

Seattle Sutton's Healthy Eating

2000 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	Protein	Added Sugar	Vit A	Vit C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(Kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(mcg)
Open-Faced Asparagus & Gruyere Ome	450	8	2.5	10	750	64	7	17	26	4	2	15	25	15	470	6	0
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	320	2.5	1	5	80	62	10	43	12	19	0	6	8	15	390	2	0
Moroccan Chicken Skewers	710	18	3	120	340	76	12.5	18	59	7	0	15	40	10	930	45	2
Baja Tinga Wrap	470	14	4.5	60	620	57	10	5	30	0	2	15	15	15	820	8	4
Fresh Fruit and Cottage Cheese Plate	540	17	7	50	990	54	9	21	34	0	2	35	15	45	730	15	2
Crab-Stuffed Flounder	440	14	4	65	810	52	6	7	27	1	6	25	15	15	1180	15	4
Roast Turkey in Dijon Cream Sauce	590	10	4	145	570	66	10	24	55	10	4	30	25	20	1330	40	6
Nona Sutton's Lasagna	590	24	7.5	45	580	67	11.5	13	28	0	4	6	35	30	700	10	0
Average	528.9	15.3	4.1	64.4	583.3	63.6	9.0	18.8	32.6	5.3	2.2	16.8	20.9	18.8	760.0	16.8	2.0
Daily Average	1586.7	45.8	12.3	193.3	1750.0	190.7	27.0	56.3	97.7	16.0	6.7	50.3	62.7	56.3	2280.0	50.3	6.0
W 24 oz low-fat milk	1916.7	52.7	16.5	223.3	2050.0	226.7	27.0	92.3	122.3	16.0	36.7	62.3	62.7	146.3	3180.0	800.3	306.0

Menu B 10/16/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Add Sugar	Vit A	Vit C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(Kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(mcg)
Egg Fonduta	410	10	4.5	30	710	49	9	21	29	2	0	8	20	30	710	4	0
Wild Blackberry Parfait	480	13	1	10	70	70	10	43	21	19	0	2	80	20	490	15	0
Strawberry Cheesecake French Toast	520	20	6.5	95	860	60	7	24	23	11	2	2	50	10	380	10	2
Biscuits & Sausage Gravy	630	32	10.5	300	830	62	6	28	4	22	2	10	25	35	760	2	4
Chicken & Dumplings	540	18	6	125	1000	58	7	18	41	12	10	15	20	8	970	6	2
Broccoli Cheddar Soup & Salad	710	30	12	80	840	81	10	22	28	6	10	60	25	50	820	30	20
El Pastor Bowl	490	21	3.5	100	600	45	12	4	29	0	4	40	20	15	940	6	4
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	270	28	4.5	16	32	9	6	8	15	6	790	10	0
Rustic Zucchini Cavatappi	610	17	4.5	100	790	93	9	8	21	3	2	20	30	8	710	8	0
Chicken Enchilada Bake	600	24	10	125	820	44	7	8	41	0	2	40	15	35	620	40	4
Sweet & Sour Chicken	700	23	5.5	55	590	99	10	17	22	6	2	130	45	10	420	4	2
Average	560.0	21.8	6.4	101.7	649.2	61.6	8.1	19.6	24.8	9.5	3.8	28.4	29.6	19.4	669.2	11.9	3.2
Daily Average	1680.0	65.5	19.3	305.0	1947.5	184.8	24.4	58.8	74.5	28.5	11.5	85.3	88.8	58.3	2007.5	35.8	9.5
W 24 oz low-fat milk	2010.0	72.4	23.5	335.0	2247.5	220.8	24.4	94.8	99.1	28.5	41.5	97.3	88.8	148.3	2907.5	785.8	309.5

