

Seattle Sutton's Healthy Eating

2000 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	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	6.5	17	4	26	2	15	25	15	470	6	0
Chocolate Crepe & Strawberry Salsa	650	30	3.5	80	510	74	5	21	7	22	0	4	10	4	290	10	0
Berry Colada Parfait	320	2.5	1	5	80	62	10	43	19	12	0	6	8	15	390	2	0
Moroccan Chicken Skewers	710	18	3	120	340	76	12.5	18	7	59	0	15	40	10	930	45	2
Baja Tinga Wrap	470	14	4.5	60	620	57	10	5	0	29	2	15	15	15	810	8	4
Fresh Fruit and Cottage Cheese Plate	540	17	7	50	990	54	9	21	0	34	2	35	15	45	730	15	2
Crab-Stuffed Flounder	440	14	4	65	810	52	6	7	1	27	6	25	15	15	1180	15	4
Roast Turkey in Dijon Cream Sauce	590	10	4	145	570	66	10	24	10	55	4	30	25	20	1330	40	6
Nona Sutton's Lasagna	560	24	7.5	45	580	67	11.5	13	0	28	4	6	35	30	700	10	0
Average	525.6	15.3	4.1	64.4	583.3	63.6	8.9	18.8	5.3	32.4	2.2	16.8	20.9	18.8	758.9	16.8	2.0
Daily Average	1576.7	45.8	12.3	193.3	1750.0	190.7	26.8	56.3	16.0	97.3	6.7	50.3	62.7	56.3	2276.7	50.3	6.0
W 24 oz low-fat milk	1906.7	52.7	16.5	223.3	2050.0	226.7	26.8	92.3	16.0	121.9	36.7	62.3	62.7	146.3	3176.7	800.3	306.0

Menu B 09/11/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	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	21	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	380	10	2
Biscuits & Sausage Gravy	630	32	10.5	300	830	62	6	28	4	22	2	10	25	30	720	2	2
Chicken & Dumplings	540	18	6	125	1000	58	7	18	12	41	10	15	20	8	970	6	2
Broccoli Cheddar Soup & Salad	690	28	12	80	1250	81	9	22	6	28	10	60	25	50	820	30	20
El Pastor Bowl	490	21	3.5	100	600	45	12	4	0	29	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	90	270	28	4.5	16	9	32	6	8	15	6	790	10	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	130	45	8	420	4	2
Average	558.3	21.7	6.4	101.3	683.3	61.6	8.0	19.6	8.2	27.8	3.8	28.4	29.6	18.8	665.8	11.9	3.0
Daily Average	1675.0	65.0	19.3	303.8	2050.0	184.8	24.1	58.8	24.5	83.3	11.5	85.3	88.8	56.5	1997.5	35.8	9.0
W 24 oz low-fat milk	2005.0	71.9	23.5	333.8	2350.0	220.8	24.1	94.8	24.5	107.9	41.5	97.3	88.8	146.5	2897.5	785.8	309.0

Menu C 09/15/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	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	15	21	6	6	6	6	260	2	0
Cheesy Baked Egg Casserole	580	15	7	40	1000	64	10	18	4	42	2	35	25	35	860	15	2
Strawberry Chia Oatmeal	470	16	3	5	50	69	10.5	35	10	13	2	50	20	15	660	15	15
Honey Shrimp Salad	360	16	1.5	40	420	40	7	13	1	15	6	100	20	8	570	20	0
Curry Chicken Salad	640	30	4	60	510	65	9.5	31	5	28	0	8	15	15	600	10	0
Tuscan Bean Soup & Crostata	530	23	6	25	1000	61	12.5	10	3	20	4	20	20	25	1860	6	0
Tamale Bowl	520	25	11	25	630	58	13	29	0	13	2	20	25	20	470	10	2
Penne "Vodka" Meatballs	600	20	5.5	70	480	72	14	9	1	33	2	35	30	15	1170	25	6
Chicken Linguini Alfredo	600	19	7	130	990	58	6.5	14	0	50	2	120	15	25	1280	0	15
Average	528.9	20.2	5.6	55.6	610.0	60.0	9.6	20.6	4.3	26.1	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	13.0	78.3	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	13.0	103.2	38.7	143.3	58.7	144.7	3476.7	784.3	313.3

