

**Seattle Sutton's Healthy Eating**  
**4-Day Monday 2000 Calorie Plan Vegetarian 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)             | (%)               | (%)              |
| Menu A Week of: 8/24/2026                      |                 |            |                |                    |               |              |              |              |                     |                |                  |                  |             |                |                  |                   |                  |
| Open Faced Asparagus & Gruyere Omelet          | 450             | 8          | 2.5            | 10                 | 750           | 64           | 7            | 17           | 4                   | 26             | 2                | 15               | 25          | 15             | 470              | 6                 | 0                |
| Blueberry Banana Waffle Bites                  | 620             | 30         | 12.5           | 95                 | 520           | 72           | 5            | 43           | 33                  | 17             | 2                | 4                | 35          | 10             | 320              | 10                | 8                |
| Berry Colada Parfait                           | 320             | 2.5        | 1              | 5                  | 80            | 62           | 10           | 43           | 19                  | 12             | 0                | 6                | 8           | 15             | 390              | 2                 | 0                |
| Chocolate Hazelnut Crepe                       | 650             | 30         | 3.5            | 80                 | 510           | 74           | 5            | 24           | 10                  | 22             | 0                | 4                | 15          | 4              | 340              | 10                | 2                |
| Mushroom & Polenta Ragout                      | 480             | 17         | 9              | 45                 | 710           | 65           | 12           | 16           | 5                   | 18             | 6                | 20               | 30          | 20             | 1090             | 25                | 4                |
| Quesabirria Shiitake                           | 740             | 33         | 14.5           | 60                 | 945           | 84           | 17           | 16           | 0                   | 29             | 35               | 45               | 15          | 35             | 1080             | 30                | 15               |
| Fresh Fruit and Cottage Cheese Plate           | 540             | 17         | 7              | 50                 | 990           | 54           | 9            | 21           | 0                   | 34             | 2                | 35               | 15          | 45             | 730              | 15                | 2                |
| Egg Salad on Croissant                         | 570             | 34         | 9              | 400                | 540           | 49           | 6            | 26           | 7                   | 19             | 6                | 6                | 25          | 10             | 360              | 8                 | 0                |
| Cauliflower Tikka Masala                       | 540             | 19         | 3              | 15                 | 810           | 73           | 10           | 12           | 0                   | 21             | 2                | 140              | 45          | 20             | 1420             | 10                | 0                |
| Sweet Potato Chili                             | 490             | 21         | 7.5            | 45                 | 580           | 63           | 7            | 17           | 11.5                | 14             | 15               | 25               | 20          | 25             | 700              | 4                 | 0                |
| Nonna Sutton's Lasagna                         | 590             | 24         | 7.5            | 45                 | 580           | 67           | 11.5         | 13           | 0                   | 28             | 4                | 6                | 35          | 30             | 825              | 10                | 0                |
| Kung Pao Tofu                                  | 500             | 24         | 7              | 30                 | 400           | 56           | 7.5          | 10           | 1                   | 15             | 2                | 70               | 25          | 8              | 780              | 20                | 2                |
| <b>Average</b>                                 | <b>541</b>      | <b>22</b>  | <b>7</b>       | <b>73</b>          | <b>618</b>    | <b>65</b>    | <b>8.9</b>   | <b>22</b>    | <b>8</b>            | <b>21.3</b>    | <b>6</b>         | <b>31</b>        | <b>24</b>   | <b>20</b>      | <b>709</b>       | <b>13</b>         | <b>3</b>         |
| <b>Daily Average</b>                           | <b>1623</b>     | <b>65</b>  | <b>21</b>      | <b>220</b>         | <b>1854</b>   | <b>196</b>   | <b>26.8</b>  | <b>65</b>    | <b>23</b>           | <b>63.8</b>    | <b>19</b>        | <b>94</b>        | <b>73</b>   | <b>59</b>      | <b>2126</b>      | <b>38</b>         | <b>8</b>         |
| <b>Menu A: 4 Day Average W 16 oz skim milk</b> | <b>1953</b>     | <b>72</b>  | <b>25</b>      | <b>250</b>         | <b>2154</b>   | <b>232</b>   | <b>26.8</b>  | <b>101</b>   | <b>23</b>           | <b>90.8</b>    | <b>19</b>        | <b>94</b>        | <b>1273</b> | <b>134</b>     | <b>3326</b>      | <b>143</b>        | <b>308</b>       |
