

Seattle Sutton's Healthy Eating

4-Day Monday 1200 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: 6/8/2026															
Egg & Feta Tart	250	12	6.5	105	270	27	4	14	0	8	2	6	6	10	250	6	0
Chocolate Chia Bowl	370	18	4.5	0	70	48	8	32	13	11	0	20	15	15	570	20	4
Orange Berry Waffle	350	13	4	65	540	46	3	22	6	10	0	4	4	10	55	0	0
English Muffin Breakfast Sandwich	370	19	6	180	730	31	4	7	1	20	6	15	15	20	410	0	0
Tex Mex Fish Taco	340	13	3.5	40	550	37	5	4	0	22	0	4	10	15	520	6	2
Smoky Chicken Salad Pita	330	11	2	60	420	38	7	9	0	25	2	20	15	10	630	8	0
Genoa Minestrone	290	6	2	10	440	48	4	6	1	10	2	10	20	4	270	2	0
Loaded Potato Soup	380	15	8	45	460	44	4	7	1	15	4	20	15	25	530	20	10
Italian Sausage Flatbread Pizza	460	20	4.5	20	950	51	7	4	1	23	0	2	15	20	590	0	0
Thai Coconut Chicken	350	10	3.5	40	450	44	2	6	2	19	2	10	20	6	320	2	0
Spaghetti Lentil Bolognese	300	8	1.5	0	260	45	8	6	0	13	2	30	20	6	790	10	0
Salisbury Steak	330	10	3	65	390	38	7	8	1	25	2	15	20	6	760	25	6
Average	343	13	4	53	461	41	5.3	10	2	16.8	2	13	15	12	475	8	2
Daily Average	1030	39	12	158	1383	124	15.8	31	7	50.3	6	39	44	37	1424	25	6
Menu I: 4 Day Average W 16 oz skim milk	1190	39	12	178	1583	148	15.8	55	7	68.3	206	39	44	87	2224	95	206

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4-Day Monday 1200 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: 4 Day Average W 16 oz skim milk	1170	35	11	199	1398	141	15.5	64	11	80.3	206	37	42	87	2245	98	205
Menu C: 4 Day Average W 16 oz skim milk	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
Menu E: 4 Day Average W 16 oz skim milk	1258	41	9	234	1468	152	16.0	69	17	78.3	206	89	54	84	2440	96	206
Menu G: 4 Day Average W 16 oz skim milk	1210	47	14	223	1658	131	15.1	62	7	77.8	206	82	39	82	2375	97	204
Menu I: 4 Day Average W 16 oz skim milk	1190	39	12	178	1583	148	15.8	55	7	68.3	206	39	44	87	2224	95	206



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

1-815-780-2060

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1200 Calorie Plan Monday 4-Day Plan WITH MILK Servings		
Calories	#N/A	kcal
Total Fat	#N/A	g
Saturated Fat	#N/A	g
Trans Fat	0	g
Cholesterol	#N/A	mg
Sodium	#N/A	mg
Total Carbohydrates	#N/A	g
Dietary Fiber	#N/A	g
Total Sugars	#N/A	g
Added Sugars	#N/A	g
Protein	#N/A	g
Vitamin D	#N/A	mcg
Calcium (%)	#N/A	%
Iron (%)	#N/A	%
Potassium	#N/A	mcg
Macronutrient Breakdown		
Fats	#N/A	
Carbohydrates	#N/A	
Protein	#N/A	

1200 Calorie Plan Monday 4-Day Plan WITHOUT MILK SERVINGS		
Calories	#N/A	kcal
Total Fat	#N/A	g
Saturated Fat	#N/A	g
Trans Fat	0.0	g
Cholesterol	#N/A	mg
Sodium	#N/A	mg
Total Carbohydrates	#N/A	g
Dietary Fiber	#N/A	g
Total Sugars	#N/A	g
Includes Added S	#N/A	g
Protein	#N/A	g
Vitamin D	#N/A	mcg
Calcium (%)	#N/A	%
Iron (%)	#N/A	%
Potassium	#N/A	mcg
Macronutrient Breakdown		
Fats	#N/A	
Carbohydrates	#N/A	
Protein	#N/A	

The 1200 calorie plan is recommended with 2 glasses of Skim/Nonfat Milk

Skim Milk Additions		
Amount	8 oz	16 oz
Calories	80 kcal	160 kcal
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	10 mg	20 mg
Sodium	100mg	200 mg
Total Carbohydrate	12 g	24 g
Dietary Fiber	0 g	0 g
Total Sugars	12 g	24 g
Includes Added	0 g	0 g
Protein	9 g	18 g
Phosphorus	35	70 %
Vitamin D	100 mcg	200 mcg
Calcium (%)	25%	50 %
Iron (%)	0%	0 %
Potassium	400 mcg	800 mcg