

Seattle Sutton's Healthy Eating																	
4-Day Thursday 1200 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 Week of: 8/27/2026																	
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	6.5	9	2	2	35	8	170	8	2
Biscuits & Sausage Gravy	350	18	6.5	160	440	38	4	19	2	12	2	8	10	20	450	2	2
Broccoli Cheddar Soup & Salad	450	17	7	55	750	56	6.5	15	5	18	6	35	20	30	520	20	10
Chicken & Dumplings	310	9	3.5	60	570	38	4.5	15	10	21	8	10	10	6	560	6	2
Mushroom Swiss Chicken Burger	380	18	6	105	340	28	4	9	1	30	4	8	15	25	980	15	0
Chicken Salad on Croissant	330	17	6	80	300	27	4	10	1	16	6	4	6	2	210	0	0
Raspberry Salmon Salad	410	21	4.5	95	290	22	4	12	6	33	4	15	20	8	910	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	4	35	6	290	2	2
Average	363	15	5	65	440	40	5.0	14	5	18.6	3	12	22	13	483	9	2
Daily Average	1090	44	14	195	1320	120	14.9	42	14	55.8	10	35	66	40	1450	27	5
Menu B: 4 Day Average W 16 oz skim milk	1250	44	14	215	1520	144	14.9	66	14	73.8	210	35	66	90	2250	97	205
Menu D Week of: 9/3/2026																	
Blueberry Almond Torta	360	12	2.5	50	350	49	7	35	10	13	0	60	10	8	370	4	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
Chili Con Carne	450	26	4.5	30	490	40	8	9	0	17	2	20	25	15	1050	8	2
Lou's Bleu Burger	490	17	4.5	120	700	61	5	19	7	25	0	10	25	15	650	4	0
Cider Salmon	280	6	2	95	370	28	5	16	7	28	0	60	15	6	830	6	2
Marry Me Chicken	440	11	4.5	105	600	60	7	18	5.5	26	2	4	15	20	930	8	10
Chicken Carnitas	280	8	2	85	550	31	4	2	0	23	2	6	15	4	500	4	0
Honey Peach BBQ Chicken	500	15	6.5	130	700	51	3	13	5	42	2	4	10	20	910	15	6
Average	376	15	5	76	498	40	5.5	15	4	20.8	1	22	15	15	593	9	2
Daily Average	1128	46	14	228	1495	121	16.5	44	11	62.5	3	67	46	45	1780	27	7
Menu D: 4 Day Average W 16 oz skim milk	1288	46	14	248	1695	145	16.5	68	11	80.5	203	67	46	95	2580	97	207

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4-Day Thursday 1200 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 F Week of: 9/10/2026																	
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
Bacon & Egg Bagel Sandwich	330	12	3	160	500	42	6	12	0	21	2	80	15	6	540	4	0
Bonsai Salmon Bowl	450	12	3	105	680	57	4.5	21	10	29	0	20	20	6	730	8	0
Caesar Salad with Roasted Tomatoes	380	25	4	20	480	28	3	12	10	13	2	8	15	20	290	10	0
Croque Monsieur	350	16	5.5	35	600	37	2.5	10	1	14	2	2	8	25	400	10	2
Chipotle Black Bean Burger	470	25	3.5	5	500	51	11	16	8	16	2	10	20	10	740	2	0
Swedish Meatballs	300	8	3	50	370	36	7	7	0	20	8	35	20	10	920	20	4
Pasta Verde with Durango Turkey	300	9	4.5	60	400	36	5	6	0	21	2	60	10	6	340	4	2
Butternut Squash Ravioli	450	20	7	70	450	51	9	11	3	17	10	35	20	25	560	15	6
Chicken Matzo Ball Soup	510	20	5.5	95	400	50	4	18	9	33	4	6	30	4	830	8	2
Average	367	15	4	62	462	41	5.3	13	5	19.4	3	34	20	14	559	10	2
Daily Average	1100	44	13	186	1385	122	15.8	40	15	58.3	10	102	60	43	1678	29	5
Menu F: 4 Day Average W 16 oz skim milk	1260	44	13	206	1585	146	15.8	64	15	76.3	210	102	60	93	2478	99	205
Menu H Week of: 9/17/2026																	
Spinach & Goat Cheese Frittata	220	5	3	10	400	25	3	6	0	17	4	80	30	15	820	15	0
Cheddar & Egg Biscuit Sandwich	450	24.5	10	165	780	40	5.5	10	0	19	6	30	20	20	520	2	0
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
Tuna Melt	320	7	2.5	30	410	38	6	6	0	25	4	20	20	15	780	15	0
Spinach Artichoke Flatbread Pizza	510	23	11	60	730	60	7	30	9	15	4	6	20	35	460	6	2
Acapulco Taco Pie	350	14	4.5	50	330	36	5	5	1	20	2	20	15	20	460	10	2
Mediterranean Lunch Box	410	21	3.5	85	550	20	5.5	4	0	35	0	4	15	8	460	20	2
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	320	60	7	4	0	16	0	6	20	6	700	6	0
Trattoria Style Penne & Chickpeas	350	15.5	6	25	290	42	9	5.5	0.5	14	4	80	15	10	570	8	2
Herbed Turkey Bake	290	13	4	40	310	32	4	9	3	13	2	4	10	4	370	4	2
Average	355	14	5	58	444	39	6.0	12	2	19.2	3	27	18	14	594	9	1
Daily Average	1065	41	14	174	1333	118	18.0	37	7	57.5	8	82	54	41	1783	28	3
Menu H: 4 Day Average W 16 oz skim milk	1225	41	14	194	1533	142	18.0	61	7	75.5	208	82	54	91	2583	98	203