| Menu C Week of: 8/31/2026                      |                 |            |                |                    |               |              |              |              |                     |                |                  |                  |             |                |                  |                   |                  |
| Peach & Ricotta Toast                          | 500             | 20         | 5.5            | 60                 | 500           | 60           | 6            | 24           | 9                   | 20             | 2                | 20               | 60          | 20             | 620              | 10                | 0                |
| Cheesy Baked Egg Casserole                     | 580             | 15         | 7              | 40                 | 1000          | 64           | 10           | 18           | 4                   | 42             | 2                | 35               | 25          | 35             | 860              | 15                | 2                |
| Strawberry Chia Oatmeal                        | 470             | 16         | 3              | 5                  | 50            | 69           | 10.5         | 35           | 10                  | 13             | 2                | 50               | 20          | 15             | 660              | 15                | 15               |
| Ciabatta Egg Sandwich                          | 560             | 19         | 9              | 260                | 840           | 69           | 6            | 15           | 0                   | 27             | 0                | 80               | 30          | 30             | 180              | 0                 | 0                |
| Chili Tempeh Salad                             | 550             | 22         | 2.5            | 0                  | 1160          | 63           | 5            | 9            | 1                   | 26             | 6                | 90               | 35          | 10             | 830              | 20                | 0                |
| Korean Street Sliders                          | 650             | 22         | 6              | 40                 | 980           | 86           | 6            | 17           | 13                  | 25             | 0                | 30               | 30          | 20             | 800              | 6                 | 0                |
| Pecan Cranberry Salad                          | 650             | 46         | 7              | 25                 | 320           | 43           | 7            | 17           | 12                  | 16             | 4                | 8                | 15          | 35             | 260              | 8                 | 0                |
| Portobello Burger                              | 440             | 12         | 1              | 5                  | 620           | 68           | 9            | 24           | 3                   | 11             | 2                | 20               | 15          | 10             | 770              | 10                | 2                |
| Vegetarian Vodka Meatballs                     | 640             | 16         | 5.5            | 20                 | 1110          | 75           | 21           | 9            | 1                   | 55             | 2                | 40               | 50          | 20             | 1740             | 15                | 4                |
| Genoa Minestrone                               | 440             | 13         | 4.5            | 25                 | 650           | 63           | 6.5          | 13           | 2.5                 | 13             | 6                | 40               | 30          | 10             | 770              | 8                 | 0                |
| Primavera Alfredo                              | 570             | 15         | 7              | 45                 | 720           | 85           | 8.5          | 18           | 0                   | 24             | 2                | 2                | 8           | 35             | 900              | 15                | 20               |
| Homestyle Macaroni & Cheese                    | 840             | 24         | 11.5           | 70                 | 1000          | 120          | 8            | 22           | 8                   | 36             | 4                | 80               | 30          | 60             | 1170             | 45                | 15               |
| <b>Average</b>                                 | <b>574</b>      | <b>20</b>  | <b>6</b>       | <b>50</b>          | <b>746</b>    | <b>72</b>    | <b>8.6</b>   | <b>18</b>    | <b>5</b>            | <b>25.7</b>    | <b>3</b>         | <b>41</b>        | <b>29</b>   | <b>25</b>      | <b>797</b>       | <b>14</b>         | <b>5</b>         |
| <b>Daily Average</b>                           | <b>1723</b>     | <b>60</b>  | <b>17</b>      | <b>149</b>         | <b>2238</b>   | <b>216</b>   | <b>25.9</b>  | <b>55</b>    | <b>16</b>           | <b>77.0</b>    | <b>8</b>         | <b>124</b>       | <b>87</b>   | <b>75</b>      | <b>2390</b>      | <b>42</b>         | <b>15</b>        |
| <b>Menu C: 4 Day Average W 16 oz skim milk</b> | <b>2053</b>     | <b>67</b>  | <b>22</b>      | <b>179</b>         | <b>2538</b>   | <b>252</b>   | <b>25.9</b>  | <b>91</b>    | <b>16</b>           | <b>104.0</b>   | <b>8</b>         | <b>124</b>       | <b>87</b>   | <b>150</b>     | <b>3590</b>      | <b>147</b>        | <b>315</b>       |

