

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: 5/14/2026																	
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	5	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	8	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
<b>Average</b>	<b>561</b>	<b>22</b>	<b>7</b>	<b>104</b>	<b>636</b>	<b>61</b>	<b>7.5</b>	<b>20</b>	<b>7</b>	<b>28.7</b>	<b>4</b>	<b>17</b>	<b>30</b>	<b>21</b>	<b>708</b>	<b>14</b>	<b>3</b>
<b>Daily Average</b>	<b>1683</b>	<b>67</b>	<b>21</b>	<b>311</b>	<b>1908</b>	<b>182</b>	<b>22.6</b>	<b>61</b>	<b>20</b>	<b>86.0</b>	<b>13</b>	<b>50</b>	<b>90</b>	<b>64</b>	<b>2123</b>	<b>41</b>	<b>9</b>
<b>Menu B: 4 Day Average W 16 oz skim milk</b>	<b>2013</b>	<b>73</b>	<b>25</b>	<b>341</b>	<b>2208</b>	<b>218</b>	<b>22.6</b>	<b>97</b>	<b>20</b>	<b>113.0</b>	<b>13</b>	<b>50</b>	<b>90</b>	<b>139</b>	<b>3323</b>	<b>146</b>	<b>309</b>
Menu D Week of: 5/21/2026																	
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	560	19	9	260	840	69	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	8.5	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	5	52	2	4	20	25	1080	20	8
<b>Average</b>	<b>548</b>	<b>21</b>	<b>6</b>	<b>108</b>	<b>693</b>	<b>60</b>	<b>8.1</b>	<b>22</b>	<b>5</b>	<b>29.7</b>	<b>2</b>	<b>37</b>	<b>22</b>	<b>21</b>	<b>821</b>	<b>13</b>	<b>4</b>
<b>Daily Average</b>	<b>1643</b>	<b>63</b>	<b>18</b>	<b>325</b>	<b>2078</b>	<b>180</b>	<b>24.3</b>	<b>65</b>	<b>14</b>	<b>89.0</b>	<b>6</b>	<b>111</b>	<b>66</b>	<b>62</b>	<b>2463</b>	<b>39</b>	<b>11</b>
<b>Menu D: 4 Day Average W 16 oz skim milk</b>	<b>1973</b>	<b>70</b>	<b>22</b>	<b>355</b>	<b>2378</b>	<b>216</b>	<b>24.3</b>	<b>101</b>	<b>14</b>	<b>116.0</b>	<b>6</b>	<b>111</b>	<b>66</b>	<b>137</b>	<b>3663</b>	<b>144</b>	<b>311</b>

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: 5/28/2026																	
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
<b>Average</b>	<b>552</b>	<b>22</b>	<b>6</b>	<b>84</b>	<b>654</b>	<b>62</b>	<b>7.0</b>	<b>21</b>	<b>9</b>	<b>26.9</b>	<b>4</b>	<b>52</b>	<b>30</b>	<b>20</b>	<b>813</b>	<b>16</b>	<b>3</b>
<b>Daily Average</b>	<b>1655</b>	<b>67</b>	<b>18</b>	<b>253</b>	<b>1963</b>	<b>186</b>	<b>21.0</b>	<b>62</b>	<b>26</b>	<b>80.8</b>	<b>13</b>	<b>156</b>	<b>89</b>	<b>60</b>	<b>2440</b>	<b>48</b>	<b>9</b>
<b>Menu F: 4 Day Average W 16 oz skim milk</b>	<b>1985</b>	<b>74</b>	<b>22</b>	<b>283</b>	<b>2263</b>	<b>222</b>	<b>21.0</b>	<b>98</b>	<b>26</b>	<b>107.8</b>	<b>13</b>	<b>156</b>	<b>89</b>	<b>135</b>	<b>3640</b>	<b>153</b>	<b>309</b>
Menu H Week of: 6/4/2026																	
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	27	5	125	760	29	6.5	6	0	51	0	6	20	10	650	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
<b>Average</b>	<b>529</b>	<b>19</b>	<b>6</b>	<b>69</b>	<b>628</b>	<b>59</b>	<b>8.8</b>	<b>19</b>	<b>4</b>	<b>28.3</b>	<b>4</b>	<b>40</b>	<b>29</b>	<b>21</b>	<b>978</b>	<b>17</b>	<b>3</b>
<b>Daily Average</b>	<b>1588</b>	<b>56</b>	<b>18</b>	<b>208</b>	<b>1884</b>	<b>178</b>	<b>26.4</b>	<b>56</b>	<b>11</b>	<b>85.0</b>	<b>13</b>	<b>120</b>	<b>88</b>	<b>62</b>	<b>2933</b>	<b>51</b>	<b>10</b>
<b>Menu H: 4 Day Average W 16 oz skim milk</b>	<b>1918</b>	<b>63</b>	<b>22</b>	<b>238</b>	<b>2184</b>	<b>214</b>	<b>26.4</b>	<b>92</b>	<b>11</b>	<b>112.0</b>	<b>13</b>	<b>120</b>	<b>88</b>	<b>137</b>	<b>4133</b>	<b>156</b>	<b>310</b>