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4-Day Thursday 1200 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	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
English Muffin Breakfast Sandwich	370	19	6	180	730	31	4	7	1	20	6	15	15	20	410	0	0
Landry Bay Crab Cakes	390	25	7	95	680	24	4	5	1	18	2	30	10	8	630	6	2
Turkey Cobb Salad	340	16	5.5	245	900	20	5	5	0	31	4	6	20	15	450	15	10
BBQ Chicken Pizza	320	11	5	60	350	39	7	15	4	20	2	6	6	20	530	15	0
Loaded Potato Soup	380	15	7	45	450	46	4	6	1	15	4	25	15	25	540	20	10
Chicken Fricassee	440	13	3.5	110	400	48	5	12	11	35	2	10	10	4	780	4	2
Turkey & Rice ala King	280	8	3.5	40	540	36	5	5	0	16	4	10	15	10	580	8	0
Honey Garlic Chicken Bowl	440	12	1.5	30	800	74	7	24	0	16	2	2	30	6	250	8	0
Salisbury Steak	330	10	3	65	380	36	7	9	1	26	2	15	20	6	760	25	6
Average	366	15	5	88	473	41	5.7	13	4	18.8	3	14	18	11	503	11	3
Daily Average	1098	46	14	263	1418	123	17.0	38	12	56.5	8	43	55	34	1510	34	9
Menu J: 4 Day Average W 16 oz skim milk	1258	46	14	283	1618	147	17.0	62	12	74.5	208	43	55	84	2310	104	209

Seattle Sutton's Healthy Eating

4-Day Thursday 1200 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	1250	44	14	215	1520	144	15	66	14	73.8	210	35	66	90	2250	97	205
Menu D: 4 Day Average W 16 oz skim milk	1288	46	14	248	1695	145	17	68	11	80.5	203	67	46	95	2580	97	207
Menu F: 4 Day Average W 16 oz skim milk	1260	44	13	206	1585	146	16	64	15	76.3	210	102	60	93	2478	99	205
Menu H: 4 Day Average W 16 oz skim milk	1225	41	14	194	1533	142	18	61	7	75.5	208	82	54	91	2583	98	203
Menu J: 4 Day Average W 16 oz skim milk	1258	46	14	283	1618	147	17	62	12	74.5	208	43	55	84	2310	104	209



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 Thursday 4-Day Plan Including 2 servings of Non-Fat Milk/Day	
Calories	1256 kcal
Total Fat	44.2 g
Saturated Fat	14 g
Trans Fat	0 g
Cholesterol	229.0 mg
Sodium	1590 mg
Total Carbohydrates	144.9 g
Dietary Fiber	16.4 g
Total Sugars	63.9 g
Added Sugars	11.7 g
Protein	76.1 g
Vitamin D	205.6 mcg
Calcium (%)	90.40 %
Iron (%)	56.05 %
Potassium	2440.0 mcg
Macronutrient Breakdown	
Fats	14%
Carbohydrates	46%
Protein	24%

1200 Calorie Plan Thursday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1096.0 kcal
Total Fat	44.2 g
Saturated Fat	13.6 g
Trans Fat	0.0 g
Cholesterol	209.0 mg
Sodium	1390.0 mg
Total Carbohydrates	120.9 g
Dietary Fiber	16.4 g
Total Sugars	39.9 g
Includes Added S	11.7 g
Protein	58.1 g
Vitamin D	5.6 mcg
Calcium (%)	40.4 %
Iron (%)	56.1 %
Potassium	1640.0 mcg
Macronutrient Breakdown	
Fats	16%
Carbohydrates	44%
Protein	21%

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