

Seattle Sutton's Healthy Eating

1200 Calorie Plan 4-Day THURSDAY Menu & Meal Plan Nutrition Averages

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
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
Raspberrry 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
Biscuits & Sausage Gravy	320	15	1.5	40	260	38	3	11	4	11	0	4	6	2	150	4	0
Chicken Salad on Croissant	460	7	3	120	460	53	8	22	10	48	2	20	20	15	1040	35	4
Sweet & Sour Chicken	360	20	6	45	520	28	4	10	0	17	4	6	15	25	730	15	0
Average	353.3	13.5	3.9	55.4	450.0	38.7	5.0	14.3	5.3	20.3	2.8	13.0	20.3	13.2	519.2	12.4	2.0
Daily Average	1060	40.5	11.6	166.3	1350.0	116.0	15.0	43.0	16.0	60.8	8.5	39.0	61.0	39.5	1557.5	37.3	6.0
W 16 oz skim milk	1220	40.5	11.625	176.25	1550.0	140.0	15	67.0	16	78.75	38.5	39	61	89.5	2357.5	107.25	206

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
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
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
Ciabatta Egg Sandwich	300	8	3.5	20	530	37	7	13	2	21	0	30	15	15	560	8	2
Lou's Bleu Burger	300	13	3	10	700	35	9	5	1	13	2	10	15	15	1190	4	0
Honey Peach BBQ Chicken	430	14	5	120	400	39	3	10	5	39	2	4	10	15	920	15	6
Average	365.8	15.1	4.2	30.8	478.3	37.8	5.8	13.4	3.6	21.2	1.2	22.2	15.3	15.5	647.5	10.3	2.8
Daily Average	1098	45.3	12.6	92.5	1435.0	113.3	17.3	40.3	10.8	63.5	3.5	66.5	45.8	46.5	1942.5	30.8	8.3
W 16 oz skim milk	1258	45.25	12.625	102.5	1635.0	137.3	17.25	64.3	10.75	81.5	33.5	66.5	45.75	96.5	2742.5	100.75	208.25

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
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
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
Bacon & Egg Bagel Sandwich	340	12	1.5	65	480	40	6	2	0	28	2	25	20	10	310	4	0
Chipotle Black Bean Burger	410	32	4.5	15	150	25	6	13	10	9	4	8	10	20	220	8	0
Chicken Matzo Ball Soup	440	16	3.5	90	420	40	4	11	6	32	2	4	20	4	730	4	0
Average	354.2	17.6	3.9	51.3	432.5	37.5	4.8	10.8	4.3	18.8	3.3	28.9	18.0	14.9	490.8	9.8	1.8
Daily Average	1063	52.8	11.6	153.8	1297.5	112.5	14.5	32.3	13.0	56.3	10.0	86.8	54.0	44.8	1472.5	29.5	5.3
W 16 oz skim milk	1223	52.75	11.625	163.75	1497.5	136.5	14.5	56.3	13	74.25	40	86.75	54	94.75	2272.5	99.5	205.25

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
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
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
Potato Pancakes with Smoked Veggie Cre	340	14	4	20	330	44	8.5	22	4	13	2	35	15	15	560	10	2
Pecan and Poppyseed Chicken Salad	270	6	3	20	330	46	3	7	4	9	2	35	15	4	370	2	0
Herbed Turkey Bake	300	13	4	45	240	32	4	9	3	15	2	4	10	4	360	4	2
Average	330.8	11.3	3.8	34.2	357.5	40.8	5.6	12.9	3.2	16.8	3.0	28.3	20.0	13.9	607.5	9.9	2.2
Daily Average	993	33.8	11.5	102.5	1072.5	122.5	16.9	38.8	9.5	50.5	9.0	84.8	60.0	41.8	1822.5	29.8	6.5
W 16 oz skim milk	1153	33.75	11.5	112.5	1272.5	146.5	16.875	62.8	9.5	68.5	39	84.75	60	91.75	2622.5	99.75	206.5

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
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
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
Open-Faced Breakfast Sandwich	350	13	3.5	40	550	37	5	4	2	22	0	4	10	15	650	6	0
Loaded Potato Soup	320	9	4	25	620	37	4	19	0	21	4	40	10	25	660	8	2
Salisbury Steak	330	10	3	65	380	36	7	8	1	25	2	15	20	6	770	25	6
Average	365.8	14.6	4.2	76.3	437.1	39.5	5.8	14.3	4.3	20.6	2.3	20.5	17.2	11.1	540.8	11.1	2.2
Daily Average	1098	43.8	12.5	228.8	1311.3	118.5	17.3	43.0	12.8	61.8	7.0	61.5	51.5	33.3	1622.5	33.3	6.5
W 16 oz skim milk	1258	43.75	12.5	238.75	1511.3	142.5	17.25	67.0	12.75	79.75	37	61.5	51.5	83.25	2422.5	103.25	206.5

Seattle Sutton's Healthy Eating

1200 Calorie Plan 4-Day THURSDAY Menu & Meal Plan Nutrition Averages

Weekly Averages with Milk	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)	(%)	(%)
Menu B 09/11/2025	1220	41	12	176	1550	140	15	67	16	79	39	39	61	90	2358	107	206
Menu D 09/18/2025	1257.5	45.3	12.6	102.5	1635.0	137.3	17.3	64.3	10.8	81.5	33.5	66.5	45.8	96.5	2742.5	100.8	208.3
Menu F 09/25/2025	1223	53	12	164	1498	137	15	56	13	74	40	87	54	95	2273	100	205
Menu H 10/02/2025	1153	34	12	113	1273	147	17	63	10	69	39	85	60	92	2623	100	207
Menu J 10/09/2025	1258	44	13	239	1511	143	17	67	13	80	37	62	52	83	2423	103	207



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	1222 kcal
Total Fat	41.6 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	158.8 mg
Sodium	1493 mg
Total Carbohydrates	140.6 g
Dietary Fiber	16.2 g
Total Sugars	63.5 g
Added Sugars	12.4 g
Protein	76.6 g
Vitamin D	206.5 mcg
Calcium (%)	91.15 %
Iron (%)	54.45 %
Potassium	2483.5 mcg
Macronutrient Breakdown	
Fats	31%
Carbohydrates	45%
Protein	24%

1200 Calorie Plan Thursday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1062.0 kcal
Total Fat	41.6 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	148.8 mg
Sodium	1293 mg
Total Carbohydrates	116.6 g
Dietary Fiber	16.2 g
Total Sugars	39.5 g
Includes Added !	12.4 g
Protein	58.6 g
Vitamin D	6.5 mcg
Calcium (%)	41.15 %
Iron (%)	54.45 %
Potassium	1683.5 mcg
Macronutrient Breakdown	
Fats	35%
Carbohydrates	44%
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