Menu D 09/18/2025																		
Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	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	53	10	18	0	31	2	8	25	30	790	20	2	
Blueberry Almond Torta	600	17	2	15	630	86	10	57	13	28	0	150	25	20	890	6	2	
Hashbrown Casserole	320	9	4.5	25	470	41	6.5	20	0	21	2	4	15	20	660	10	2	
Ciabatta Egg Sandwich	560	19	9	260	840	69	6	15	0	27	0	80	30	30	180	0	0	
Gemelli Pasta Salad	620	39	9	95	470	55	7	27	8	10	0	6	10	8	160	10	0	
Margherita Pizza	620	34	9	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	890	70	5.5	25	9	26	0	15	25	15	750	4	0	
Chicken Carnitas	450	10	2.5	160	660	48	7	3	0	43	4	10	30	6	540	6	0	
Marry Me Chicken	680	17	7	160	1000	85	11	25	6	43	2	8	25	30	1500	15	20	
Cider Salmon	400	7	2	95	500	49	10.5	26	11	32	2	110	20	10	1230	15	4	
Honey Peach BBQ Chicken	700	21	10.5	155	520	71	5	17	6	53	6	6	20	30	1170	25	8	
Average	560.0	21.3	6.0	101.7	685.0	61.8	8.3	22.0	5.1	30.6	2.2	38.5	23.3	22.0	849.2	13.4	3.5	
Daily Average	1680.0	64.0	18.0	305.0	2055.0	185.3	24.9	66.0	15.3	91.8	6.5	115.5	70.0	66.0	2547.5	40.3	10.5	
W 24 oz low-fat milk	2010.0	70.9	22.2	335.0	2355.0	221.3	24.9	102.0	15.3	116.4	36.5	127.5	70.0	156.0	3447.5	790.3	310.5	
Menu E 09/22/2025																		
Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	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	32	17	0	60	25	15	470	10	0	
Swiss Cheese Egg Bake	680	39	11	400	590	55	7	27	3	25	6	60	20	25	730	15	10	
Morning Protein Plate	680	39	11	400	590	55	7	27	3	25	6	60	20	25	730	15	10	
Chicken Gyro Bowl	530	15	1	110	800	46	8	3	0	45	0	10	30	15	260	2	0	
Pecan-Cranberry Mixed Green Salad	650	46	7	25	320	43	9	17	11	16	4	8	15	35	260	8	0	
Homestyle Roasted Turkey Sandwich	570	11	6	140	430	74	6	31	12	44	6	8	20	10	780	25	4	
BBQ Meatloaf & Cheddar Mash	670	31	7	115	840	58	7	20	9	43	2	15	30	20	1280	40	10	
Tortelloni Pomodoro	490	17	5.5	80	900	62	10	18	3	21	4	35	30	35	710	8	0	
Cajun Shrimp Etouffee	520	16	6.5	185	730	62	7.5	9	1	32	4	30	10	10	830	15	2	
Average	583.3	24.6	6.1	162.2	611.1	59.7	7.4	22.4	8.2	29.8	3.6	31.8	22.2	21.1	672.2	15.3	4.0	
Daily Average	1750.0	73.7	18.3	486.7	1833.3	179.0	22.3	67.3	24.7	89.3	10.7	95.3	66.7	63.3	2016.7	46.0	12.0	
W 24 oz low-fat milk	2080.0	80.6	22.5	516.7	2148.3	215.0	22.3	103.3	24.7	113.9	40.7	107.3	66.7	153.3	2916.7	796.0	312.0	
Menu F 09/25/2025																		
Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	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	480	20	8	165	890	51	5	6	1	25	2	60	35	35	1000	20	2	
Cranberry Oat Bar	560	14.5	1	10	95	85	8.5	45	29	23	0	20	100	20	550	20	0	
Cheesy Egg Strata	440	14	7	40	790	53	6.5	29	0	27	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	1200	75	4.5	23	8	27	4	2	15	40	720	20	6	
Caesar Salad with Roasted Tomatoes	520	28	5.5	20	540	44	5	23	20	15	2	10	25	20	410	10	2	
Bonsai Salmon Bowl	700	21	4	120	800	89	5	33	17	38	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	0	31	10	45	25	20	1410	30	10	
Butternut Squash Ravioli	600	26	10	90	710	66	11	15	4	22	15	40	25	30	700	20	6	
Pasta Verde with Durango Turkey	440	14	6	90	570	51	6	7	0	29	4	90	15	10	500	6	4	
Chicken Matzo Ball Soup	650	25	5.5	110	570	63	5	19	11	40	4	6	35	4	940	6	2	
Average	548.3	21.8	6.0	84.2	672.9	61.8	7.0	20.8	8.8	26.9	4.4	51.9	29.6	19.8	810.0	15.8	3.0	
Daily Average	1645.0	65.4	17.9	252.5	2018.8	185.5	21.0	62.3	26.3	80.8	13.3	155.8	88.8	59.5	2430.0	47.5	9.0	
W 24 oz low-fat milk	1975.0	72.3	22.1	282.5	2318.8	224.5	21.0	98.3	26.3	105.4	43.3	167.8	88.8	149.5	3330.0	797.5	309.0	

