

Seattle Sutton's Healthy Eating

4-Day Thursday 1200 Calorie Plan Vegetarian 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	300	8	3	20	620	37	6.5	16	2	21	0	6	15	20	490	4	0
Wild Blackberry Parfait	340	11	1	5	40	50	6.5	29	14	13	0	2	70	10	330	10	0
Strawberry Cheesecake French Toast	300	11	4	35	370	40	3	17	6	9	2	2	35	8	170	8	2
Chorizo & Egg Breakfast Taco	260	8	2	130	380	37	5	8	2	11	15	20	10	8	530	8	0
Broccoli Cheddar Soup & Salad	450	17	7	55	750	56	6.5	15	5	18	6	35	20	30	520	20	10
Chickpea Tagine	390	12	0.5	0	390	64	10	6	0	16	2	20	20	15	590	15	0
Eggplant Goat Cheese Melt	390	24	9	55	350	34	5	21	12	11	6	30	8	10	540	10	0
Egg Salad on Croissant	340	19	7	250	360	31	4	14	1	10	6	6	15	4	190	0	0
Raspberry Goat Cheese Salad	430	27	6	15	200	37	7	23	8	14	8	25	25	10	840	20	2
Rustic Zucchini Cavatappi	360	13	4	50	570	50	5.5	9	3	12	2	15	20	6	470	6	0
Spinach Manicotti	430	17.5	5.5	75	660	45	6	14	0	23	6	20	15	25	840	8	0
Vegetable Pad Thai	410	20	3.5	220	410	43	5	13	4	18	2	50	15	8	610	15	0
<b>Average</b>	<b>367</b>	<b>16</b>	<b>4</b>	<b>76</b>	<b>425</b>	<b>44</b>	<b>5.8</b>	<b>15</b>	<b>5</b>	<b>14.7</b>	<b>5</b>	<b>19</b>	<b>22</b>	<b>13</b>	<b>510</b>	<b>10</b>	<b>1</b>
<b>Daily Average</b>	<b>1100</b>	<b>47</b>	<b>13</b>	<b>228</b>	<b>1275</b>	<b>131</b>	<b>17.5</b>	<b>46</b>	<b>14</b>	<b>44.0</b>	<b>14</b>	<b>58</b>	<b>67</b>	<b>39</b>	<b>1530</b>	<b>31</b>	<b>4</b>
<b>Menu B: 4 Day Average W 16 oz skim milk</b>	<b>1260</b>	<b>47</b>	<b>13</b>	<b>248</b>	<b>1475</b>	<b>155</b>	<b>17.5</b>	<b>70</b>	<b>14</b>	<b>62.0</b>	<b>214</b>	<b>58</b>	<b>67</b>	<b>89</b>	<b>2330</b>	<b>101</b>	<b>204</b>