Menu C 10/20/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Added Sugar	Vit A	Vit 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	460	18	5.5	105	410	53	3	26	21	15	6	6	6	6	260	2	0
Cheesy Baked Egg Casserole	580	15	7	40	1000	64	10	18	42	4	2	35	25	35	860	15	2
Strawberry Chia Oatmeal	470	16	3	5	50	69	10.5	35	13	10	2	50	20	15	660	15	15
Honey Shrimp Salad	360	16	1.5	40	420	40	7	13	15	1	6	100	20	8	570	20	0
Curry Chicken Salad	640	30	4	60	510	65	9.5	31	28	5	0	8	15	15	600	10	0
Tuscan Bean Soup & Crostata	530	23	6	25	1000	61	12.5	10	20	3	4	20	20	25	1860	6	0
Tamale Bowl	520	25	11	25	630	58	13	29	13	0	2	20	25	20	470	10	2
Penne "Vodka" Meatballs	600	20	5.5	70	480	72	14	9	33	1	2	35	30	15	1170	25	6
Chicken Linguini Alfredo	600	19	7	130	990	58	6.5	14	50	0	2	120	15	25	1280	0	15
Average	528.9	20.2	5.6	55.6	610.0	60.0	9.6	20.6	26.1	4.3	2.9	43.8	19.6	18.2	858.9	11.4	4.4
Daily Average	1586.7	60.7	16.8	166.7	1830.0	180.0	28.7	61.7	78.3	13.0	8.7	131.3	58.7	54.7	2576.7	34.3	13.3
W 24 oz low-fat milk	1916.7	67.6	21.0	196.7	2130.0	216.0	28.7	97.7	102.9	13.0	38.7	143.3	58.7	144.7	3476.7	784.3	313.3

