

Seattle Sutton's Healthy Eating

1200 Calorie Plan 7-Day Menu & Meal Plan Nutrition Averages

Menu A 09/08/2025

Meal Name	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)	(%)	(%)
Open-Faced Asparagus & Gruyere Omelet	300	6	2.5	10	540	41	4.5	15	2	21	2	15	20	15	410	6	0
Chocolate Crepe & Strawberry Salsa	320	15	1.5	40	260	38	3	11	4	11	0	4	6	2	150	4	0
Berry Colada Parfait	180	1.5	0.5	0	60	37	4	25	14	9	0	2	4	10	230	0	0
Moroccan Chicken Skewers	440	13	1	80	250	46	6	13	7	36	0	10	20	4	530	25	2
Baja Tinga Wrap	310	11	3.5	45	420	36	7	4	0	20	2	10	10	15	600	8	4
Fresh Fruit and Cottage Cheese Plate	280	9	4	30	620	31	5	13	0	20	0	25	8	25	470	8	2
Crab-Stuffed Flounder	280	9	2.5	60	490	27	4	4	0	23	4	15	10	10	670	6	2
Roast Turkey in Dijon Cream Sauce	460	7	3	120	460	53	8	22	10	48	2	20	20	15	1040	35	4
Nona Sutton's Lasagna	360	20	6	45	520	28	4	10	0	17	4	6	15	25	730	15	0
Average	325.6	10.2	2.7	47.8	402.2	37.4	5.1	13.0	4.1	22.8	1.6	11.9	12.6	13.4	536.7	11.9	1.6
Daily Average	977	30.5	8.2	143.3	1206.7	112.3	15.2	39.0	12.3	68.3	4.7	35.7	37.7	40.3	1610.0	35.7	4.7
W 16 oz skim milk	1136.7	30.5	8.2	153.3	1406.7	136.3	15.2	63.0	12.3	86.3	34.7	35.7	37.7	90.3	2410.0	105.7	204.7

Menu B 09/11/2025

Meal Name	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)	(%)	(%)
Egg Fonduta	300	8	3	20	620	37	6.5	23	3	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	8	9	2	2	35	8	170	8	2
Biscuits & Sausage Gravy	350	18	6.5	160	460	38	4	19	2	12	2	8	10	20	450	2	2
Chicken & Dumplings	310	9	3.5	60	570	38	4.5	15	10	21	8	10	10	6	560	6	2
Broccoli Cheddar Soup & Salad	450	17	7	55	750	56	6.5	15	5	18	6	35	20	30	520	20	10
El Pastor Bowl	320	17	3	75	410	23	5	3	0	20	4	20	10	10	600	6	4
Chicken Salad on Croissant	330	17	6.5	80	300	27	4	10	1	16	6	4	6	2	210	0	0
Raspberry Salmon Salad	380	19	4.5	90	260	22	3.5	12	7	31	4	6	15	6	750	10	0
Rustic Zucchini Cavatappi	360	13	4	50	570	50	5.5	9	3	12	2	15	20	6	470	6	0
Chicken Enchilada Bake	340	15	6	70	570	29	4	6	0	22	2	30	8	20	420	25	2
Sweet & Sour Chicken	490	19	4.5	45	420	65	7	12	4	16	2	70	35	6	290	2	2
Average	355.8	14.5	4.5	62.1	445.0	39.6	5.0	14.2	4.8	17.6	3.2	17.3	21.2	12.0	438.3	8.3	2.0
Daily Average	1068	43.5	13.4	186.3	1335.0	118.8	15.0	42.5	14.3	52.8	9.5	52.0	63.5	36.0	1315.0	24.8	6.0
W 16 oz skim milk	1227.5	43.5	13.4	196.3	1535.0	142.8	15.0	66.5	14.3	70.8	39.5	52.0	63.5	86.0	2115.0	94.8	206.0