**Seattle Sutton's Healthy Eating**  
**4-Day Monday 2000 Calorie Plan Vegetarian 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)             | (%)               | (%)              |
| Menu E Week of: 9/7/2026                       |                 |            |                |                    |               |              |              |              |                     |                |                  |                  |             |                |                  |                   |                  |
| Strawberry Poppyseed Bread                     | 460             | 7          | 0              | 5                  | 300           | 82           | 5.5          | 50           | 31                  | 17             | 0                | 60               | 25          | 15             | 470              | 10                | 0                |
| Swiss Cheese Egg Bake                          | 440             | 10         | 6.5            | 35                 | 820           | 35           | 3.5          | 5            | 0                   | 37             | 0                | 15               | 15          | 40             | 530              | 0                 | 0                |
| Morning Protein Plate                          | 680             | 39         | 11             | 400                | 590           | 55           | 7            | 27           | 4                   | 25             | 6                | 60               | 20          | 25             | 730              | 15                | 10               |
| Egg Gouda Slider                               | 490             | 16         | 6.5            | 35                 | 900           | 57           | 8            | 16           | 4                   | 28             | 0                | 60               | 80          | 25             | 720              | 2                 | 0                |
| Falafel Bowl                                   | 700             | 20         | 1.5            | 0                  | 940           | 106          | 16           | 9            | 0                   | 26             | 4                | 50               | 60          | 20             | 630              | 10                | 0                |
| Asian Potstickers                              | 470             | 14.5       | 0              | 0                  | 940           | 66           | 6            | 20           | 13                  | 18             | 0                | 10               | 30          | 10             | 770              | 8                 | 0                |
| Pumpkin Sweet Potato Bisque & Salad            | 590             | 20         | 7              | 40                 | 180           | 95           | 14           | 33           | 22                  | 13             | 10               | 20               | 30          | 15             | 740              | 8                 | 2                |
| Chipotle Black Bean Burger                     | 580             | 31         | 4              | 10                 | 550           | 63           | 13           | 25           | 15                  | 18             | 2                | 15               | 20          | 15             | 890              | 4                 | 0                |
| Cajun Vegetarian Etouffee                      | 630             | 22         | 7              | 40                 | 460           | 98           | 12           | 17           | 1                   | 17             | 6                | 70               | 20          | 10             | 1330             | 25                | 2                |
| Tortelloni Pomodoro                            | 520             | 22         | 6              | 80                 | 990           | 59           | 10           | 17           | 3                   | 21             | 4                | 40               | 25          | 35             | 840              | 8                 | 0                |
| BBQ Loaded Potato                              | 570             | 18.5       | 6.5            | 45                 | 660           | 88           | 8.5          | 23           | 16                  | 16             | 0                | 35               | 25          | 20             | 1600             | 15                | 0                |
| Lentil Stew                                    | 500             | 9          | 1.5            | 0                  | 420           | 91           | 12           | 23           | 10                  | 16             | 15               | 45               | 35          | 15             | 830              | 15                | 0                |
| <b>Average</b>                                 | <b>553</b>      | <b>19</b>  | <b>5</b>       | <b>58</b>          | <b>646</b>    | <b>75</b>    | <b>9.6</b>   | <b>22</b>    | <b>10</b>           | <b>21.0</b>    | <b>4</b>         | <b>40</b>        | <b>32</b>   | <b>20</b>      | <b>840</b>       | <b>10</b>         | <b>1</b>         |
| <b>Daily Average</b>                           | <b>1658</b>     | <b>57</b>  | <b>14</b>      | <b>173</b>         | <b>1938</b>   | <b>224</b>   | <b>28.9</b>  | <b>66</b>    | <b>30</b>           | <b>63.0</b>    | <b>12</b>        | <b>120</b>       | <b>96</b>   | <b>61</b>      | <b>2520</b>      | <b>30</b>         | <b>4</b>         |
| <b>Menu E: 4 Day Average W 16 oz skim milk</b> | <b>1988</b>     | <b>64</b>  | <b>19</b>      | <b>203</b>         | <b>2238</b>   | <b>260</b>   | <b>28.9</b>  | <b>102</b>   | <b>30</b>           | <b>90.0</b>    | <b>12</b>        | <b>120</b>       | <b>96</b>   | <b>136</b>     | <b>3720</b>      | <b>135</b>        | <b>304</b>       |