Menu G 09/29/2025																		
Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	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	770	37	10.5	55	450	99	12	58	11	19	0	15	20	15	830	20	0	
Superfood Brioche French Toast	470	22	7	65	440	54	5	29	13	15	4	2	60	15	350	8	4	
Brioche Breakfast Sandwich	500	23	7	285	550	44	8	24	6	28	8	100	25	20	900	10	0	
Broccoli Cheddar Fritters	530	22	8	40	660	64	9.5	26	7	21	2	60	20	25	780	20	2	
Mediterranean Lunch Box	570	28	5.5	125	830	29	6.5	6.5	2	51	0	4	20	10	620	30	2	
Loaded Quesadilla & Tortilla Soup	510	25	10	70	1170	45	6	5	0	27	2	10	15	35	320	20	2	
Capri Chicken with Quinoa Pilaf	500	19	4.5	145	850	33	7.5	7	0	53	4	50	20	25	1160	15	2	
Pierogi in Mushroom & Tomato Gravy	580	13	4	40	750	99	6	16	7	21	2	60	30	10	950	8	2	
Salmon with Creamy Dill Sauce	520	17	5	70	500	56	7	9	0	36	2	70	15	10	1140	15	4	
Average	550.0	22.9	6.8	99.4	688.9	58.1	7.5	20.1	5.1	30.1	2.7	41.2	25.0	18.3	783.3	16.2	2.0	
Daily Average	1650.0	68.7	20.5	298.3	2066.7	174.3	22.5	60.2	15.3	90.3	8.0	123.7	75.0	55.0	2350.0	48.7	6.0	
W 24 oz low-fat milk	1980.0	75.6	24.7	328.3	2366.7	213.3	22.5	96.2	15.3	114.9	38.0	135.7	75.0	145.0	3250.0	798.7	306.0	
Menu H 10/02/2025																		
Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	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	330	6	3	10	620	45	4	8	0	21	6	140	50	25	1490	25	0	
Bacon & Cheddar Clafoutis	480	21	5.5	40	480	49	4	9	0	22	20	80	35	25	1750	25	10	
Blueberry Smoothie Bowl	540	11	2.5	10	95	91	10	62	28	18	2	60	50	20	790	20	0	
Potato Pancakes with Smoked Veggie C	420	22	8	150	990	48	7	17	2	12	2	10	2	8	900	6	0	
Spinach-Artichoke Flatbread Pizza	660	32	15	75	760	76	8	40	10	16	4	6	25	40	520	10	4	
Tuna Melt	560	14	4.5	65	600	60	8	10	1	45	8	30	30	25	1180	25	0	
Acapulco Taco Pie	500	22	7	70	620	49	7	7	1	27	2	25	25	30	710	20	4	
Pecan and Poppyseed Chicken Salad	570	31	3	90	440	40	6	16	0	34	4	6	15	10	460	6	0	
Chicken Cacciatore	540	19	8	130	640	46	14	31	1	46	2	60	25	10	1210	8	0	
Picadillo Cubano	550	9	2.5	55	480	88	11	7	1	27	0	8	35	10	1140	8	0	
Pesto Cream Penne	520	16	4	20	600	74	16	15	0	25	6	40	25	20	680	20	15	
Herbed Turkey Bake	450	19	6.5	85	450	42	4.5	12	3	29	2	8	15	10	580	10	4	
Average	510.0	18.5	5.8	66.7	564.6	59.0	8.3	19.5	3.9	26.8	4.8	39.4	27.7	19.4	950.8	15.3	3.1	
Daily Average	1530.0	55.5	17.4	200.0	1693.8	177.0	24.9	58.5	11.8	80.5	14.5	118.3	83.0	58.3	2852.5	45.8	9.3	
W 24 oz low-fat milk	1860.0	62.4	21.6	230.0	1993.8	216.0	24.9	94.5	11.8	105.1	44.5	130.3	83.0	148.3	3752.5	795.8	309.3	
Menu I 10/06/2025																		
Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	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)	
Brioche Breakfast Sandwich	500	23	7	285	650	44	6	24	6	28	8	100	25	20	900	10	0	
Chocolate Pancake with Citrus Mascarp	610	26	9	30	250	84	6	40	16	12	0	2	25	15	580	25	4	
Blueberry Almond Torta	580	21	4.5	95	660	79	7	57	13	21	22	160	15	15	700	6	2	
Tex-Mex Fish Taco	590	21	4.5	70	990	65	8	6	3	38	0	6	20	15	1020	6	0	
Smoky Chicken Salad Pita	470	13	1.5	70	540	55	11	10	2	32	4	25	25	20	880	10	0	
Fresh Fruit and Cottage Cheese Plate	540	17	7	50	990	67	6	28	0	33	8	60	15	45	980	15	2	
Spaghetti Bolognese	520	16	3.5	10	430	70	12	8	1	22	4	10	30	15	800	20	0	
Thai Coconut Chicken	660	21	10	50	780	86	3	16	5	27	2	25	45	10	710	4	0	
Sundried Tomato & Italian Sausage Flat	630	32	6	30	1250	58	10	5	4	35	6	60	25	35	900	2	0	
Average	566.7	21.1	5.9	76.7	726.7	67.6	7.7	21.6	5.6	27.6	6.0	49.8	25.0	21.1	830.0	10.9	0.9	
Daily Average	1700.0	63.3	17.7	230.0	2180.0	202.7	23.0	64.7	16.7	82.7	18.0	149.3	75.0	63.3	2490.0	32.7	2.7	
W 24 oz low-fat milk	2030.0	70.2	21.9	260.0	2480.0	241.7	23.0	100.7	16.7	107.3	48.0	161.3	75.0	153.3	3390.0	782.7	302.7	

