

Seattle Sutton's Healthy Eating

1200 Calorie Plan 4-Day THURSDAY Menu & Meal Plan Nutrition Averages

Menu B 07/03/2025

Meal Name	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)	(%)	(%)
Egg Fonduta	300	8	3	20	620	37	6	16	3	21	0	6	15	20	490	4	0
Wild Blackberry Parfait	340	11	1	5	40	50	6	29	14	13	0	2	70	10	330	10	0
Strawberry Cheesecake French Toast	300	11	4	35	370	40	2	17	8	9	2	2	35	8	170	8	2
Chicken & Dumplings	240	5	2	50	380	33	4	13	9	19	6	10	10	4	520	4	2
Chili Con Carne	460	26	4.5	30	490	40	8	9	0	17	2	20	25	15	610	8	2
El Pastor Bowl	320	17	3	75	410	23	4	3	0	20	4	20	10	10	600	6	4
Raspberrry Salmon Salad	350	14	4.5	90	260	26	2	17	12	27	4	6	10	4	560	4	0
Rustic Zucchini Cavatappi	360	13	4	50	400	50	5	6	3	12	2	15	20	6	470	6	0
Chicken Enchilada Bake	360	15	6	70	500	29	4	6	0	22	2	30	8	20	420	25	2
Biscuits & Sausage Gravy	320	15	1.5	40	260	38	2	11	4	11	0	4	6	2	150	4	0
Chicken Salad on Croissant	480	7	3	120	460	53	8	22	10	48	2	20	20	15	1040	35	4
Sweet & Sour Chicken	360	20	6	45	520	28	4	10	0	17	4	6	15	25	730	15	0
Average	349.2	13.5	3.5	52.5	392.5	37.3	4.6	13.3	5.3	19.7	2.3	11.8	20.3	11.6	507.5	10.8	1.3
Daily Average	1048	40.5	10.6	157.5	1177.5	111.8	13.8	39.8	15.8	59.0	7.0	35.3	61.0	34.8	1522.5	32.3	4.0
W 16 oz skim milk	1208	40.5	10.625	167.5	1377.5	135.8	13.75	63.8	15.75	77	37	35.25	61	84.75	2322.5	102.25	204

Menu D 07/10/2025

Meal Name	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)	(%)	(%)
Spinach & Cheese Frittata	220	5	3	3	400	25	3	8	0	17	4	80	30	15	820	15	0
Berry Colada Parfait	180	1.5	0.5	0	60	33	4	24	12	10	0	25	4	10	210	0	0
Hashbrown Casserole	190	6	3	7	260	21	4	13	1	12	0	2	10	15	480	8	0
Spinach-Artichoke Flatbread Pizza	510	23	11	20	740	60	7	27	6	14	4	4	20	35	400	6	2
Pear & Gorgonzola Salad	400	26	4.5	10	270	36	6	18	9	11	4	8	15	10	340	10	0
Broccoli Cheddar Soup & Salad	450	17	7	18	750	56	6	15	5	18	6	35	15	30	510	20	10
Chicken Carnitas	360	8	2	45	500	33	4	2	0	34	0	8	20	4	300	4	0
Chicken Cacciatore	370	12	4	32	490	28	8	17	1	36	2	40	15	8	930	6	0
Cider Salmon	450	25	10	43	330	30	5	17	8	27	4	60	15	6	820	8	2
Ciabatta Egg Sandwich	280	8	3.5	20	530	33	6	14	0	19	0	30	15	15	540	8	2
Lou's Bleu Burger	320	14	3	10	710	36	8	5	1	13	2	10	15	15	1190	4	0
Honey Peach BBQ Chicken	470	12	4.5	120	400	50	3	11	5	40	4	4	10	15	920	15	6
Average	350.0	13.1	4.7	27.3	453.3	36.8	5.3	14.3	4.0	20.9	2.5	25.5	15.3	14.8	621.7	8.7	1.8
Daily Average	1050	39.4	14.0	82.0	1360.0	110.3	16.0	42.8	12.0	62.8	7.5	76.5	46.0	44.5	1865.0	26.0	5.5
W 16 oz skim milk	1210	39.375	14	92	1560.0	134.3	16	66.8	12	80.75	37.5	76.5	46	94.5	2665	96	205.5