| Menu G Week of: 9/14/2026                      |                 |            |                |                    |               |              |              |              |                     |                |                  |                  |             |                |                  |                   |                  |
| Wheat Croissant and Brie                       | 540             | 19         | 9              | 55                 | 450           | 82           | 9            | 49           | 7                   | 11             | 2                | 15               | 15          | 4              | 750              | 6                 | 0                |
| Superfood Brioche French Toast                 | 470             | 22         | 7              | 65                 | 440           | 54           | 5            | 29           | 12                  | 15             | 4                | 2                | 60          | 15             | 350              | 8                 | 4                |
| Four Cheese Egg Tart                           | 460             | 18         | 10             | 55                 | 750           | 35           | 3            | 17           | 6.5                 | 34             | 2                | 8                | 25          | 25             | 650              | 8                 | 2                |
| Potato & Onion Pancakes                        | 440             | 22         | 8              | 150                | 990           | 48           | 7            | 17           | 2                   | 12             | 2                | 10               | 2           | 8              | 900              | 6                 | 0                |
| Broccoli Cheddar Fritter                       | 550             | 22         | 8              | 40                 | 660           | 64           | 10           | 26           | 4                   | 21             | 2                | 60               | 20          | 25             | 780              | 20                | 2                |
| Poppyseed Sweet Potato Salad                   | 630             | 24         | 3              | 0                  | 300           | 89           | 11           | 36           | 14.5                | 14             | 30               | 40               | 30          | 10             | 1020             | 25                | 0                |
| Sweet Potato Taco                              | 590             | 25         | 11.5           | 90                 | 830           | 69           | 9            | 21           | 8                   | 18             | 15               | 60               | 15          | 20             | 680              | 10                | 6                |
| Loaded Nacho Bowl                              | 500             | 13         | 6.5            | 35                 | 600           | 72           | 9            | 7            | 0                   | 24             | 4                | 10               | 25          | 30             | 1080             | 30                | 2                |
| Southwestern Couscous Pilaf                    | 730             | 28         | 10.5           | 65                 | 850           | 89           | 10.5         | 18           | 11                  | 29             | 4                | 30               | 20          | 40             | 670              | 30                | 4                |
| Truffled Mac 'n Cheese                         | 610             | 26.5       | 10             | 95                 | 750           | 75           | 7            | 13           | 0                   | 22             | 4                | 25               | 25          | 30             | 1040             | 35                | 20               |
| Pierogi in Mushroom & Tomato Gravy             | 600             | 13         | 4              | 40                 | 750           | 99           | 6            | 16           | 6.5                 | 21             | 2                | 60               | 30          | 10             | 950              | 8                 | 2                |
| Goat Cheese and Eggplant Stack                 | 410             | 18         | 5.5            | 20                 | 740           | 45           | 13           | 15           | 0                   | 16             | 4                | 15               | 25          | 15             | 1140             | 10                | 2                |
| <b>Average</b>                                 | <b>544</b>      | <b>21</b>  | <b>8</b>       | <b>59</b>          | <b>676</b>    | <b>68</b>    | <b>8.3</b>   | <b>22</b>    | <b>6</b>            | <b>19.8</b>    | <b>6</b>         | <b>28</b>        | <b>24</b>   | <b>19</b>      | <b>834</b>       | <b>16</b>         | <b>4</b>         |
| <b>Daily Average</b>                           | <b>1633</b>     | <b>63</b>  | <b>23</b>      | <b>178</b>         | <b>2028</b>   | <b>205</b>   | <b>24.9</b>  | <b>66</b>    | <b>18</b>           | <b>59.3</b>    | <b>19</b>        | <b>84</b>        | <b>73</b>   | <b>58</b>      | <b>2503</b>      | <b>49</b>         | <b>11</b>        |
| <b>Menu G: 4 Day Average W 16 oz skim milk</b> | <b>1963</b>     | <b>70</b>  | <b>27</b>      | <b>208</b>         | <b>2328</b>   | <b>241</b>   | <b>24.9</b>  | <b>102</b>   | <b>18</b>           | <b>86.3</b>    | <b>19</b>        | <b>84</b>        | <b>73</b>   | <b>133</b>     | <b>3703</b>      | <b>154</b>        | <b>311</b>       |