Menu J 10/09/2025																	
Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	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 Chia Bowl	570	25	6	0	135	82	12	55	23	15	0	2	25	30	840	25	0
Bircher Muesli and Pears	530	25	8	50	25	72	6	39	22	9	4	2	50	8	350	15	4
Avocado Toast	570	25	4	260	540	63	16	19	1	25	2	100	25	8	740	15	0
Egg & Cheese Breakfast Sandwich	420	19	6	180	730	40	6	12	1	21	10	90	15	25	660	2	0
Landry Bay Crab Cakes	530	26	7	145	990	40	7	8	1	35	4	50	20	10	1010	8	2
Turkey Cobb Salad	460	18	6	265	1000	30	8	7	0	45	6	15	35	20	590	20	10
BBQ Chicken Pizza	470	16	8	90	520	50	10	20	5	31	2	8	8	30	730	20	2
Loaded Potato Soup	470	16	8	45	540	64	5	8	1	17	4	15	20	30	660	25	15
Chicken Fricassee	560	16	4.5	145	470	65	8	14	13	45	4	15	20	6	980	6	2
Traditional Cottage Pie	480	20	6.5	115	450	40	5	19	7	35	2	70	15	6	720	8	2
Honey Garlic Chicken Bowl	640	16	2.5	40	1000	100	8	28	1	21	2	4	40	8	340	10	0
Salisbury Steak	610	19	5.5	135	680	63	10	12	1	47	4	25	30	10	1490	45	10
Average	525.8	20.1	6.0	122.5	590.0	59.1	8.4	20.1	6.3	28.8	3.7	33.0	25.3	15.9	759.2	16.6	3.9
Daily Average	1577.5	60.3	18.0	367.5	1770.0	177.3	25.3	60.3	19.0	86.5	11.0	99.0	75.8	47.8	2277.5	49.8	11.8
W 24 oz low-fat milk	1907.5	67.2	22.2	397.5	2070.0	216.3	25.3	96.3	19.0	111.1	41.0	111.0	75.8	137.8	3177.5	799.8	311.8