Menu C 09/15/2025

Meal Name	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)	(%)	(%)
Peach Berry Blintz	240	9	3	55	210	29	2	15	8	11	2	4	4	8	160	2	0
Cheesy Baked Egg Casserole	300	8	3.5	20	530	37	7	13	2	21	0	30	15	15	560	8	2
Strawberry Chia Oatmeal	300	11	2	0	35	45	6.5	21	7	9	2	30	15	10	420	10	8
Honey Shrimp Salad	260	14	1.5	25	320	28	5	8	1	10	4	60	15	4	390	15	0
Curry Chicken Salad	470	22	2.5	45	400	48	6	19	3	21	0	6	15	10	390	6	0
Tuscan Bean Soup & Crostata	300	13	3	10	700	35	9	5	1	13	2	10	15	15	1190	4	0
Tamale Bowl	420	20	10	20	440	47	11.5	27	0	10	2	15	20	15	340	8	2
Penne "Vodka" Meatballs	410	14	4.5	55	350	49	9	7	1	24	2	30	20	10	890	20	4
Chicken Linguini Alfredo	350	11	4.5	60	560	39	5	10	0	25	2	110	8	20	720	0	0
Average	338.9	13.6	3.8	32.2	393.9	39.7	6.8	13.9	2.6	16.0	1.8	32.8	14.1	11.9	562.2	8.1	1.8
Daily Average	1016.7	40.7	11.5	96.7	1181.7	119.0	20.3	41.7	7.7	48.0	5.3	98.3	42.3	35.7	1686.7	24.3	5.3
W 16 oz skim milk	1176.7	40.7	11.5	106.7	1381.7	143.0	20.3	65.7	7.7	66.0	35.3	98.3	42.3	85.7	2486.7	94.3	205.3