Menu D 10/23/2025																		
Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Added Sugar	Vit A	Vit 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 Casserole	560	29	6	30	630	44	8	14	32	0	2	8	25	30	870	25	2	
Blueberry Almond Torta	600	21	4.5	95	660	78	10	56	21	13	2	160	15	15	690	6	2	
Hashbrown Casserole	320	9	4.5	25	470	41	6.5	20	21	0	2	4	15	20	660	10	2	
Ciabatta Egg Sandwich	550	19	9	260	840	65	6	15	27	0	0	60	30	30	150	0	0	
Gemelli Pasta Salad	620	39	9	95	470	55	7	27	10	8	0	6	10	8	160	10	0	
Margherita Pizza	620	34	9	50	940	53	10	19	26	8	4	40	20	45	740	35	2	
Chili Con Carne	660	36	6	50	670	61	11	12	27	0	4	25	35	20	1580	15	2	
Lou's Bleu Burger	550	18	4.5	125	890	70	5.5	25	26	9	0	15	25	15	750	4	0	
Chicken Carnitas	450	10	2.5	160	660	48	7	3	43	0	4	10	30	6	540	6	0	
Marry Me Chicken	680	17	7	160	1000	85	11	25	43	6	2	8	25	30	1500	15	20	
Cider Salmon	400	7	2	95	500	49	10.5	26	32	11	2	110	20	10	1230	15	4	
Honey Peach BBQ Chicken	680	21	10.5	175	520	71	5	19	57	8	6	4	20	30	1170	30	10	
Average	557.5	21.7	6.2	110.0	687.5	60.0	8.1	21.8	30.4	5.3	2.3	37.5	22.5	21.6	836.7	14.3	3.7	
Daily Average	1672.5	65.0	18.6	330.0	2062.5	180.0	24.4	65.3	91.3	15.8	7.0	112.5	67.5	64.8	2510.0	42.8	11.0	
W 24 oz low-fat milk	2002.5	71.9	22.8	360.0	2362.5	216.0	24.4	101.3	115.9	15.8	37.0	124.5	67.5	154.8	3410.0	792.8	311.0	
Menu E 10/27/2025																		
Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Added Sugar	Vit A	Vit 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	460	7	0	5	300	82	5.5	50	17	32	0	60	25	15	470	10	0	
Swiss Cheese Egg Bake	440	11	6.5	40	860	35	3	6	39	0	0	15	20	45	560	0	0	
Morning Protein Plate	680	39	11	400	590	55	7	27	25	3	6	60	20	25	730	15	10	
Chicken Gyro Bowl	530	15	1	110	800	46	8	3	45	0	0	10	30	15	260	2	0	
Pecan-Cranberry Mixed Green Salad	650	46	7	25	320	43	9	17	16	11	4	8	15	35	260	8	0	
Homestyle Roasted Turkey Sandwich	570	11	6	140	430	74	6	31	44	12	6	8	20	10	780	25	4	
BBQ Meatloaf & Cheddar Mash	670	31	7	115	840	58	7	20	43	9	2	15	30	20	1280	40	10	
Tortelloni Pomodoro	490	17	5.5	80	900	62	10	18	21	3	4	35	30	35	710	8	0	
Cajun Shrimp Etouffee	520	16	6.5	185	730	62	7.5	9	32	1	4	30	15	10	880	15	2	
Average	556.7	21.4	5.6	122.2	641.1	57.4	7.0	20.1	31.3	7.9	2.9	26.8	22.8	23.3	658.9	13.7	2.9	
Daily Average	1670.0	64.3	16.8	366.7	1923.3	172.3	21.0	60.3	94.0	23.7	8.7	80.3	68.3	70.0	1976.7	41.0	8.7	
W 24 oz low-fat milk	2000.0	71.2	21.0	396.7	2238.3	208.3	21.0	96.3	118.6	23.7	38.7	92.3	68.3	160.0	2876.7	791.0	308.7	
Menu F 10/30/2025																		
Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Added Sugar	Vit A	Vit C	Iron	Calcium	Potassium	Phosphorus	Vitamin D	
Unit of Measure	(Kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(mcg)	
Sunrise Pizza	490	20	8	165	890	51	5	6	25	1	2	60	35	35	1000	20	2	
Cranberry Oat Bar	560	14.5	1	10	95	85	8.5	45	23	29	0	20	100	20	550	20	0	
Cheesy Egg Strata	450	14	7	40	790	53	6.5	29	27	0	6	220	15	30	790	15	4	
Bacon & Egg Bagel Sandwich	400	15	4	190	720	43	6	12	0	28	2	80	20	8	620	4	0	
Croque Monsieur	710	37	10.5	80	1050	75	4.5	23	27	8	4	2	15	40	720	20	6	
Caesar Salad with Roasted Tomatoes	520	28	5.5	20	540	44	5	23	15	20	2	10	25	20	410	10	2	
Bonsai Salmon Bowl	700	21	4	120	800	89	5	33	38	17	2	35	25	6	1190	35	0	
Chipotle Black Bean Burger	580	31	4	10	560	63	13	25	15	18	2	15	20	15	890	4	0	
Swedish Meatballs	500	16	6	85	630	59	8.5	12	31	0	10	45	25	20	1410	30	10	
Butternut Squash Ravioli	600	28	10	90	710	66	11	15	22	4	15	40	25	30	700	20	6	
Pasta Verde with Durango Turkey	440	14	6	90	570	51	6	7	29	0	4	90	15	10	500	6	4	
Chicken Matzo Ball Soup	650	25	5.5	110	570	63	5	19	40	11	4	6	35	6	970	8	2	
Average	550.0	22.0	6.0	84.2	660.4	61.8	7.0	20.8	24.3	11.3	4.4	51.9	29.6	20.0	812.5	16.0	3.0	
Daily Average	1650.0	65.9	17.9	252.5	1981.3	185.5	21.0	62.3	73.0	34.0	13.3	155.8	88.8	60.0	2437.5	48.0	9.0	
W 24 oz low-fat milk	1980.0	72.8	22.1	282.5	2281.3	224.5	21.0	98.3	97.6	34.0	43.3	167.8	88.8	150.0	3337.5	798.0	309.0	