**Seattle Sutton's Healthy Eating**  
**4-Day Monday 2000 Calorie Plan Vegetarian 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)             | (%)               | (%)              |
| Menu I                                         |                 | Week of: 9/21/2026 |                |                    |               |              |              |              |                     |                |                  |                  |             |                |                  |                   |                  |
| Egg & Feta Tart                                | 480             | 23                 | 11.5           | 210                | 550           | 51           | 7            | 25           | 0                   | 17             | 2                | 2                | 10          | 20             | 460              | 10                | 0                |
| Chocolate Chia Bowl                            | 700             | 35                 | 9              | 0                  | 140           | 87           | 14           | 55           | 27                  | 21             | 2                | 25               | 35          | 35             | 1070             | 40                | 8                |
| Orange Berry Waffle                            | 420             | 15                 | 5.5            | 75                 | 600           | 56           | 3.5          | 29           | 9                   | 13             | 0                | 4                | 4           | 15             | 85               | 0                 | 0                |
| Carrot Banana Loaf                             | 470             | 10                 | 1              | 10                 | 370           | 80           | 5            | 49           | 24.5                | 15             | 2                | 10               | 15          | 15             | 610              | 10                | 6                |
| Tex Mex Black Bean Taco                        | 500             | 22                 | 9              | 50                 | 740           | 60           | 8            | 7            | 0                   | 19             | 2                | 6                | 10          | 30             | 690              | 10                | 2                |
| Beet & Goat Cheese Flatbread                   | 510             | 29.5               | 6              | 15                 | 520           | 48           | 7            | 24           | 1.5                 | 13             | 4                | 30               | 20          | 20             | 720              | 15                | 2                |
| Protein Pasta Carbonara                        | 560             | 26                 | 14.5           | 80                 | 600           | 61           | 12.5         | 6            | 0                   | 20             | 4                | 15               | 15          | 15             | 400              | 10                | 2                |
| Loaded Potato Soup                             | 460             | 18                 | 9              | 50                 | 550           | 58           | 6            | 9            | 1                   | 18             | 4                | 25               | 20          | 30             | 680              | 25                | 15               |
| Italian Sausage Flatbread Pizza                | 790             | 34                 | 8              | 40                 | 1600          | 86           | 11           | 6            | 2                   | 39             | 0                | 2                | 30          | 30             | 1000             | 2                 | 0                |
| Chimichurri Bowl                               | 460             | 18                 | 2.5            | 10                 | 890           | 60           | 18           | 13           | 0                   | 21             | 4                | 120              | 45          | 15             | 920              | 15                | 0                |
| Spaghetti Lentil Bolognese                     | 610             | 21                 | 5.5            | 20                 | 700           | 77           | 9            | 12           | 0                   | 28             | 4                | 50               | 30          | 30             | 1270             | 30                | 2                |
| Southwest Stuffed Pepper                       | 720             | 34.5               | 11.5           | 55                 | 940           | 69           | 13.5         | 15           | 0                   | 26             | 4                | 10               | 35          | 40             | 1470             | 25                | 0                |
| <b>Average</b>                                 | <b>557</b>      | <b>24</b>          | <b>8</b>       | <b>51</b>          | <b>683</b>    | <b>66</b>    | <b>9.5</b>   | <b>21</b>    | <b>5</b>            | <b>20.8</b>    | <b>3</b>         | <b>25</b>        | <b>22</b>   | <b>25</b>      | <b>781</b>       | <b>16</b>         | <b>3</b>         |
| <b>Daily Average</b>                           | <b>1670</b>     | <b>72</b>          | <b>23</b>      | <b>154</b>         | <b>2050</b>   | <b>198</b>   | <b>28.6</b>  | <b>63</b>    | <b>16</b>           | <b>62.5</b>    | <b>8</b>         | <b>75</b>        | <b>67</b>   | <b>74</b>      | <b>2344</b>      | <b>48</b>         | <b>9</b>         |