Menu D 09/18/2025																		
Meal Name	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)	(%)	(%)	
Cheddar & Sausage Breakfast Casserole	480	26	4.5	7	480	42	7	13	0	24	2	8	20	25	740	20	2	
Blueberry Almond Torta	400	15	3	18	390	56	5	40	13	14	0	70	10	10	400	4	2	
Hashbrown Casserole	180	6	3	7	250	20	4	12	0	13	0	2	10	15	480	8	0	
Ciabatta Egg Sandwich	300	10	4.5	130	540	40	5	8	0	14	0	60	15	15	270	0	0	
Gemelli Pasta Salad	400	29	9.5	30	350	34	4	18	8	7	0	4	8	6	90	6	0	
Margherita Pizza	360	19	6	13	670	29	6	6	0	18	2	30	15	35	530	30	2	
Chili Con Carne	460	26	4.5	10	490	40	8	9	0	17	2	20	25	15	610	8	2	
Lou's Bleu Burger	490	17	4.5	120	750	61	5	19	7	25	0	10	25	15	640	2	0	
Chicken Carnitas	340	8	2	45	500	34	4	2	0	34	0	8	20	4	340	4	0	
Marry Me Chicken	460	11	4.5	47	610	60	7	18	6	26	4	20	20	25	1090	10	15	
Cider Salmon	280	6	2	43	370	27	5	15	8	28	0	60	15	6	820	6	2	
Honey Peach BBQ Chicken	430	14	5	120	400	39	3	10	5	39	2	4	10	15	920	15	6	
Average	381.7	15.6	4.4	49.2	483.3	40.2	5.3	14.2	3.9	21.6	1.0	24.7	16.1	15.5	577.5	9.4	2.6	
Daily Average	1145.0	46.8	13.3	147.5	1450.0	120.5	15.8	42.5	11.8	64.8	3.0	74.0	48.3	46.5	1732.5	28.3	7.8	
W 16 oz skim milk	1305.0	46.8	13.3	157.5	1650.0	144.5	15.8	66.5	11.8	82.8	33.0	74.0	48.3	96.5	2532.5	98.3	207.8	
Menu E 09/22/2025																		
Meal Name	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)	(%)	(%)	
Strawberry Poppyseed Bread	380	7	0	0	300	69	5.5	39	25	13	0	40	25	10	360	10	0	
Swiss Cheese Egg Bake	200	6	3	20	440	18	2	4	0	20	0	6	10	25	380	0	0	
Morning Protein Plate	430	22	6	200	360	45	6	20	3	18	4	30	20	15	440	10	10	
Chicken Gyro Bowl	340	12	1.5	65	480	40	6	2	0	28	2	25	20	10	310	4	0	
Pecan-Cranberry Mixed Green Salad	410	32	4.5	15	150	25	6	13	10	9	4	8	10	20	220	8	0	
Homestyle Roasted Turkey Sandwich	360	6	3	70	340	55	5	22	8	24	2	8	15	6	450	15	2	
BBQ Meatloaf & Cheddar Mash	380	19	4	60	460	38	4.5	17	9	23	2	10	15	10	740	25	6	
Tortellini Pomodoro	280	10	3.5	50	560	35	5	12	3	12	2	15	15	20	370	4	0	
Cajun Shrimp Etoufee	350	13	4.5	140	550	39	4.5	7	1	23	2	25	10	8	610	10	2	
Average	347.8	14.1	3.3	68.9	404.4	40.4	4.9	15.1	6.6	18.9	2.0	18.6	15.6	13.8	431.1	9.6	2.2	
Daily Average	1043.3	42.3	10.0	206.7	1213.3	121.3	14.8	45.3	19.7	56.7	6.0	55.7	46.7	41.3	1293.3	28.7	6.7	
W 16 oz skim milk	1203.3	42.3	10.0	216.7	1413.3	145.3	14.8	69.3	19.7	74.7	36.0	55.7	46.7	91.3	2093.3	98.7	206.7	
Menu F 09/25/2025																		
Meal Name	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)	(%)	(%)	
Sunrise Pizza	310	17	5	110	600	32	3	4	0	17	2	40	20	25	620	15	2	
Cranberry Oat Bar	310	9	0.5	5	60	49	5	20	11	14	0	10	50	15	320	10	0	
Cheesy Egg Strata	240	13	5.5	30	510	20	3	11	0	18	4	100	10	20	420	10	2	
Bacon & Egg Bagel Sandwich	330	12	3	160	530	42	6	12	0	21	2	80	15	6	540	4	0	
Croque Monsieur	350	21	5.5	35	620	37	2.5	10	1	14	2	2	6	20	400	10	2	
Caesar Salad with Roasted Tomatoes	380	27	4	20	480	28	3	12	10	13	2	8	15	20	290	10	0	
Bonsai Salmon Bowl	420	15	2	65	540	56	4.5	22	11	22	2	20	15	4	760	20	0	
Chipotle Black Bean Burger	470	25	3.5	5	510	51	11	16	9	16	2	10	20	10	740	2	0	
Swedish Meatballs	300	11	3	50	370	36	7	7	0	20	8	35	20	10	920	8	7	
Butternut Squash Ravioli	450	26	7	70	540	51	9	11	3	17	10	35	20	25	560	15	6	
Pasta Verde with Durango Turkey	300	12	4.5	60	420	36	5	6	0	21	2	60	10	6	340	4	2	
Chicken Matzo Ball Soup	440	16	3.5	90	420	40	4	11	6	32	2	4	20	4	730	4	0	
Average	358.3	17.0	3.9	58.3	466.7	39.8	5.3	11.8	4.3	18.8	3.2	33.7	18.4	13.8	553.3	9.3	1.8	
Daily Average	1075.0	51.0	11.8	175.0	1400.0	119.5	15.8	35.5	12.8	56.3	9.5	101.0	55.3	41.3	1660.0	28.0	5.3	
W 16 oz skim milk	1235.0	51.0	11.8	185.0	1600.0	143.5	15.8	59.5	12.8	74.3	39.5	101.0	55.3	91.3	2460.0	98.0	205.3	

