

Seattle Sutton's Healthy Eating

1200 Calorie Plan 7-Day Menu & Meal Plan Nutrition Averages

Menu A 7/15/2024

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)	(%)	(%)
Biscuits & Sausage Gravy	320	17	6.5	160	440	29	4	11	2	12	2	20	10	15	480	2	2
Chocolate Crepe & Strawberry Salsa	320	15	1.5	40	260	38	2	11	4	11	0	4	6	2	150	4	0
Blueberry Smoothie Bowl	360	9	1.5	0	55	58	7	38	18	12	0	30	40	15	460	15	0
Tex-Mex Fish Taco	350	13	3.5	40	550	37	5	4	2	22	0	4	10	15	650	6	0
Bison Egg Roll Bowl	390	13	2.5	35	470	58	4	15	8	15	2	50	8	4	380	6	0
Margherita Pizza	260	15	3.5	25	540	20	3	3	1	11	4	10	10	25	340	10	0
Penne "Vodka" Meatballs	430	16	5	90	440	51	7	7	1	23	2	30	20	15	850	20	4
Sweet & Sour Chicken	540	20	4.5	45	450	73	6	13	4	17	2	70	35	6	290	4	2
Nona Sutton's Lasagna	360	18	4.5	35	510	31	5	10	0	18	4	6	15	25	1690	10	0
Average	370.0	15.1	3.7	52.2	412.8	43.9	4.8	12.4	4.4	15.7	1.8	24.9	17.1	13.6	587.8	8.6	0.9
Daily Average	1110	45.3	11.0	156.7	1238.3	131.7	14.3	37.3	13.3	47.0	5.3	74.7	51.3	40.7	1763.3	25.7	2.7
W 16 oz skim milk	1270.0	45.3	11.0	166.7	1438.3	155.7	14.3	61.3	13.3	65.0	35.3	74.7	51.3	90.7	2563.3	95.7	202.7

Menu B 7/18/2024

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	630	34	6	13	3	23	0	20	15	20	510	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	41	2	17	8	9	2	2	35	8	190	8	2
Avocado Toast	350	18	3	170	290	41	7	14	4	12	2	50	10	4	420	2	0
Quesadilla with Tamale Soup	280	9	3.5	15	580	40	5	12	1	11	2	35	8	15	370	10	2
Croque Monsieur	300	14	5.5	40	510	32	7	10	3	19	2	4	25	25	240	15	2
El Pastor Bowl	320	17	3	75	410	23	4	3	0	20	4	20	10	10	600	6	4
Chicken Salad on Croissant	330	17	6.5	80	300	27	3	10	1	16	6	4	6	2	210	0	0
Basque Seafood Stew	510	11	4	175	590	72	5	22	9	31	2	8	30	15	730	20	2
Gnocchi Alla Norma	280	6	1.5	40	470	46	5	9	3	9	0	0	15	8	190	2	0
Chicken Enchilada Bake	360	15	6	70	500	29	4	6	0	22	2	30	8	20	420	25	2
Moroccan Chicken Skewers	450	13	1	80	250	46	5	13	7	36	0	10	20	4	530	25	2
Average	343.3	12.5	3.5	67.1	411.7	40.1	4.9	13.2	4.4	18.4	1.8	15.4	21.0	11.8	395.0	10.6	1.3
Daily Average	1030	37.5	10.5	201.3	1235.0	120.3	14.8	39.5	13.3	55.3	5.5	46.3	63.0	35.3	1185.0	31.8	4.0
W 16 oz skim milk	1190.0	37.5	10.5	211.3	1435.0	144.3	14.8	63.5	13.3	73.3	35.5	46.3	63.0	85.3	1985.0	101.8	204.0