Menu D Week of: 5/21/2026																	
Matcha Muffin Tops	380	17	7	40	240	50	1.5	32	24	7	2	4	8	10	280	10	2
Hashbrown Casserole	180	6	3	20	250	20	4	12	0	13	0	2	10	15	490	8	0
Cheddar & Sausage Breakfast Casserole	480	26	4.5	20	480	42	8	18	1	24	2	8	20	25	640	20	2
Ciabatta Egg Sandwich	300	10	4.5	130	490	40	5	8	0	14	0	60	15	15	140	0	0
Gemelli Pasta Salad	400	29	10	90	350	34	4	18	8	7	0	4	8	6	90	6	0
Margherita Flatbread Pizza	350	17	6	35	650	29	6	6	0	18	2	30	15	30	520	25	2
Three Bean Chili	430	25	4.5	5	490	42	9	8	0	10	2	20	25	15	1190	4	0
BBQ Shiitake Sandwich	230	8	2.5	0	360	30	6	8	5	8	0	15	10	6	260	2	4
Greek Chickpea Feta Fritter	280	4	1.5	5	320	49	8	19	7	11	2	80	15	8	670	8	0
Classic Ratatouille	350	13	3.5	15	270	48	5	5	0	11	8	230	20	15	580	15	0
Sofrito Tofu	340	10	1.5	0	450	47	8	5	0	17	4	20	30	20	720	10	0
Homestyle Macaroni & Cheese	500	15	7	45	710	73	6	18	4	20	4	80	15	30	920	25	10
<b>Average</b>	<b>352</b>	<b>15</b>	<b>5</b>	<b>34</b>	<b>422</b>	<b>42</b>	<b>5.9</b>	<b>13</b>	<b>4</b>	<b>13.3</b>	<b>2</b>	<b>46</b>	<b>16</b>	<b>16</b>	<b>542</b>	<b>11</b>	<b>2</b>
<b>Daily Average</b>	<b>1055</b>	<b>45</b>	<b>14</b>	<b>101</b>	<b>1265</b>	<b>126</b>	<b>17.6</b>	<b>39</b>	<b>12</b>	<b>40.0</b>	<b>7</b>	<b>138</b>	<b>48</b>	<b>49</b>	<b>1625</b>	<b>33</b>	<b>5</b>
<b>Menu D: 4 Day Average W 16 oz skim milk</b>	<b>1215</b>	<b>45</b>	<b>14</b>	<b>121</b>	<b>1465</b>	<b>150</b>	<b>17.6</b>	<b>63</b>	<b>12</b>	<b>58.0</b>	<b>207</b>	<b>138</b>	<b>48</b>	<b>99</b>	<b>2425</b>	<b>103</b>	<b>205</b>