Menu G 09/29/2025																		
Meal Name	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)	(%)	(%)	
Wheat Croissant with Brie	480	24	8	40	340	58	8.5	36	6	13	0	8	15	10	530	15	0	
Superfood Brioche French Toast	230	11	3.5	30	220	33	3	18	6	8	2	2	30	6	190	4	2	
Brioche Breakfast Sandwich	480	24	8	135	640	39	7	14	7	25	4	50	30	20	600	2	0	
Broccoli Cheddar Fritter	340	14	4	20	330	44	8.5	22	4	13	2	35	15	15	560	10	2	
Capri Chicken with Quinoa Pilaf	430	18	4	115	740	24	5.5	6	0	44	4	45	10	25	940	15	2	
Loaded Quesadilla & Tortilla Soup	380	19	7	55	990	37	4.5	4	0	21	2	8	10	25	270	15	2	
Mediterranean Lunch Box	360	21	3.5	85	550	20	5.5	4	1	35	0	4	15	8	450	20	2	
Pierogi in Mushroom & Tomato Gravy	270	6	3	20	330	46	3	7	4	9	2	35	15	4	370	2	0	
Salmon with Creamy Dill Sauce	360	13	4.5	65	430	33	4	5	0	30	2	40	10	6	830	10	4	
Average	370.0	16.7	5.1	62.8	507.8	37.1	5.5	12.9	3.1	22.0	2.0	25.2	16.7	13.2	526.7	10.3	1.6	
Daily Average	1110.0	50.0	15.2	188.3	1523.3	111.3	16.5	38.7	9.3	66.0	6.0	75.7	50.0	39.7	1580.0	31.0	4.7	
W 16 oz skim milk	1270.0	50.0	15.2	198.3	1723.3	135.3	16.5	62.7	9.3	84.0	36.0	75.7	50.0	89.7	2380.0	101.0	204.7	
Menu H 10/02/2025																		
Meal Name	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)	(%)	(%)	
Spinach & Cheese Frittata	220	5	3	10	400	25	3	6	0	17	4	80	30	15	820	15	0	
Bacon & Cheddar Clafoutis	340	15	4	30	340	32	3	6	0	16	10	50	25	20	1190	15	8	
Blueberry Smoothie Bowl	360	8	1.5	0	60	60	7	38	18	12	0	30	35	15	460	15	0	
Potato Pancakes with Smoked Veggie Cre	280	15	5	100	660	32	5	12	1	8	2	6	2	6	600	4	0	
Spinach-Artichoke Flatbread Pizza	510	23	11	60	740	60	7	27	6	14	4	4	20	35	400	6	2	
Tuna Melt	230	7	2.5	30	210	21	2	3	0	19	4	10	15	10	410	10	0	
Acapulco Taco Pie	360	16	5	50	460	36	5	5	1	20	2	20	20	20	520	15	2	
Pecan and Poppyseed Chicken Salad	360	20	2	60	290	26	3	10	0	23	2	4	10	6	300	4	0	
Chicken Cacciatore	370	12	4	95	490	28	8	17	1	36	2	40	15	8	930	6	0	
Picadillo Cubano	350	6	1.5	35	290	60	7	4	1	16	0	6	20	6	790	6	0	
Pesto Cream Penne	320	10	2.5	15	400	46	10	11	0	15	4	25	20	15	480	15	10	
Herbed Turkey Bake	300	13	4	45	240	32	4	9	3	15	2	4	10	4	360	4	2	
Average	333.3	12.5	3.8	44.2	381.7	38.2	5.3	12.3	2.6	17.6	3.0	23.3	18.5	13.3	605.0	9.6	2.0	
Daily Average	1000.0	37.5	11.5	132.5	1145.0	114.5	16.0	37.0	7.8	52.8	9.0	69.8	55.5	40.0	1815.0	28.8	6.0	
W 16 oz skim milk	1160.0	37.5	11.5	142.5	1345.0	138.5	16.0	61.0	7.8	70.8	39.0	69.8	55.5	90.0	2615.0	98.8	206.0	
Menu I 10/06/2025																		
Meal Name	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)	(%)	(%)	
Brioche Breakfast Sandwich	400	18	6.5	170	500	34	5	14	6	23	4	50	15	20	540	8	0	
Chocolate Pancake with Citrus Mascarpone	330	15	5.5	20	135	45	3	23	9	7	0	2	15	8	300	10	2	
Blueberry Almond Torta	410	15	3	55	390	57	5	40	13	14	0	70	10	10	400	4	2	
Tex-Mex Fish Taco	350	13	3.5	40	550	37	5	4	2	22	0	4	10	15	650	6	0	
Smoky Chicken Salad Pita	330	11	1.5	60	420	38	7	9	1	25	2	20	15	10	680	8	0	
Fresh Fruit and Cottage Cheese Plate	320	9	4	25	620	37	4	19	0	21	4	40	10	25	660	8	2	
Spaghetti Bolognese	320	11	1.5	0	200	43	8	6	0	11	2	8	20	6	500	8	0	
Thai Coconut Chicken	440	14	6	40	550	56	2	9	3	20	2	15	30	8	500	4	0	
Sundried Tomato & Italian Sausage Flatbr	420	21	4	20	860	41	7	3	2	24	4	35	20	25	630	0	0	
Average	368.9	14.1	3.9	47.8	469.4	43.1	5.1	14.1	4.0	18.6	2.0	27.1	16.1	14.1	540.0	6.2	0.7	
Daily Average	1106.7	42.3	11.8	143.3	1408.3	129.3	15.3	42.3	12.0	55.7	6.0	81.3	48.3	42.3	1620.0	18.7	2.0	
W 16 oz skim milk	1266.7	42.3	11.8	153.3	1608.3	153.3	15.3	66.3	12.0	73.7	36.0	81.3	48.3	92.3	2420.0	88.7	202.0	

