

Seattle Sutton's Healthy Eating

2000 Calorie Plan 4-Day THURSDAY Menu & Meal Plan Nutrition Averages

Menu B 09/11/2025

Meal Name 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)
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
Raspberrry 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	65	19.25	303.75	2050	184.75	24.125	58.75	24.5	83.25	11.5	85.25	88.75	56.5	1997.5	35.75	9
W 24 oz low-fat milk	1993	71.9	23.45	333.75	2350	220.75	24.125	94.75	24.5	107.85	41.5	97.25	88.75	146.5	2897.5	785.75	309

Menu D 09/18/2025

Meal Name 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)
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	64	18	305	2055	185.25	24.875	66	15.25	91.75	6.5	115.5	70	66	2547.5	40.25	10.5
W 24 oz low-fat milk	1998	70.9	22.2	335	2355	221.25	24.875	102	15.25	116.35	36.5	127.5	70	156	3447.5	790.25	310.5

Menu F 09/25/2025																		
Meal Name 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)	
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	65.375	17.875	252.5	2018.75	185.5	21	62.25	26.25	80.75	13.25	155.75	88.75	59.5	2430	47.5	9	
W 24 oz low-fat milk	1963	72.275	22.075	282.5	2318.75	221.5	21	98.25	26.25	105.35	43.25	167.75	88.75	149.5	3330	797.5	309	

Menu H 10/02/2025																		
Meal Name 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)	
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	55.5	17.375	200	1693.75	177	24.875	58.5	11.75	80.5	14.5	118.25	83	58.25	2852.5	45.75	9.25	
W 24 oz low-fat milk	1848	62.4	21.575	230	1993.75	213	24.875	94.5	11.75	105.1	44.5	130.25	83	148.25	3752.5	795.75	309.25	

Menu J 10/09/2025																		
Meal Name 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)	
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	30	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	58.3	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	60.25	18	367.5	1770	174.75	25.25	60.25	19	86.5	11	99	75.75	47.75	2277.5	49.75	11.75	
W 24 oz low-fat milk	1895.5	67.15	22.2	397.5	2070	210.75	25.25	96.25	19	111.1	41	111	75.75	137.75	3177.5	799.75	311.75	

Seattle Sutton's Healthy Eating

2000 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	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)
Menu B 09/11/2025	1993.0	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 D 09/18/2025	1998.0	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 F 09/25/2025	1963.0	72.3	22.1	282.5	2318.8	221.5	21.0	98.3	26.3	105.4	43.3	167.8	88.8	149.5	3330.0	797.5	309.0
Menu H 10/02/2025	1848.0	62.4	21.6	230.0	1993.8	213.0	24.9	94.5	11.8	105.1	44.5	130.3	83.0	148.3	3752.5	795.8	309.3
Menu J 10/09/2025	1895.5	67.2	22.2	397.5	2070.0	210.8	25.3	96.3	19.0	111.1	41.0	111.0	75.8	137.8	3177.5	799.8	311.8



For questions regarding this nutritional analysis, please contact the dietitians at Seattle Sutton's Healthy Eating

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2000 Calorie Plan Daily Average WITH Milk Servings	
Calories	1939.5 kcal
Total Fat	67.6 g
Saturated Fat	21.9 g
Trans Fat	0.0 g
Cholesterol	315.8 mg
Sodium	2217.5 mg
Total Carbohydrates	217.5 g
Dietary Fiber	24.0 g
Total Sugars	97.2 g
Added Sugars	19.4 g
Protein	109.2 g
Vitamin D	309.9 mcg
Calcium (%)	147.6 %
Iron (%)	81.3 %
Potassium	3321.0 mg
Macronutrient Breakdown	
Fats	30%
Carbohydrates	46%
Protein	23%

2000 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1621.5 kcal
Total Fat	60.7 g
Saturated Fat	17.7 g
Trans Fat	0 g
Cholesterol	285.8 mg
Sodium	1902.5 mg
Total Carbohydrates	178.5 g
Dietary Fiber	24.0 g
Total Sugars	61.2 g
Includes Added Sugar	19.4 g
Protein	84.6 g
Vitamin D	9.9 mcg
Calcium (%)	57.6 %
Iron (%)	81.3 %
Potassium	2421.0 mcg
Macronutrient Breakdown	
Fats	34%
Carbohydrates	44%
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	106 kcal	318
Total Fat	2.3 g	6.9 g
Saturated Fat	0 g	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