| <b>Menu I: 4 Day Average W 16 oz skim milk</b> | <b>2000</b>     | <b>78</b>          | <b>27</b>      | <b>184</b>         | <b>2350</b>   | <b>234</b>   | <b>28.6</b>  | <b>99</b>    | <b>16</b>           | <b>89.5</b>    | <b>8</b>         | <b>75</b>        | <b>67</b>   | <b>149</b>     | <b>3544</b>      | <b>153</b>        | <b>309</b>       |

**Seattle Sutton's Healthy Eating**  
**4-Day Monday 2000 Calorie Plan Vegetarian 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)             | (%)               | (%)              |
| Menu A: 4 Day Average W 16 oz skim milk | 1953            | 72         | 25             | 250                | 2154          | 232          | 26.8         | 101          | 23                  | 90.8           | 19               | 94               | 1273        | 134            | 3326             | 143               | 308              |
| Menu C: 4 Day Average W 16 oz skim milk | 2053            | 67         | 22             | 179                | 2538          | 252          | 25.9         | 91           | 16                  | 104.0          | 8                | 124              | 87          | 150            | 3590             | 147               | 315              |
| Menu E: 4 Day Average W 16 oz skim milk | 1988            | 64         | 19             | 203                | 2238          | 260          | 28.9         | 102          | 30                  | 90.0           | 12               | 120              | 96          | 136            | 3720             | 135               | 304              |
| Menu G: 4 Day Average W 16 oz skim milk | 1963            | 70         | 27             | 208                | 2328          | 241          | 24.9         | 102          | 18                  | 86.3           | 19               | 84               | 73          | 133            | 3703             | 154               | 311              |
| Menu I: 4 Day Average W 16 oz skim milk | 2000            | 78         | 27             | 184                | 2350          | 234          | 28.6         | 99           | 16                  | 89.5           | 8                | 75               | 67          | 149            | 3544             | 153               | 309              |



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

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| 2000 Calorie Plan<br>Monday 4-Day Plan<br>With Milk Servings |            |
|--------------------------------------------------------------|------------|
| Calories                                                     | 1991 kcal  |
| Total Fat                                                    | 70.2 g     |
| Saturated Fat                                                | 24.1 g     |
| Trans Fat                                                    | 0 g        |
| Cholesterol                                                  | 204.5 mg   |
| Sodium                                                       | 2321 mg    |
| Total Carbohydrates                                          | 243.9 g    |
| Dietary Fiber                                                | 30.7 g     |
| Total Sugars                                                 | 98.9 g     |
| Added Sugars                                                 | 20.5 g     |
| Protein                                                      | 92.1 g     |
| Vitamin D                                                    | 309.3 mcg  |
| Calcium (%)                                                  | 140.45 %   |
| Iron (%)                                                     | 319.35 %   |
| Potassium                                                    | 3576.5 mcg |
| Macronutrient Breakdown                                      |            |
| Fats                                                         | 32%        |
| Carbohydrates                                                | 49%        |
| Protein                                                      | 19%        |

| 2000 Calorie Plan<br>Monday 4-Day Plan<br>WITHOUT MILK SERVINGS |             |
|-----------------------------------------------------------------|-------------|
| Calories                                                        | 1661.0 kcal |
| Total Fat                                                       | 63.3 g      |
| Saturated Fat                                                   | 19.9 g      |
| Trans Fat                                                       | 0 g         |
| Cholesterol                                                     | 174.5 mg    |
| Sodium                                                          | 2021 mg     |
| Total Carbohydrates                                             | 207.9 g     |
| Dietary Fiber                                                   | 30.7 g      |
| Total Sugars                                                    | 62.9 g      |
| Includes Added S                                                | 20.5 g      |
| Protein                                                         | 65.1 g      |
| Vitamin D                                                       | 9.3 mcg     |
| Calcium (%)                                                     | 65.45 %     |
| Iron (%)                                                        | 319.35 %    |
| Potassium                                                       | 2376.5 mcg  |
| Macronutrient Breakdown                                         |             |
| Fats                                                            | 34%         |
| Carbohydrates                                                   | 50%         |
| Protein                                                         | 16%         |

*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 |