

Seattle Sutton's Healthy Eating																	
4-Day Thursday 2000 Calorie Plan Vegetarian 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)	(%)	(%)
Menu B Week of: 8/27/2026																	
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
Chorizo & Egg Breakfast Taco	430	14	4	220	670	57	7	10	2	19	15	25	15	10	680	10	0
Broccoli Cheddar Soup & Salad	710	30	12	80	840	82	10	22	5	28	10	60	25	50	820	30	20
Chickpea Tagine	560	12	0.5	0	530	93	13	9	0	21	4	30	25	15	830	15	0
Eggplant Goat Cheese Melt	640	43	17	90	660	47	8	26	13	20	10	60	15	20	980	25	2
Egg Salad on Croissant	570	34	9	400	540	49	6	26	7	19	6	6	25	10	360	8	0
Raspberry Goat Cheese Salad	620	38	10	20	280	52	8	32	12	21	8	25	30	15	1080	30	2
Rustic Zucchini Cavatappi	610	17	4.5	100	790	93	9	8	3	21	2	20	30	8	710	8	0
Spinach Manicotti	630	25	8	110	950	67	9	21	0	34	8	30	20	40	1160	10	0
Vegetable Pad Thai	580	24	4.5	380	660	66	6	18	6	25	2	80	25	10	850	20	0
Average	563	23	7	128	630	65	8.5	22	7	23.4	6	29	30	20	755	15	2
Daily Average	1690	70	20	384	1890	196	25.5	65	20	70.3	17	87	90	60	2265	46	7
Menu B: 4 Day Average W 16 oz skim milk	2020	77	25	414	2190	232	25.5	101	20	97.3	17	87	90	135	3465	151	307
Menu D Week of: 9/3/2026																	
Matcha Muffin Tops	710	32	12.5	65	430	93	3	54	42	14	4	6	30	15	520	20	4
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
Three Bean Chili	600	35	9	30	690	53	12.5	12	0	18	4	25	25	25	1770	10	2
BBQ Shiitake Sandwich	550	28	10	5	960	59	18	17	12	18	2	30	20	10	540	2	20
Greek Chickpea Feta Fritter	450	7	2	10	580	77	13	26	9	19	2	90	25	15	940	15	0
Classic Ratatouille	420	15	4.5	20	500	58	6	7	0	13	10	300	20	15	680	15	2
Sofrito Tofu	460	14	2	0	630	63	11	7	0	23	4	25	40	25	970	15	0
Homestyle Macaroni & Cheese	600	18	9	55	870	86	6.5	19	6	25	4	80	20	40	1000	30	15
Average	541	23	7	54	668	63	9.0	20	7	20.4	3	56	23	23	742	15	4
Daily Average	1623	70	22	161	2003	190	27.1	61	22	61.3	10	169	69	70	2225	46	12
Menu D: 4 Day Average W 16 oz skim milk	1953	77	26	191	2303	226	27.1	97	22	88.3	10	169	69	145	3425	151	312

Seattle Sutton's Healthy Eating

4-Day Thursday 2000 Calorie Plan Vegetarian 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)	(%)	(%)
Menu F		Week of: 9/10/2026															
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
Breakfast Burrito	530	21	7	430	930	51	7	4	0	31	0	60	20	25	660	2	0
Stir Fry Udon	520	10	5.5	25	900	85	12	14	2	17	8	260	35	10	880	10	2
Caesar Salad with Roasted Tomatoes	530	32	5.5	20	540	45	5	23	20	15	2	10	25	20	420	10	0
Deviled Egg Croast	590	33	8	230	430	53	9.5	26	7	21	2	30	25	20	880	20	2
Chipotle Black Bean Burger	580	31	4	10	550	63	13	25	15	18	2	15	20	15	890	4	0
Veggie Seoul Bowl	400	15.5	2	0	710	44	10	18	12	21	10	40	40	35	1100	20	2
Portobello Fajita	480	15	5	25	830	68	10.5	8	0	19	4	180	15	20	870	25	4
Butternut Squash Ravioli	600	28	10	90	700	66	11	15	4	22	15	40	25	30	700	20	6
Chile Rellenos	500	12.5	4	20	720	79	9	9	0	16	8	40	25	25	780	30	4
Average	520	21	6	89	671	62	8.9	19	8	21.3	5	81	32	24	793	16	2
Daily Average	1560	62	17	266	2013	186	26.8	56	24	63.8	15	244	95	71	2380	49	7
Menu F: 4 Day Average W 16 oz skim milk	1890	69	21	296	2313	222	26.8	92	24	90.8	15	244	95	146	3580	154	307
Menu H		Week of: 9/17/2026															
Spinach & Goat Cheese Frittata	350	6	3	10	620	50	4	8	0	21	6	160	60	25	1640	25	0
Mini Dutch Pancakes	550	30.5	8	80	370	49	2	25	11.5	19	2	10	4	15	430	10	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
Deep Dish Spinach Pie	420	24	11.5	75	670	34	6	14	9	20	8	8	20	35	370	20	2
Spinach Artichoke Flatbread Pizza	660	32	15	75	760	73	9	38	18	16	4	6	25	45	530	10	4
Vegetarian Acapulco Taco Pie	410	13	4	15	420	57	8	8	2	13	2	35	20	25	700	15	4
Muffuletta Bowl	470	28	4.5	20	270	41	7	10	2	12	4	80	15	15	690	20	0
Eggplant Parmesan	480	19	3.5	5	700	62	8	14	0	14	2	15	15	10	990	8	0
Gnocchi Pesto	580	26	6	45	780	67	4	8	3	17	2	10	10	20	320	6	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
Lentil Wellington	530	24	12.5	65	760	62	7	11	0	13	0	15	25	15	1380	15	6
Average	493	21	7	48	570	58	7.1	19	5	16.3	3	42	22	21	794	14	2
Daily Average	1480	63	21	144	1711	174	21.4	56	16	48.8	10	127	67	62	2383	41	5
Menu H: 4 Day Average W 16 oz skim milk	1810	70	25	174	2011	210	21.4	92	16	75.8	10	127	67	137	3583	146	305