Menu J 10/09/2025																	
Meal Name	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)	(%)	(%)
Chocolate Chia Bowl	310	13	3.5	0	70	46	7	31	12	8	0	2	15	15	460	15	0
Bircher Muesli and Pears	420	20	5.5	30	15	57	6	31	16	8	2	2	45	6	290	15	2
Avocado Toast	350	18	3	130	290	35	10	10	1	13	2	50	15	4	480	8	0
Open-Faced Breakfast Sandwich	300	18	6	180	580	19	2	5	0	15	10	15	8	15	320	0	0
Landry Bay Crab Cakes	390	25	7	95	680	24	4	5	1	18	2	30	10	8	590	6	2
Turkey Cobb Salad	360	17	6	240	750	21	5	5	0	32	6	10	25	20	440	15	10
BBQ Chicken Pizza	320	11	5	60	350	36	6	14	3	21	2	6	6	20	530	15	0
Loaded Potato Soup	380	15	7	45	460	48	4	6	1	15	4	10	15	25	520	20	10
Chicken Fricassee	440	13	3.5	110	390	48	5	12	11	35	4	15	10	4	790	4	2
Traditional Cottage Pie	360	14	4.5	90	400	28	4	12	4	29	2	70	10	6	610	8	2
Honey Garlic Chicken Bowl	440	12	1.5	30	750	69	6	21	0	15	2	2	30	4	220	8	0
Salisbury Steak	330	10	3	65	380	36	7	8	1	25	2	15	20	6	770	25	6
Average	366.7	15.5	4.6	89.6	426.3	38.9	5.5	13.3	4.2	19.5	3.2	18.9	17.4	11.1	501.7	11.6	2.8
Daily Average	1100.0	46.5	13.9	268.8	1278.8	116.8	16.5	40.0	12.5	58.5	9.5	56.8	52.3	33.3	1505.0	34.8	8.5
W 16 oz skim milk	1260.0	46.5	13.9	278.8	1478.8	140.8	16.5	64.0	12.5	76.5	39.5	56.8	52.3	83.3	2305.0	104.8	208.5