Menu G 11/03/2025																		
Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Added Sugar	Vit A	Vit 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	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	15	13	4	2	60	15	350	8	4	
Brioche Breakfast Sandwich	510	22	7	270	500	45	8	24	25	6	8	100	20	20	790	6	0	
Broccoli Cheddar Fritters	550	22	8	40	550	64	10	26	21	7	2	60	20	25	780	20	2	
Mediterranean Lunch Box	570	28	5.5	125	800	29	6.5	6	51	2	0	4	20	10	620	30	2	
Loaded Quesadilla & Tortilla Soup	550	25	10	70	1170	45	6	5	27	0	2	10	15	35	320	20	2	
Capri Chicken with Quinoa Pilaf	520	19	4.5	145	850	33	7.5	7	53	0	4	50	20	25	1160	15	2	
Pierogi in Mushroom & Tomato Gravy	600	13	4	40	750	99	6	16	21	7	2	60	30	10	950	8	2	
Salmon with Creamy Dill Sauce	520	17	5	70	500	56	7	9	36	0	2	70	15	10	1140	15	4	
Average	542.2	20.8	6.7	97.8	667.8	57.4	7.7	19.4	28.4	5.2	2.7	41.2	23.9	17.8	750.0	14.2	2.0	
Daily Average	1626.7	62.3	20.0	293.3	2003.3	172.3	23.0	58.3	85.3	15.7	8.0	123.7	71.7	53.3	2250.0	42.7	6.0	
W 24 oz low-fat milk	1956.7	69.2	24.2	323.3	2303.3	211.3	23.0	94.3	109.9	15.7	38.0	135.7	71.7	143.3	3150.0	792.7	306.0	

Menu H 11/06/2025																		
Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Added Sugar	Vit A	Vit 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	620	50	4	8	21	0	6	160	60	25	1640	25	0	
Bacon & Cheddar Clafoutis	500	24	6	50	660	42	4	6	24	0	15	60	30	25	1520	20	4	
Blueberry Smoothie Bowl	540	11	2.5	10	95	91	10	62	18	28	2	50	50	20	760	20	0	
Potato Pancakes with Smoked Veggie C	440	22	8	150	990	48	7	17	12	2	2	10	2	8	900	6	0	
Spinach-Artichoke Flatbread Pizza	660	32	15	75	760	73	9	38	16	10	4	6	25	45	530	10	4	
Tuna Melt	570	14	4.5	65	600	59	9.5	9	44	1	8	30	30	25	1150	25	0	
Acapulco Taco Pie	530	20	6	70	440	56	8	9	29	2	2	35	20	30	690	15	4	
Pecan and Poppyseed Chicken Salad	590	31	3	90	440	40	6	16	34	0	4	6	15	10	460	6	0	
Chicken Cacciatore	540	19	8	130	640	46	14	31	46	1	2	60	25	10	1210	8	0	
Picadillo Cubano	550	9	2.5	55	480	88	11	7	27	1	0	8	35	10	1140	8	0	
Pesto Cream Penne	620	22	5.5	30	940	76	16	18	28	0	6	40	30	35	860	30	20	
Herbed Turkey Bake	460	19	6.5	85	450	42	4.5	12	29	3	2	8	15	10	580	10	4	
Average	529.2	19.1	5.9	68.3	592.9	59.3	8.6	19.4	27.3	4.0	4.4	39.4	28.1	21.1	953.3	15.3	3.0	
Daily Average	1587.5	57.3	17.6	205.0	1778.8	177.8	25.8	58.3	82.0	12.0	13.3	118.3	84.3	63.3	2860.0	45.8	9.0	
W 24 oz low-fat milk	1917.5	64.2	21.8	235.0	2078.8	216.8	25.8	94.3	106.6	12.0	43.3	130.3	84.3	153.3	3760.0	795.8	309.0	