Menu C 7/22/2024

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)	(%)	(%)
Peach Berry Blintz	360	15	5.5	65	260	43	2	20	11	20	0	6	8	8	280	6	2
Cheesy Baked Egg Casserole	280	8	3.5	20	530	33	6	14	0	19	0	30	15	15	540	8	2
Ciabatta Egg Sandwich	280	10	4.5	130	560	34	5	8	0	14	0	25	15	15	270	0	0
Honey Shrimp Salad	280	14	1	25	320	33	5	10	1	11	4	60	15	6	430	15	0
Curry Chicken Salad	470	22	2.5	45	400	48	6	19	3	21	0	6	15	10	390	6	0
Thai Red Pepper Bisque	250	11	2	0	530	32	6	12	2	7	0	25	10	6	490	10	0
Chile Cazuela with Spanish Rice	370	10	3.5	20	350	62	6	5	0	12	2	40	10	15	460	20	2
Pasta Verde with Durango Turkey	300	9	4.5	60	420	36	4	6	0	21	2	60	10	6	340	4	2
Chicken Linguini Alfredo	350	11	4.5	60	560	39	4	10	0	25	2	110	8	20	720	0	0
Average	326.7	12.2	3.5	47.2	436.7	40.0	4.9	11.6	1.9	16.7	1.1	40.2	11.8	11.2	435.6	7.7	0.9
Daily Average	980.0	36.7	10.5	141.7	1310.0	120.0	14.7	34.7	5.7	50.0	3.3	120.7	35.3	33.7	1306.7	23.0	2.7
W 16 oz skim milk	1140.0	36.7	10.5	151.7	1510.0	144.0	14.7	58.7	5.7	68.0	33.3	120.7	35.3	83.7	2106.7	93.0	202.7

Menu D 7/25/2024

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)	(%)	(%)
Blueberry Almond Torta	410	15	3	18	390	59	5	40	13	13	0	70	8	10	400	6	2
Cheesy Egg Strata	240	10	5.5	10	530	17	1	11	0	18	6	70	10	20	510	10	2
Open-Faced Asparagus & Gruyere Omelet	280	6	1.5	3	440	39	4	22	1	17	2	10	15	15	540	6	0
Strawberry Chia Oatmeal	290	11	1.5	0	35	44	6	21	7	8	2	30	15	8	400	8	8
Chicken Nicoise Bowl	430	20	3	57	570	20	5	5	0	40	4	45	15	8	1040	30	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	440	17	7	18	530	55	6	15	5	17	6	35	15	30	490	15	10
Lou's Bleu Burger	430	17	4.5	120	540	49	5	17	7	24	0	4	25	15	560	0	0
Chicken Carnitas	340	11	2.5	37	610	31	4	2	0	28	0	8	20	4	540	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
Honey Peach BBQ Chicken	470	12	4.5	120	400	50	3	12	5	40	4	4	10	15	920	15	6
Average	379.2	15.2	4.3	39.0	427.9	38.2	4.8	16.4	4.7	23.3	2.8	32.0	14.8	12.4	624.2	9.8	2.7
Daily Average	1137.5	45.5	12.9	117.0	1283.8	114.5	14.5	49.3	14.0	69.8	8.5	96.0	44.5	37.3	1872.5	29.5	8.0
W 16 oz skim milk	1297.5	45.5	12.9	127.0	1483.8	138.5	14.5	73.3	14.0	87.8	38.5	96.0	44.5	87.3	2672.5	99.5	208.0

Menu E 7/29/2024

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 & Feta Tart	300	15	6.5	145	420	27	4	13	0	12	2	6	6	4	290	4	0
Haystack Breakfast	320	6	3.5	25	460	46	3	19	14	17	2	4	15	20	480	10	6
Morning Protein Plate	430	21	6	195	360	47	6	21	3	18	2	30	25	20	460	6	0
Gemelli Pasta Salad	440	29	9	90	350	35	4	18	8	7	0	4	8	6	95	6	0
Caesar Salad with Roasted Tomatoes	340	22	4	15	400	27	3	12	10	11	2	8	15	20	260	10	0
Homestyle Roasted Turkey Sandwich	360	6	3	70	340	55	5	22	8	24	2	8	15	6	450	15	2
Cherry-Glazed Meatloaf	410	14	4.5	100	530	43	4	20	8	29	6	8	15	15	720	20	8
Butternut Squash Ravioli	480	24	9	80	540	51	8	11	3	17	10	35	20	25	550	15	4
Cajun Shrimp Etoufee	400	14	5.5	155	600	43	5	7	1	25	2	8	10	10	660	10	2
Average	386.7	16.8	5.7	97.2	444.4	41.6	4.7	15.9	6.1	17.8	3.1	12.3	14.3	14.0	440.6	10.7	2.4
Daily Average	1160.0	50.3	17.0	291.7	1333.3	124.7	14.0	47.7	18.3	53.3	9.3	37.0	43.0	42.0	1321.7	32.0	7.3
W 16 oz skim milk	1320.0	50.3	17.0	301.7	1533.3	148.7	14.0	71.7	18.3	71.3	39.3	37.0	43.0	92.0	2121.7	102.0	207.3

