

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: 8/27/2026																	
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	290	28	4.5	16	8.5	33	4	15	20	8	920	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	5.5	22	2	6	45	10	420	4	2
Average	561	22	7	104	635	61	7.5	20	7	28.7	4	16	30	21	701	13	3
Daily Average	1683	67	21	311	1905	182	22.6	61	20	86.0	12	49	90	64	2103	39	9
Menu B: 4 Day Average W 16 oz skim milk	2013	73	25	341	2205	218	22.6	97	20	113.0	12	49	90	139	3303	144	309
Menu D Week of: 9/3/2026																	
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	5.5	43	2	8	25	30	1500	15	20
Chicken Carnitas	400	10	2.5	100	720	46	7	3	0	30	2	8	25	6	720	6	0
Honey Peach BBQ Chicken	600	16	7	160	760	64	3.5	18	5	52	2	4	20	30	1120	20	8
Average	543	21	6	103	698	60	8.1	22	5	28.6	2	37	22	21	839	13	4
Daily Average	1628	63	18	310	2093	179	24.3	65	14	85.8	6	110	65	64	2518	39	11
Menu D: 4 Day Average W 16 oz skim milk	1958	70	22	340	2393	215	24.3	101	14	112.8	6	110	65	139	3718	144	311

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: 9/10/2026																	
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	690	17	4.5	125	880	97	5	31	16	34	2	35	30	6	880	10	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	690	31	10	75	1050	75	4.5	23	8	26	4	2	15	40	710	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
Average	549	21	6	84	661	63	7.0	21	9	26.5	4	52	30	20	787	14	3
Daily Average	1648	64	18	253	1983	188	21.0	62	27	79.5	13	156	90	60	2360	42	9
Menu F: 4 Day Average W 16 oz skim milk	1978	71	22	283	2283	224	21.0	98	27	106.5	13	156	90	135	3560	147	309
Menu H Week of: 9/17/2026																	
Spinach & Goat Cheese Frittata	350	6	3	10	620	50	4	8	0	21	6	160	60	25	1640	25	0
Cheddar & Egg Biscuit Sandwich	550	26	10	190	930	52	8.5	19	0	24	6	50	25	25	810	2	0
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
Trattoria Style Penne & Chickpeas	490	17	6.5	25	410	63	13	8.5	0.5	20	6	110	20	15	820	10	2
Herbed Turkey Bake	430	18	5.5	65	510	45	5	12	3	21	2	8	15	4	640	8	4
Average	523	18	6	80	606	59	8.9	19	4	27.7	4	45	28	19	915	14	1
Daily Average	1568	55	19	241	1819	177	26.8	57	11	83.0	11	135	84	57	2745	42	4
Menu H: 4 Day Average W 16 oz skim milk	1898	62	23	271	2119	213	26.8	93	11	110.0	11	135	84	132	3945	147	304

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 J Week of: 9/24/2026																	
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	12.5	45	4	15	20	6	980	6	2
Turkey & Rice ala King	440	11	4.5	55	760	57	7.5	7.5	0.5	22	4	15	25	15	850	15	0
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
Average	533	20	6	120	628	61	8.2	18	6	27.0	3	25	26	16	749	17	4
Daily Average	1600	59	19	361	1883	184	24.5	54	18	81.0	10	76	77	48	2248	52	13
Menu J: 4 Day Average W 16 oz skim milk	1930	66	23	391	2183	220	24.5	90	18	108.0	10	76	77	123	3448	157	313

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	2205	218	22.6	97	20	113.0	12	49	90	139	3303	144	309
Menu D: 4 Day Average W 16 oz skim milk	1958	70	22	340	2393	215	24.3	101	14	112.8	6	110	65	139	3718	144	311
Menu F: 4 Day Average W 16 oz skim milk	1978	71	22	283	2283	224	21.0	98	27	106.5	13	156	90	135	3560	147	309
Menu H: 4 Day Average W 16 oz skim milk	1898	62	23	271	2119	213	26.8	93	11	110.0	11	135	84	132	3945	147	304
Menu J: 4 Day Average W 16 oz skim milk	1930	66	23	391	2183	220	24.5	90	18	108.0	10	76	77	123	3448	157	313



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 Thursday 4-Day Plan With Milk Servings	
Calories	1955 kcal
Total Fat	68.5 g
Saturated Fat	23.1 g
Trans Fat	0 g
Cholesterol	325.3 mg
Sodium	2236 mg
Total Carbohydrates	218.0 g
Dietary Fiber	27.1 g
Total Sugars	95.7 g
Added Sugars	17.8 g
Protein	110.1 g
Vitamin D	309.0 mcg
Calcium (%)	133.40 %
Iron (%)	81.25 %
Potassium	3594.5 mcg
Macronutrient Breakdown	
Fats	32%
Carbohydrates	45%
Protein	23%

2000 Calorie Plan Thursday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1625.0 kcal
Total Fat	61.6 g
Saturated Fat	18.9 g
Trans Fat	0 g
Cholesterol	295.3 mg
Sodium	1936 mg
Total Carbohydrate	182.0 g
Dietary Fiber	27.1 g
Total Sugars	59.7 g
Includes Added	17.8 g
Protein	83.1 g
Vitamin D	8.9 mcg
Calcium (%)	58.40 %
Iron (%)	81.25 %
Potassium	2394.5 mcg
Macronutrient Breakdown	
Fats	34%
Carbohydrates	45%
Protein	20%

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