Seattle Sutton's Healthy Eating 1200 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)	Vitamin A (%)	Vitamin C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (%)
Menu A 09/08/2025	1136.7	30.5	8.2	153.3	1406.7	136.3	15.2	63.0	12.3	86.3	34.7	35.7	37.7	90.3	2410.0	105.7	204.7
Menu B 09/11/2025	1227.5	43.5	13.4	196.3	1535.0	142.8	15.0	66.5	14.3	70.8	39.5	52.0	63.5	86.0	2115.0	94.8	206.0
Menu A & B Average	1175.6	36.1	10.4	171.7	1461.7	139.1	15.1	64.5	13.2	79.7	36.7	42.7	48.7	88.5	2283.6	101.0	205.2
Menu C 09/15/2025	1176.7	40.7	11.5	106.7	1381.7	143.0	20.3	65.7	7.7	66.0	35.3	98.3	42.3	85.7	2486.7	94.3	205.3
Menu D 09/18/2025	1305.0	46.8	13.3	157.5	1650.0	144.5	15.8	66.5	11.8	82.8	33.0	74.0	48.3	96.5	2532.5	98.3	207.8
Menu C & D Average	1231.7	43.3	12.3	128.5	1496.7	143.6	18.4	66.0	9.4	73.2	34.3	87.9	44.9	90.3	2506.3	96.0	206.4
Menu E 09/22/2025	1203.3	42.3	10.0	216.7	1413.3	145.3	14.8	69.3	19.7	74.7	36.0	55.7	46.7	91.3	2093.3	98.7	206.7
Menu F 09/25/2025	1235.0	51.0	11.8	185.0	1600.0	143.5	15.8	59.5	12.8	74.3	39.5	101.0	55.3	91.3	2460.0	98.0	205.3
Menu E & F Average	1216.9	46.0	10.8	203.1	1493.3	144.5	15.2	65.1	16.7	74.5	37.5	75.1	50.3	91.3	2250.5	98.4	206.1
Menu G 09/29/2025	1270.0	50.0	15.2	198.3	1723.3	135.3	16.5	62.7	9.3	84.0	36.0	75.7	50.0	89.7	2380.0	101.0	204.7
Menu H 10/02/2025	1160.0	37.5	11.5	142.5	1345.0	138.5	16.0	61.0	7.8	70.8	39.0	69.8	55.5	90.0	2615.0	98.8	206.0
Menu G & H Average	1222.9	44.6	13.6	174.4	1561.2	136.7	16.3	62.0	8.7	78.3	37.3	73.1	52.4	89.8	2480.7	100.0	205.2
Menu I 10/06/2025	1266.7	42.3	11.8	153.3	1608.3	153.3	15.3	66.3	12.0	73.7	36.0	81.3	48.3	92.3	2420.0	88.7	202.0
Menu J 10/09/2025	1260.0	46.5	13.9	278.8	1478.8	140.8	16.5	64.0	12.5	76.5	39.5	56.8	52.3	83.3	2305.0	104.8	208.5
Menu I & J Average	1263.8	44.1	12.7	207.1	1552.8	147.9	15.8	65.3	12.2	74.9	37.5	70.8	50.0	88.4	2370.7	95.6	204.8



For questions regarding this nutritional analysis, please contact the dietitians at Seattle Sutton's Healthy Eating
1-815-780-2060
Dietitians@sshe.com

1200 Calorie Plan Daily Average WITH Milk Servings	
Calories	1222 kcal
Total Fat	41.8 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	177.0 mg
Sodium	1513 mg
Total Carbohydrates	142.4 g
Dietary Fiber	16.2 g
Total Sugars	64.6 g
Added Sugars	12.0 g
Protein	76.1 g
Vitamin D	205.5 mcg
Calcium (%)	89.67 %
Iron (%)	49.26 %
Potassium	2378.4 mcg
Macronutrient Breakdown	
Fats	31%
Carbohydrates	47%
Protein	25%

1200 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1062.2 kcal
Total Fat	41.8 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	167.0 mg
Sodium	1313 mg
Total Carbohydrates	118.4 g
Dietary Fiber	16.2 g
Total Sugars	40.6 g
Includes Added !	12.0 g
Protein	58.1 g
Vitamin D	5.5 mcg
Calcium (%)	39.67 %
Iron (%)	49.26 %
Potassium	1578.4 mcg
Macronutrient Breakdown	
Fats	35%
Carbohydrates	45%
Protein	22%

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	100	200
Total Carbohydrates	12 g	24 g
Dietary Fiber	0 g	0 g
Total Sugars	12 g	24 g
Includes Added Sugars	0 g	0 g
Protein	9 g	18 g
Vitamin D	100 mcg	200mcg
Calcium (%)	25%	50%
Iron (%)	0%	0%
Potassium	400 mcg	800 mcg