	275	2453	230	27.0	84	12	107.5	8	61	69	141	3514	152	310

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	62	19	290	2070	232	25.8	97	17	117.3	8	43	68	130	3344	146	307
Menu C: 4 Day Average W 16 oz skim milk	1950	68	21	291	2090	217	22.3	93	17	111.0	8	123	63	134	3300	139	312
Menu E: 4 Day Average W 16 oz skim milk	1983	69	19	371	2293	215	21.6	97	24	119.0	9	137	73	130	3645	144	307
Menu G: 4 Day Average W 16 oz skim milk	1938	75	24	333	2395	199	21.6	92	10	111.3	8	132	64	120	3545	144	306
Menu I: 4 Day Average W 16 oz skim milk	2008	72	26	275	2453	230	27.0	84	12	107.5	8	61	69	141	3514	152	310



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	1975 kcal
Total Fat	69.2 g
Saturated Fat	21.7 g
Trans Fat	0 g
Cholesterol	312.0 mg
Sodium	2260 mg
Total Carbohydrates	218.5 g
Dietary Fiber	26.9 g
Total Sugars	92.5 g
Added Sugars	15.7 g
Protein	113.2 g
Vitamin D	308.1 mcg
Calcium (%)	130.95 %
Iron (%)	67.25 %
Potassium	3469.5 mcg
Macronutrient Breakdown	
Fats	32%
Carbohydrates	44%
Protein	23%

2000 Calorie Plan Monday 4-Day Plan Average WITHOUT MILK SERVINGS	
Calories	1644.5 kcal
Total Fat	62.3 g
Saturated Fat	17.5 g
Trans Fat	0 g
Cholesterol	282.0 mg
Sodium	1960 mg
Total Carbohydrate	182.5 g
Dietary Fiber	26.9 g
Total Sugars	56.5 g
Includes Added	15.7 g
Protein	86.2 g
Vitamin D	8.1 mcg
Calcium (%)	55.95 %
Iron (%)	67.25 %
Potassium	2269.5 mcg
Macronutrient Breakdown	
Fats	34%
Carbohydrates	44%
Protein	21%

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	300 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