Menu I 11/10/2025																		
Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Added Sugar	Vit A	Vit 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	580	28	13	245	790	57	8	28	23	0	2	15	15	20	510	10	0	
Chocolate Chia Bowl	610	26	9	30	250	84	6	40	12	16	0	2	25	15	580	25	4	
Orange Berry Waffle	420	15	5.5	75	600	56	3.5	29	13	9	0	4	4	15	85	0	0	
Tex-Mex Fish Taco	590	21	5	70	980	64	8	6	38	0	0	4	15	20	830	6	2	
Smoky Chicken Salad Pita	460	13	2	70	640	55	11	10	32	2	4	20	25	20	830	10	0	
Pear & Gorgonzola Salad	550	37	7	45	460	41	6.5	21	15	10	4	10	15	15	390	10	0	
Spaghetti Bolognese	670	21	5.5	20	700	85	14	10	31	1	6	15	35	30	1030	30	2	
Thai Coconut Chicken	540	16	5.5	50	650	71	3	11	27	4	2	20	35	10	470	4	0	
Sundried Tomato & Italian Sausage Flat	640	32	6	30	1150	55	10	5	34	3	4	45	20	35	920	4	0	
Average	562.2	23.2	6.5	70.6	691.1	63.1	7.8	17.8	25.0	5.0	2.4	15.0	21.0	20.0	627.2	11.0	0.9	
Daily Average	1686.7	69.7	19.5	211.7	2073.3	189.3	23.3	53.3	75.0	15.0	7.3	45.0	63.0	60.0	1881.7	33.0	2.7	
W 24 oz low-fat milk	2016.7	76.6	23.7	241.7	2373.3	228.3	23.3	89.3	99.6	15.0	37.3	57.0	63.0	150.0	2781.7	783.0	302.7	

Menu J 11/13/2025																	
Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Added Sugar	Vit A	Vit 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 Mascarp	620	26	9	30	250	84	6.5	40	12	16	0	2	25	15	580	25	4
Bircher Muesli and Pears	600	27	9	50	30	78	7	41	10	24	4	2	50	10	360	20	6
Avocado Toast	600	27	5	260	540	63	16	19	25	1	2	100	25	8	740	15	0
Egg & Cheese Breakfast Sandwich	420	19	6	180	730	40	6	12	21	1	10	90	15	25	580	2	0
Landry Bay Crab Cakes	530	26	7	145	990	40	7	8	35	1	4	50	20	10	1010	8	2
Turkey Cobb Salad	400	16	5.5	260	1000	26	6.5	6	37	0	4	6	25	20	520	15	10
BBQ Chicken Pizza	480	16	8	90	520	54	9.5	20	30	6	2	8	8	35	740	20	2
Loaded Potato Soup	470	16	8	45	540	64	5	8	17	1	4	15	20	30	660	25	15
Chicken Fricassee	560	16	4.5	145	470	65	8	14	45	13	4	15	20	6	1000	6	2
Traditional Cottage Pie	470	18	5.5	95	530	46	5	19	29	7	2	50	15	6	720	8	2
Honey Garlic Chicken Bowl	640	16	2.5	40	1000	100	9	28	21	1	2	4	40	8	340	10	0
Salisbury Steak	620	19	5.5	135	690	65	10	12	47	1	4	25	35	10	1510	45	10
Average	534.2	20.2	6.3	122.9	607.5	60.4	8.0	18.9	27.4	6.0	3.5	30.6	24.8	15.3	730.0	16.6	4.4
Daily Average	1602.5	60.5	18.9	368.8	1822.5	181.3	23.9	56.8	82.3	18.0	10.5	91.8	74.5	45.8	2190.0	49.8	13.3
W 24 oz low-fat milk	1932.5	67.4	23.1	398.8	2122.5	220.3	23.9	92.8	82.3	42.6	40.5	103.8	74.5	135.8	3090.0	799.8	313.3