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 09/08/2025	1906.7	52.7	16.5	223.3	2050.0	226.7	26.8	92.3	16.0	121.9	36.7	62.3	62.7	146.3	3176.7	800.3	306.0
Menu B 09/11/2025	2005.0	71.9	23.5	333.8	2350.0	220.8	24.1	94.8	24.5	107.9	41.5	97.3	88.8	146.5	2897.5	785.8	309.0
Menu A & B Average	1948.8	60.9	19.5	270.7	2178.6	224.1	25.7	93.4	19.6	115.9	38.7	77.3	73.8	146.4	3057.0	794.1	307.3
Menu C 09/15/2025	1916.7	67.6	21.0	196.7	2130.0	216.0	28.7	97.7	13.0	103.2	38.7	143.3	58.7	144.7	3476.7	784.3	313.3
Menu D 09/18/2025	2010.0	70.9	22.2	335.0	2355.0	221.3	24.9	102.0	15.3	116.4	36.5	127.5	70.0	156.0	3447.5	790.3	310.5
Menu C & D Average	1956.7	69.0	21.5	256.0	2226.4	218.3	27.0	99.5	14.0	108.9	37.7	136.5	63.5	149.5	3464.2	786.9	312.1
Menu E 09/22/2025	2080.0	80.6	22.5	516.7	2148.3	215.0	22.3	103.3	24.7	113.9	40.7	107.3	66.7	153.3	2916.7	796.0	312.0
Menu F 09/25/2025	1975.0	72.3	22.1	282.5	2318.8	224.5	21.0	98.3	26.3	105.4	43.3	167.8	88.8	149.5	3330.0	797.5	309.0
Menu E & F Average	2035.0	77.0	22.3	416.3	2221.4	219.1	21.8	101.2	25.3	110.3	41.8	133.2	76.1	151.7	3093.8	796.6	310.7
Menu G 09/29/2025	1980.0	75.6	24.7	328.3	2366.7	213.3	22.5	96.2	15.3	114.9	38.0	135.7	75.0	145.0	3250.0	798.7	306.0
Menu H 10/02/2025	1860.0	62.4	21.6	230.0	1993.8	216.0	24.9	94.5	11.8	105.1	44.5	130.3	83.0	148.3	3752.5	795.8	309.3
Menu G & H Average	1928.6	69.9	23.4	286.2	2206.8	214.5	23.5	95.5	13.8	110.7	40.8	133.3	78.4	146.4	3465.4	797.4	307.4
Menu I 10/06/2025	1842.9	66.7	22.0	328.8	2275.0	229.0	24.1	98.5	17.8	109.2	44.5	136.2	75.4	145.5	3283.8	791.2	307.2
Menu J 10/09/2025	2030.0	70.2	21.9	260.0	2480.0	241.7	23.0	100.7	16.7	107.3	48.0	161.3	75.0	153.3	3390.0	782.7	302.7
Menu I & J Average	1923.1	68.2	22.0	299.3	2362.9	234.4	23.6	99.4	17.3	108.4	46.0	147.0	75.2	148.9	3329.3	787.5	305.3

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	1960.7 kcal
Total Fat	69.0 g
Saturated Fat	21.7 g
Trans Fat	0.0 g
Cholesterol	305.7 mg
Sodium	2239.2 mg
Total Carbohydrates	222.1 g
Dietary Fiber	24.3 g
Total Sugars	97.8 g
Added Sugars	18.0 g
Protein	112.8 g
Vitamin D	308.6 mcg
Calcium (%)	148.6 %
Iron (%)	73.4 %
Potassium	3281.9 mg
Macronutrient Breakdown	
Fats	31%
Carbohydrates	45%
Protein	23%

2000 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1642.7 kcal
Total Fat	62.1 g
Saturated Fat	17.5 g
Trans Fat	0 g
Cholesterol	275.7 mg
Sodium	1924.2 mg
Total Carbohydrates	183.1 g
Dietary Fiber	24.3 g
Total Sugars	61.8 g
Includes Added S	18.0 g
Protein	88.2 g
Vitamin D	9.0 mcg
Calcium (%)	58.1 %
Iron (%)	74.4 %
Potassium	2381.9 mcg
Macronutrient Breakdown	
Fats	34%
Carbohydrates	45%
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	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