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: 6/11/2026															
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
Turkey Cobb Salad	400	16	5.5	260	1000	26	6.5	6	0	37	4	6	25	20	520	15	10
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
<b>Average</b>	<b>536</b>	<b>20</b>	<b>6</b>	<b>123</b>	<b>614</b>	<b>60</b>	<b>8.3</b>	<b>20</b>	<b>6</b>	<b>27.7</b>	<b>3</b>	<b>28</b>	<b>24</b>	<b>15</b>	<b>738</b>	<b>17</b>	<b>4</b>
<b>Daily Average</b>	<b>1608</b>	<b>61</b>	<b>19</b>	<b>368</b>	<b>1843</b>	<b>181</b>	<b>24.9</b>	<b>59</b>	<b>18</b>	<b>83.0</b>	<b>10</b>	<b>85</b>	<b>73</b>	<b>46</b>	<b>2213</b>	<b>50</b>	<b>13</b>
<b>Menu J: 4 Day Average W 16 oz skim milk</b>	<b>1938</b>	<b>68</b>	<b>23</b>	<b>398</b>	<b>2143</b>	<b>217</b>	<b>24.9</b>	<b>95</b>	<b>18</b>	<b>110.0</b>	<b>10</b>	<b>85</b>	<b>73</b>	<b>121</b>	<b>3413</b>	<b>155</b>	<b>313</b>

**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	2208	218	22.6	97	20	113.0	13	50	90	139	3323	146	309
Menu D: 4 Day Average W 16 oz skim milk	1973	70	22	355	2378	216	24.3	101	14	116.0	6	111	66	137	3663	144	311
Menu F: 4 Day Average W 16 oz skim milk	1985	74	22	283	2263	222	21.0	98	26	107.8	13	156	89	135	3640	153	309
Menu H: 4 Day Average W 16 oz skim milk	1918	63	22	238	2184	214	26.4	92	11	112.0	13	120	88	137	4133	156	310
Menu J: 4 Day Average W 16 oz skim milk	1938	68	23	398	2143	217	24.9	95	18	110.0	10	85	73	121	3413	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](mailto:Dietitians@sshe.com)

2000 Calorie Plan Thursday 4-Day Plan With Milk Servings	
Calories	1965 kcal
Total Fat	69.5 g
Saturated Fat	22.9 g
Trans Fat	0 g
Cholesterol	322.8 mg
Sodium	2235 mg
Total Carbohydrates	217.2 g
Dietary Fiber	27.1 g
Total Sugars	96.5 g
Added Sugars	17.6 g
Protein	111.8 g
Vitamin D	310.2 mcg
Calcium (%)	133.80 %
Iron (%)	81.25 %
Potassium	3634.0 mcg
Macronutrient Breakdown	
Fats	32%
Carbohydrates	44%
Protein	23%

2000 Calorie Plan Thursday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1635.0 kcal
Total Fat	62.6 g
Saturated Fat	18.7 g
Trans Fat	0 g
Cholesterol	292.8 mg
Sodium	1935 mg
Total Carbohydrate	181.2 g
Dietary Fiber	27.1 g
Total Sugars	60.5 g
Includes Added	17.6 g
Protein	84.8 g
Vitamin D	10.2 mcg
Calcium (%)	58.80 %
Iron (%)	81.25 %
Potassium	2434.0 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