Seattle Sutton's Healthy Eating

2000 Calorie Plan 7-Day Menu & Meal Plan Nutrition Averages

Weekly Averages WITH Milk Unit of Measure	Calories (Kcal)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Protein (g)	Vit A (%)	Vit C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (mcg)
Menu A 10/13/2025	1916.7	52.7	16.5	223.3	2050.0	226.7	27.0	92.3	122.3	16.0	36.7	62.3	62.7	146.3	3180.0	800.3	306.0
Menu B 10/16/2025	2010.0	72.4	23.5	335.0	2247.5	220.8	24.4	94.8	99.1	28.5	41.5	97.3	88.8	148.3	2907.5	785.8	309.5
Menu A & B Average	1956.7	61.2	19.5	271.2	2134.6	224.1	25.9	93.4	112.3	21.4	38.7	77.3	73.8	147.2	3063.2	794.1	307.5
Menu C 10/20/2025	1916.7	67.6	21.0	196.7	2130.0	216.0	28.7	97.7	102.9	13.0	38.7	143.3	58.7	144.7	3476.7	784.3	313.3
Menu D 10/23/2025	2002.5	71.9	22.8	360.0	2362.5	216.0	24.4	101.3	115.9	15.8	37.0	124.5	67.5	154.8	3410.0	792.8	311.0
Menu C & D Average	1953.5	69.4	21.8	266.7	2229.6	216.0	26.8	99.2	108.5	14.2	38.0	135.3	62.5	149.0	3448.1	787.9	312.3
Menu E 10/27/2025	2000.0	71.2	21.0	396.7	2238.3	208.3	21.0	96.3	118.6	23.7	38.7	92.3	68.3	160.0	2876.7	791.0	308.7
Menu F 10/30/2025	1980.0	72.8	22.1	282.5	2281.3	224.5	21.0	98.3	97.6	34.0	43.3	167.8	88.8	150.0	3337.5	798.0	309.0
Menu E & F Average	1991.4	71.9	21.5	347.7	2256.7	215.3	21.0	97.2	109.6	28.1	40.6	124.7	77.1	155.7	3074.2	794.0	308.8
Menu G 11/03/2025	1956.7	69.2	24.2	323.3	2303.3	211.3	23.0	94.3	109.9	15.7	38.0	135.7	71.7	143.3	3150.0	792.7	306.0
Menu H 11/06/2025	1917.5	64.2	21.8	235.0	2078.8	216.8	25.8	94.3	106.6	12.0	43.3	130.3	84.3	153.3	3760.0	795.8	309.0
Menu G & H Average	1939.9	67.1	23.2	285.5	2207.1	213.7	24.2	94.3	108.5	14.1	40.3	133.3	77.1	147.6	3411.4	794.0	307.3
Menu I 11/10/2025	1850.0	69.9	23.4	320.2	2247.9	224.3	23.6	91.0	90.9	28.8	38.9	80.4	68.8	142.9	2935.8	791.4	308.0
Menu J 11/13/2025	2016.7	76.6	23.7	241.7	2373.3	228.3	23.3	89.3	99.6	15.0	37.3	57.0	63.0	150.0	2781.7	783.0	302.7
Menu I & J Average	1921.4	72.7	23.5	286.5	2301.7	226.0	23.5	90.3	94.6	22.9	38.2	70.4	66.3	145.9	2869.8	787.8	305.7

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 Daily Average WITH Milk Servings	
Calories	1952.6 kcal
Total Fat	68.5 g
Saturated Fat	21.9 g
Trans Fat	0.0 g
Cholesterol	291.5 mg
Sodium	2226.0 mg
Total Carbohydrates	219.0 g
Dietary Fiber	24.3 g
Total Sugars	94.9 g
Added Sugars	22.1 g
Protein	106.7 g
Vitamin D	308.3 mcg
Calcium (%)	149.1 %
Iron (%)	71.3 %
Potassium	3173.3 mg
Macronutrient Breakdown	
Fats	31%
Carbohydrates	45%
Protein	22%

2000 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1634.6 kcal
Total Fat	61.6 g
Saturated Fat	17.7 g
Trans Fat	0 g
Cholesterol	261.5 mg
Sodium	1911.0 mg
Total Carbohydrates	180.0 g
Dietary Fiber	24.3 g
Total Sugars	58.9 g
Includes Added S	22.1 g
Protein	82.1 g
Vitamin D	8.8 mcg
Calcium (%)	58.6 %
Iron (%)	72.8 %
Potassium	2273.3 mcg
Macronutrient Breakdown	
Fats	34%
Carbohydrates	44%
Protein	20%

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

Low-Fat Milk Additions		
Amount	8 oz	24 oz
Calories	110 kcal	330 kcal
Total Fat	2.3 g	6.9 g
Saturated Fat	1.4g	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 Sugar	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