## Seattle Sutton's Healthy Eating

### 4-Day Thursday 1200 Calorie Plan Vegetarian 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	310	13	5	110	600	32	3	4	0	17	2	40	20	25	620	15	2
Cranberry Oat Bar	310	7	0.5	5	60	49	5	30	20	14	0	10	50	15	320	10	0
Cheesy Egg Strata	240	10	5.5	30	500	20	3	11	0	18	4	100	10	20	420	10	2
Breakfast Burrito	320	14	4.5	285	580	33	12.5	6	1	21	0	45	20	25	580	2	0
Stir Fry Udon	390	9	5.5	25	730	65	8	9	2	12	6	180	20	8	610	6	2
Caesar Salad with Roasted Tomatoes	380	25	4	20	480	28	3	12	10	13	2	8	15	20	290	10	0
Deviled Egg Croast	450	24.5	5.5	170	280	43	8.5	24	6	16	2	15	20	15	650	15	2
Chipotle Black Bean Burger	470	25	3.5	5	500	51	11	16	8	16	2	10	20	10	740	2	0
Veggie Seoul Bowl	290	11.5	1.5	0	550	33	8	13	8	14	6	30	30	25	820	15	2
Portobello Fajita	340	11	4	25	590	48	8	6	0	15	2	100	10	15	670	20	4
Butternut Squash Ravioli	450	20	7	70	450	51	9	11	3	17	10	35	20	25	560	15	6
Chile Rellenos	360	10	3	15	580	56	8	7	0	12	8	35	20	20	620	20	2
<b>Average</b>	<b>359</b>	<b>15</b>	<b>4</b>	<b>63</b>	<b>492</b>	<b>42</b>	<b>7.3</b>	<b>12</b>	<b>5</b>	<b>15.4</b>	<b>4</b>	<b>51</b>	<b>21</b>	<b>19</b>	<b>575</b>	<b>12</b>	<b>2</b>
<b>Daily Average</b>	<b>1078</b>	<b>45</b>	<b>12</b>	<b>190</b>	<b>1475</b>	<b>127</b>	<b>21.8</b>	<b>37</b>	<b>15</b>	<b>46.3</b>	<b>11</b>	<b>152</b>	<b>64</b>	<b>56</b>	<b>1725</b>	<b>35</b>	<b>6</b>
<b>Menu F: 4 Day Average W 16 oz skim milk</b>	<b>1238</b>	<b>45</b>	<b>12</b>	<b>210</b>	<b>1675</b>	<b>151</b>	<b>21.8</b>	<b>61</b>	<b>15</b>	<b>64.3</b>	<b>211</b>	<b>152</b>	<b>64</b>	<b>106</b>	<b>2525</b>	<b>105</b>	<b>206</b>
Menu H		Week of: 6/4/2026															
Spinach & Goat Cheese Frittata	220	5	3	10	400	25	3	6	0	17	4	80	30	15	820	15	0
Vegetarian Bacon & Cheddar Clafoutis	390	19	4.5	25	660	34	3	5	0	20	10	50	25	20	1260	15	4
Blueberry Smoothie Bowl	360	8	1.5	0	60	60	7	38	11	12	0	30	35	15	460	15	0
Potato & Onion Pancakes	280	15	5	100	660	32	5	12	1	8	2	6	0	6	600	4	0
Veggie Melt	320	8	3	15	420	44	8	7	0	18	4	20	20	15	750	8	0
Spinach Artichoke Flatbread Pizza	510	23	11	60	730	60	7	30	9	15	4	6	20	35	460	6	2
Vegetarian Acapulco Taco Pie	330	11	3.5	15	380	46	6	7	1	12	2	25	15	20	560	10	4
Vegetarian Mediterranean Lunch Box	400	23	4	5	950	25	4	4	0	25	0	4	15	10	230	2	0
Eggplant Parmesan	230	11	2.5	5	400	33	6	8	0	9	0	10	8	10	560	6	0
Vegetarian Picadillo Cubano	400	3	1	0	390	85	10	5	0	10	0	6	30	8	790	6	0
Pesto Cream Penne	380	14	4	20	640	47	10	11	0	18	4	25	20	20	550	20	15
Butternut & Zucchini Bake	310	12	4	25	210	43	4.5	12	3	8	2	10	10	4	550	6	2
<b>Average</b>	<b>344</b>	<b>13</b>	<b>4</b>	<b>23</b>	<b>492</b>	<b>45</b>	<b>6.1</b>	<b>12</b>	<b>2</b>	<b>14.3</b>	<b>3</b>	<b>23</b>	<b>19</b>	<b>15</b>	<b>633</b>	<b>9</b>	<b>2</b>
<b>Daily Average</b>	<b>1033</b>	<b>38</b>	<b>12</b>	<b>70</b>	<b>1475</b>	<b>134</b>	<b>18.4</b>	<b>36</b>	<b>6</b>	<b>43.0</b>	<b>8</b>	<b>68</b>	<b>57</b>	<b>45</b>	<b>1898</b>	<b>28</b>	<b>7</b>
<b>Menu H: 4 Day Average W 16 oz skim milk</b>	<b>1193</b>	<b>38</b>	<b>12</b>	<b>90</b>	<b>1675</b>	<b>158</b>	<b>18.4</b>	<b>60</b>	<b>6</b>	<b>61.0</b>	<b>208</b>	<b>68</b>	<b>57</b>	<b>95</b>	<b>2698</b>	<b>98</b>	<b>207</b>