Menu F 07/17/2025

Meal Name	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)	(%)	(%)
Sunrise Pizza	330	19	6	115	580	32	3	5	1	16	2	35	20	25	600	15	2
Cranberry Oat Bar	220	8	0.5	0	25	36	4	20	11	5	0	15	45	4	210	8	0
Cheesy Egg Strata	240	13	5.5	30	520	20	2	11	0	18	6	100	10	20	420	10	2
Croque Monsieur	350	21	5.5	35	620	37	2	10	1	14	2	2	8	25	400	10	2
Caesar Salad with Roasted Tomatoes	340	28	4	15	400	27	3	12	10	11	2	8	15	20	260	10	2
Bonsai Salmon Bowl	430	15	2	65	620	57	3	23	11	23	0	4	15	4	780	20	0
Swedish Meatballs	350	14	4	60	470	42	6	9	0	21	2	35	15	15	950	8	7

Butternut Squash Ravioli	450	27	7	70	540	51	8	11	3	17	10	35	20	25	560	15	6
Pasta Verde with Durango Turkey	300	12	4.5	60	420	36	4	6	0	21	2	60	10	6	340	4	2
Bacon & Egg Bagel Sandwich	410	13	1.5	65	480	40	4	2	0	30	2	25	20	10	310	4	0
Chipotle Black Bean Burger	460	33	4.5	15	160	33	7	19	15	10	4	10	10	20	280	8	0
Chicken Matzo Ball Soup	520	20	5.5	85	370	53	4	18	10	33	4	6	30	4	810	6	2
Average	366.7	18.6	4.2	51.3	433.8	38.7	4.2	12.2	5.2	18.3	3.0	27.9	18.2	14.8	493.3	9.8	2.1
Daily Average	1100	55.8	12.6	153.8	1301.3	116.0	12.5	36.5	15.5	54.8	9.0	83.8	54.5	44.5	1480.0	29.5	6.3
W 16 oz skim milk	1260	55.75	12.625	163.75	1501.3	140.0	12.5	60.5	15.5	72.75	39	83.75	54.5	94.5	2280	99.5	206.25

Menu H 07/24/2025

Meal Name	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)	(%)	(%)
Cheddar & Sausage Breakfast Casserole	510	25	4.5	20	490	51	9	18	0	24	2	8	20	25	660	20	2
Strawberry Poppyseed Bread	350	6	0	0	260	63	4	35	23	12	0	35	25	10	340	10	0
Cowboy Skillet	220	8	4	15	440	21	5	12	0	16	4	100	15	15	510	8	0
Gemelli Pasta Salad	440	29	9	90	350	35	4	18	8	7	0	4	8	6	95	6	0
Tuna Melt	230	7	2.5	30	210	21	2	3	0	19	4	10	15	10	410	10	0
Acapulco Taco Pie	360	16	5	50	460	36	5	5	1	20	2	20	20	20	520	15	2
Marry Me Chicken	550	17	7	140	800	65	7	20	6	32	4	20	20	25	1090	10	15
Picadillo Cubano	350	6	1.5	35	290	60	7	4	1	16	0	6	20	6	790	6	0
Pesto Cream Penne	320	10	2.5	15	400	46	10	11	0	15	4	25	20	15	480	15	10
Potato Pancakes with Smoked Veggie Cre	340	14	4.5	20	430	44	7	24	7	12	2	35	15	15	520	10	2
Pecan and Poppyseed Chicken Salad	310	7	3	20	400	53	3	8	3	11	2	35	15	6	530	6	2
Herbed Turkey Bake	330	13	4	45	290	37	4	9	4	16	2	4	10	4	370	6	2
Average	359.2	13.2	4.0	40.0	401.7	44.3	5.6	13.9	4.4	16.7	2.2	25.2	16.9	13.1	526.3	10.2	2.9
Daily Average	1078	39.5	11.9	120.0	1205.0	133.0	16.8	41.8	13.3	50.0	6.5	75.5	50.8	39.3	1578.8	30.5	8.8
W 16 oz skim milk	1238	39.5	11.875	130	1405.0	157.0	16.75	65.8	13.25	68	36.5	75.5	50.75	89.25	2378.75	100.5	208.75