Seattle Sutton's Healthy Eating

4-Day Thursday 2000 Calorie Plan Vegetarian 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)	(%)	(%)
Menu J	Week of: 9/24/2026																
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
Croissant Breakfast Sandwich	550	35	14	180	520	31	8	14	1	24	15	50	20	35	670	2	0
Landry Bay Zucchini Cakes	550	26	7	50	900	63	8	11	2	15	4	60	25	10	980	10	2
Greek Lunch Platter	700	28	3	10	980	87	13	12	0	21	15	25	45	25	1130	10	0
Vietnamese Banh Mi	460	20	3	0	800	58	8	15	2	12	4	130	20	10	840	10	0
Loaded Potato Soup	490	17	8	50	550	64	5	9	1	19	4	30	20	30	760	25	15
Spinach Ravioli	420	17	6.5	75	950	39	4.5	8	1	14	8	4	10	20	380	6	0
White Bean & Rice ala King	430	11	4.5	20	500	68	12	9	0	11	6	30	25	15	1170	15	0
Honey Garlic Chickpea Bowl	460	15	6	25	270	68	9	17	0	13	4	8	15	10	620	10	2
Peppered Lentil Salisbury Steak	540	21	6	10	670	56	11	10	1	32	2	15	45	8	1210	20	2
Average	535	23	7	64	580	63	9.0	17	5	17.3	6	38	27	16	786	14	3
Daily Average	1605	68	20	191	1740	190	27.0	51	14	52.0	17	114	81	49	2358	42	8
Menu J: 4 Day Average W 16 oz skim milk	1935	74	24	221	2040	226	27.0	87	14	79.0	17	114	81	124	3558	147	308

Seattle Sutton's Healthy Eating
4-Day Thursday 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 B: 4 Day Average W 16 oz skim milk	2020	77	25	414	2190	232	26	101	20	97	17	87	90	135	3465	151	307
Menu D: 4 Day Average W 16 oz skim milk	1953	77	26	191	2303	226	27	97	22	88	10	169	69	145	3425	151	312
Menu F: 4 Day Average W 16 oz skim milk	1890	69	21	296	2313	222	27	92	24	91	15	244	95	146	3580	154	307
Menu H: 4 Day Average W 16 oz skim milk	1810	70	25	174	2011	210	21	92	16	76	10	127	67	137	3583	146	305
Menu J: 4 Day Average W 16 oz skim milk	1935	74	24	221	2040	226	27	87	14	79	17	114	81	124	3558	147	308



**For questions regarding this nutritional analysis, please contact the 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	1922 kcal
Total Fat	73.3 g
Saturated Fat	24.3 g
Trans Fat	0 g
Cholesterol	259.3 mg
Sodium	2171 mg
Total Carbohydrates	223.1 g
Dietary Fiber	29.0 g
Total Sugars	93.6 g
Added Sugars	19.0 g
Protein	86.2 g
Vitamin D	307.5 mcg
Calcium (%)	137.25 %
Iron (%)	80.30 %
Potassium	3522.0 mcg
Macronutrient Breakdown	
Fats	34%
Carbohydrates	46%
Protein	18%

2000 Calorie Plan Thursday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1591.5 kcal
Total Fat	66.4 g
Saturated Fat	20.1 g
Trans Fat	0 g
Cholesterol	229.3 mg
Sodium	1871 mg
Total Carbohydrates	187.1 g
Dietary Fiber	29.0 g
Total Sugars	57.6 g
Includes Added Sugar	19.0 g
Protein	59.2 g
Vitamin D	7.5 mcg
Calcium (%)	62.25 %
Iron (%)	80.30 %
Potassium	2322.0 mcg
Macronutrient Breakdown	
Fats	37%
Carbohydrates	47%
Protein	15%

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
<u>Phosphorus</u>	35%	105 %
Vitamin D	100 mcg	300 mcg
Calcium (%)	25%	75 %
Iron (%)	0%	0 %
Potassium	400 mcg	1200 mcg