Seattle Sutton's Healthy Eating

4-Day Thursday 1200 Calorie Plan Vegetarian 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	330	15	5	20	135	45	3.5	22	13	7	0	2	15	8	300	10	2
Bircher Muesli and Pears	420	20	5.5	30	15	57	6.5	31	16	9	2	2	50	8	330	15	4
Avocado Toast	350	18	3	130	290	35	10	10	0	13	2	50	15	4	480	8	0
Veggie Sausage & Egg Sandwich	390	18	5.5	140	720	34	5	7	1	24	6	15	20	25	520	0	0
Landry Bay Zucchini Cakes	400	25	7	50	640	35	5	7	1	8	2	35	15	6	570	6	2
Chickpea Cobb Salad	340	18	6	215	700	35	9	9	0	21	4	8	20	20	660	20	10
Vegetarian BBQ Pizza	330	11	5.5	30	370	40	9	12	2	17	2	6	10	25	540	10	0
Loaded Potato Soup	380	15	7	45	450	46	4	6	1	15	4	25	15	25	540	20	10
Spring Vegetable Fricassee	430	14	4	20	260	76	11	20	13	11	20	30	25	8	850	10	2
Vegetarian Cottage Pie	370	10	4	0	570	56	17	23	1	14	2	50	20	6	890	15	2
Honey Garlic Chickpea Bowl	350	13	5.5	25	210	49	8	13	0	9	4	6	15	8	470	8	2
Peppered Lentil Salisbury Steak	390	11	4	10	520	50	13.5	8	0	22	2	15	30	6	930	20	4
<b>Average</b>	<b>373</b>	<b>16</b>	<b>5</b>	<b>60</b>	<b>407</b>	<b>47</b>	<b>8.5</b>	<b>14</b>	<b>4</b>	<b>14.2</b>	<b>4</b>	<b>20</b>	<b>21</b>	<b>12</b>	<b>590</b>	<b>12</b>	<b>3</b>
<b>Daily Average</b>	<b>1120</b>	<b>47</b>	<b>16</b>	<b>179</b>	<b>1220</b>	<b>140</b>	<b>25.4</b>	<b>42</b>	<b>12</b>	<b>42.5</b>	<b>13</b>	<b>61</b>	<b>63</b>	<b>37</b>	<b>1770</b>	<b>36</b>	<b>10</b>
<b>Menu J: 4 Day Average W 16 oz skim milk</b>	<b>1280</b>	<b>47</b>	<b>16</b>	<b>199</b>	<b>1420</b>	<b>164</b>	<b>25.4</b>	<b>66</b>	<b>12</b>	<b>60.5</b>	<b>213</b>	<b>61</b>	<b>63</b>	<b>87</b>	<b>2570</b>	<b>106</b>	<b>210</b>

## Seattle Sutton's Healthy Eating

### 4-Day Thursday 1200 Calorie Plan Vegetarian 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: 4 Day Average W 16 oz skim milk	1260	47	13	248	1475	155	17.5	70	14	62.0	214	58	67	89	2330	101	204
Menu D: 4 Day Average W 16 oz skim milk	1215	45	14	121	1465	150	17.6	63	12	58.0	207	138	48	99	2425	103	205
Menu F: 4 Day Average W 16 oz skim milk	1238	45	12	210	1675	151	21.8	61	15	64.3	211	152	64	106	2525	105	206
Menu H: 4 Day Average W 16 oz skim milk	1193	38	12	90	1675	158	18.4	60	6	61.0	208	68	57	95	2698	98	207
Menu J: 4 Day Average W 16 oz skim milk	1280	47	16	199	1420	164	25.4	66	12	60.5	213	61	63	87	2570	106	210



1200 Calorie Plan Thursday 4-Day Plan Including 2 servings of Non-Fat Milk/Day	
Calories	1237 kcal
Total Fat	44.4 g
Saturated Fat	13.3 g
Trans Fat	0 g
Cholesterol	173.5 mg
Sodium	1542 mg
Total Carbohydrates	155.5 g
Dietary Fiber	20.1 g
Total Sugars	64.2 g
Added Sugars	11.9 g
Protein	61.2 g
Vitamin D	206.1 mcg
Calcium (%)	94.95 %
Iron (%)	59.60 %
Potassium	2509.5 mcg
Macronutrient Breakdown	
Fats	32%
Carbohydrates	50%
Protein	20%

1200 Calorie Plan Thursday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1077.0 kcal
Total Fat	44.4 g
Saturated Fat	13.3 g
Trans Fat	0.0 g
Cholesterol	153.5 mg
Sodium	1342.0 mg
Total Carbohydrates	131.5 g
Dietary Fiber	20.1 g
Total Sugars	40.2 g
Includes Added S	11.9 g
Protein	43.2 g
Vitamin D	6.1 mcg
Calcium (%)	45.0 %
Iron (%)	59.6 %
Potassium	1709.5 mcg
Macronutrient Breakdown	
Fats	37%
Carbohydrates	49%
Protein	16%

*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	9g	18 g
Phosphorus	35	70 %
Vitamin D	100 mcg	200 mcg
Calcium (%)	25%	50 %
Iron (%)	0%	0 %
Potassium	400 mcg	800 mcg

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

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