Menu J 07/31/2025

Meal Name	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)	(%)	(%)
Chocolate Chia Bowl	310	13	3.5	0	70	46	7	31	12	8	0	2	15	15	460	15	0
Bircher Muesli and Pears	420	20	5.5	30	15	57	6	31	16	8	2	2	45	6	290	15	2
Avocado Toast	350	18	3	130	290	35	10	10	1	13	2	50	15	4	480	8	0
Landry Bay Crab Cakes	390	25	7	95	680	24	4	5	1	18	2	30	10	8	590	6	2
Turkey Cobb Salad	360	17	6	240	750	21	5	5	0	32	6	10	25	20	440	15	10
BBQ Chicken Pizza	320	11	5	60	350	36	6	14	3	21	2	6	6	20	530	15	0
Chicken Fricassee	440	13	3.5	110	390	48	5	12	11	35	4	15	10	4	790	4	2
Traditional Cottage Pie	360	14	4.5	90	400	28	4	12	4	29	2	70	10	6	610	8	2
Honey Garlic Chicken Bowl	440	12	1.5	30	750	69	6	21	0	15	2	2	30	4	220	8	0
Open-Faced Breakfast Sandwich	350	13	3.5	40	550	37	5	4	2	22	0	4	10	15	650	6	0
Loaded Potato Soup	320	9	4	25	620	37	4	19	0	21	4	40	10	25	660	8	2
Salisbury Steak	330	10	3	65	380	36	7	8	1	25	2	15	20	6	770	25	6
Average	365.8	14.6	4.2	76.3	437.1	39.5	5.8	14.3	4.3	20.6	2.3	20.5	17.2	11.1	540.8	11.1	2.2
Daily Average	1098	43.8	12.5	228.8	1311.3	118.5	17.3	43.0	12.8	61.8	7.0	61.5	51.5	33.3	1622.5	33.3	6.5
W 16 oz skim milk	1258	43.75	12.5	238.75	1511.3	142.5	17.25	67.0	12.75	79.75	37	61.5	51.5	83.25	2422.5	103.25	206.5

Seattle Sutton's Healthy Eating

1200 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	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 07/03/2025	1208	41	11	168	1378	136	14	64	16	77	37	35	61	85	2323	102	204
Menu D 07/10/2025	1210.0	39.4	14.0	92.0	1560.0	134.3	16.0	66.8	12.0	80.8	37.5	76.5	46.0	94.5	2665.0	96.0	205.5
Menu F 07/17/2025	1260	56	13	164	1501	140	13	61	16	73	39	84	55	95	2280	100	206
Menu H 07/24/2025	1238	40	12	130	1405	157	17	66	13	68	37	76	51	89	2379	101	209
Menu J 07/31/2025	1258	44	13	239	1511	143	17	67	13	80	37	62	52	83	2423	103	207



For questions regarding this nutritional analysis, please contact the 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	1235 kcal
Total Fat	42.2 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	158.4 mg
Sodium	1471 mg
Total Carbohydrates	141.9 g
Dietary Fiber	15.3 g
Total Sugars	64.8 g
Added Sugars	13.9 g
Protein	75.7 g
Vitamin D	206.2 mcg
Calcium (%)	89.25 %
Iron (%)	52.75 %
Potassium	2413.8 mcg
Macronutrient Breakdown	
Fats	31%
Carbohydrates	45%
Protein	24%

1200 Calorie Plan Thursday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1074.5 kcal
Total Fat	42.2 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	148.4 mg
Sodium	1271 mg
Total Carbohydrates	117.9 g
Dietary Fiber	15.3 g
Total Sugars	40.8 g
Includes Added !	13.9 g
Protein	57.7 g
Vitamin D	6.2 mcg
Calcium (%)	39.25 %
Iron (%)	52.75 %
Potassium	1613.8 mcg
Macronutrient Breakdown	
Fats	35%
Carbohydrates	44%
Protein	21%

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	100	200
Total Carbohydrates	12 g	24 g
Dietary Fiber	0 g	0 g
Total Sugars	12 g	24 g
Includes Added Sugars	0 g	0 g
Protein	9 g	18 g
Vitamin D	100 mcg	200mcg
Calcium (%)	25%	50%
Iron (%)	0%	0%
Potassium	400 mcg	800 mcg