Seattle Sutton's Healthy Eating

4-Day Thursday 1200 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: 11/5/2026																
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: 11/12/2026																
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**

Seattle Sutton's Healthy Eating

4-Day Thursday 1200 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: 11/19/2026																
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: 11/26/2026																
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
Smoked Cheddar Chicken	290	5	3	65	600	32	6	4	0	30	2	60	6	20	340	15	6
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	**348**	**13**	**5**	**55**	**453**	**40**	**5.8**	**11**	**2**	**18.7**	**3**	**29**	**17**	**15**	**545**	**10**	**1**
Daily Average	**1045**	**39**	**14**	**166**	**1360**	**119**	**17.5**	**33**	**6**	**56.0**	**8**	**87**	**52**	**44**	**1635**	**30**	**4**
Menu H: 4 Day Average W 16 oz skim milk	**1205**	**39**	**14**	**186**	**1560**	**143**	**17.5**	**57**	**6**	**74.0**	**208**	**87**	**52**	**94**	**2435**	**100**	**204**

Seattle Sutton's Healthy Eating

4-Day Thursday 1200 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 J	Week of: 12/3/2026																
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
Tuscan Lemon Chicken	390	8	2.5	130	560	41	7.5	4.5	0	39	2	25	15	6	890	8	0
Turkey & Rice ala King	280	8	3	40	520	33	5	5	0	15	2	8	15	10	560	8	0
Rosemary Chicken	330	5	0.5	95	450	37	4.5	4.5	0	35	0	0	4	4	940	10	0
Salisbury Steak	330	10	3	65	380	36	7	9	1	26	2	15	20	6	760	25	6
Average	**353**	**14**	**4**	**95**	**455**	**37**	**5.7**	**10**	**3**	**20.7**	**2**	**15**	**17**	**11**	**568**	**12**	**3**
Daily Average	**1058**	**43**	**13**	**284**	**1365**	**111**	**17.0**	**31**	**9**	**62.0**	**7**	**46**	**50**	**34**	**1705**	**35**	**9**
Menu J: 4 Day Average W 16 oz skim milk	**1218**	**43**	**13**	**304**	**1565**	**135**	**17.0**	**55**	**9**	**80.0**	**207**	**46**	**50**	**84**	**2505**	**105**	**209**

Seattle Sutton's Healthy Eating

4-Day Thursday 1200 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: 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	1205	39	14	186	1560	143	18	57	6	74.0	208	87	52	94	2435	100	204
Menu J: 4 Day Average W 16 oz skim milk	1218	43	13	304	1565	135	17	55	9	80.0	207	46	50	84	2505	105	209



For questions regarding this nutritional analysis, please contact thet 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	1244	**kcal**
Total Fat	43.2	**g**
Saturated Fat	13	**g**
Trans Fat	0	**g**
Cholesterol	231.8	**mg**
Sodium	1585	**mg**
Total Carbohydrates	142.8	**g**
Dietary Fiber	16.3	**g**
Total Sugars	61.9	**g**
Added Sugars	11.1	**g**
Protein	76.9	**g**
Vitamin D	205.8	**mcg**
Calcium (%)	91.00	**%**
Iron (%)	54.55	**%**
Potassium	2449.5	**mcg**
Macronutrient Breakdown		
Fats	14%	
Carbohydrates	46%	
Protein	25%	

1200 Calorie Plan Thursday 4-Day Plan WITHOUT MILK SERVINGS		
Calories	1084.0	**kcal**
Total Fat	43.2	**g**
Saturated Fat	13.5	**g**
Trans Fat	0.0	**g**
Cholesterol	211.8	**mg**
Sodium	1385.0	**mg**
Total Carbohydrates	118.8	**g**
Dietary Fiber	16.3	**g**
Total Sugars	37.9	**g**
Includes Added S	11.1	**g**
Protein	58.9	**g**
Vitamin D	5.8	**mcg**
Calcium (%)	41.0	**%**
Iron (%)	54.6	**%**
Potassium	1649.5	**mcg**
Macronutrient Breakdown		
Fats	16%	
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	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