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: 11/5/2026																
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: 11/12/2026																
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: 11/19/2026																
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: 11/26/2026																
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
Smoked Cheddar Chicken	460	7	4	70	900	53	9	8	0	39	4	80	10	30	1140	25	8
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	**516**	**17**	**6**	**76**	**630**	**60**	**8.5**	**17**	**3**	**27.1**	**4**	**47**	**27**	**21**	**911**	**16**	**2**
Daily Average	**1548**	**52**	**18**	**228**	**1889**	**180**	**25.5**	**51**	**10**	**81.3**	**11**	**140**	**81**	**62**	**2733**	**47**	**6**
Menu H: 4 Day Average W 16 oz skim milk	**1878**	**59**	**22**	**258**	**2189**	**216**	**25.5**	**87**	**10**	**108.3**	**11**	**140**	**81**	**137**	**3933**	**152**	**306**

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 J	Week of: 12/3/2026																
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
Tuscan Lemon Chicken	620	10.5	4	190	860	72	12	7	0.5	54	4	35	35	8	1220	15	0
Turkey & Rice ala King	470	12.5	4.5	65	830	59	8	7.5	0.5	24	4	15	25	15	870	15	0
Rosemary Chicken	470	5	1	125	560	59	7.5	7	0	45	0	0	15	6	1220	20	0
Salisbury Steak	620	19	5.5	135	690	65	10	12	1	47	4	25	35	10	1510	45	10
Average	**527**	**18**	**6**	**132**	**629**	**59**	**8.4**	**16**	**5**	**29.9**	**3**	**27**	**25**	**16**	**844**	**19**	**4**
Daily Average	**1580**	**55**	**18**	**396**	**1888**	**176**	**25.3**	**47**	**15**	**89.8**	**10**	**80**	**75**	**48**	**2533**	**56**	**12**
Menu J: 4 Day Average W 16 oz skim milk	**1910**	**62**	**22**	**426**	**2188**	**212**	**25.3**	**83**	**15**	**116.8**	**10**	**80**	**75**	**123**	**3733**	**161**	**312**

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: 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	1878	59	22	258	2189	216	25.5	87	10	108.3	11	140	81	137	3933	152	306
Menu J: 4 Day Average W 16 oz skim milk	1910	62	22	426	2188	212	25.3	83	15	116.8	10	80	75	123	3733	161	312

For questions regarding this nutritional analysis, please contact thet 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	1947	kcal
Total Fat	67.2	g
Saturated Fat	22.8	g
Trans Fat	0	g
Cholesterol	329.5	mg
Sodium	2251	mg
Total Carbohydrates	216.8	g
Dietary Fiber	27.0	g
Total Sugars	93.1	g
Added Sugars	17.1	g
Protein	111.5	g
Vitamin D	309.3	mcg
Calcium (%)	134.40	%
Iron (%)	80.00	%
Potassium	3649.0	mcg

Macronutrient Breakdown	
Fats	31%
Carbohydrates	45%
Protein	23%

2000 Calorie Plan Thursday 4-Day Plan WITHOUT MILK SERVINGS		
Calories	1617.0	kcal
Total Fat	60.3	g
Saturated Fat	18.6	g
Trans Fat	0	g
Cholesterol	299.5	mg
Sodium	1951	mg
Total Carbohydrate	180.8	g
Dietary Fiber	27.0	g
Total Sugars	57.1	g
Includes Added	17.1	g
Protein	84.5	g
Vitamin D	9.3	mcg
Calcium (%)	59.40	%
Iron (%)	80.00	%
Potassium	2449.0	mcg

Macronutrient Breakdown	
Fats	33%
Carbohydrates	45%
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	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