Menu F 8/1/2024

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
Hashbrown Casserole	190	7	3	20	260	21	4	13	1	12	0	2	10	15	480	8	0
Bacon & Egg Bagel Sandwich	300	10	3	135	380	42	6	12	0	16	2	80	15	6	470	4	0
Chipotle Black Bean Burger	510	37	3.5	0	520	51	11	17	9	16	2	10	20	10	750	4	0
Broccoli Cheddar Fritter	340	18	4.5	20	430	44	7	24	7	12	2	35	15	15	520	10	2
Bonsai Salmon Bowl	430	15	2	65	620	57	3	23	11	23	0	4	15	4	780	20	0
Smoky Chicken Salad Pita	330	11	1.5	60	420	38	7	9	1	25	2	20	15	10	680	8	0
Chicken & Dumplings	290	10	3	60	510	37	4	14	10	21	8	10	10	6	570	8	7
Spinach & Walnut Pesto Tortelloni	430	37	4.5	50	510	32	5	7	3	14	4	40	15	20	730	10	0
Roast Turkey in Dijon Cream Sauce	480	9	3	120	460	53	8	22	10	48	2	20	20	15	1040	35	4
Swedish Meatballs	350	11	4	55	390	41	6	8	0	20	8	30	15	15	690	15	4
Average	350.0	16.0	3.2	58.3	425.4	40.3	5.7	14.5	5.3	19.0	2.7	25.1	17.9	12.1	626.7	12.1	1.6
Daily Average	1050.0	48.0	9.6	175.0	1276.3	121.0	17.0	43.5	16.0	57.0	8.0	75.3	53.8	36.3	1880.0	36.3	4.8
W 16 oz skim milk	1210.0	48.0	9.6	185.0	1476.3	145.0	17.0	67.5	16.0	75.0	38.0	75.3	53.8	86.3	2680.0	106.3	204.8

Menu G 8/5/2024																		
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)	(%)	(%)	
Wheat Croissant with Figs and Brie	380	13	7	35	290	56	8	36	3	9	0	8	6	15	440	4	0	
Superfood Brioche French Toast	250	10	3.5	30	220	33	3	18	6	7	0	2	30	6	180	2	0	
Swiss Cheese Egg Bake	230	6	3	20	440	18	2	4	0	20	0	6	10	25	380	0	0	
Baja Tinga Wrap	320	10	3	45	420	39	7	4	0	21	2	10	10	15	660	8	4	
Pesto Caprese Chicken Sandwich	490	18	5	120	790	38	6	12	1	45	2	60	15	30	980	20	2	
Spinach-Artichoke Flatbread Pizza	510	23	11	60	740	60	7	27	6	14	4	4	20	35	400	6	2	
Chicken Shawarma Wrap	400	19	2	50	440	39	13	16	6	27	0	45	35	20	780	2	0	
Honey Garlic Chicken Bowl	480	13	1.5	35	790	75	6	21	0	17	2	2	30	6	250	8	0	
Salmon with Creamy Dill Sauce	370	13	4.5	65	440	34	4	6	0	30	2	40	10	6	830	10	4	
Average	381.1	13.9	4.5	51.1	507.8	43.6	6.2	16.0	2.4	21.1	1.3	19.7	18.4	17.6	544.4	6.7	1.3	
Daily Average	1143.3	41.7	13.5	153.3	1523.3	130.7	18.7	48.0	7.3	63.3	4.0	59.0	55.3	52.7	1633.3	20.0	4.0	
W 16 oz skim milk	1303.3	41.7	13.5	163.3	1723.3	154.7	18.7	72.0	7.3	81.3	34.0	59.0	55.3	102.7	2433.3	90.0	204.0	
Menu H 8/8/2024																		
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	53	9	19	2	23	2	8	20	25	620	15	2	
Lemon Blueberry Clafoutis	320	9	3.5	20	400	47	4	30	15	11	0	10	6	250	4	4		
Potato Pancakes with Smoked Veggie Cr	280	15	5	100	660	32	5	12	1	8	2	6	2	6	600	4	0	
Berry Colada Parfait	180	1.5	0.5	0	60	33	4	24	12	10	0	25	4	10	210	0	0	
Chili Con Carne	460	27	4.5	30	510	41	8	9	0	17	2	20	25	15	630	8	2	
Tuna Melt	300	6	2.5	30	380	36	6	6	0	25	4	20	20	15	770	15	0	
Acapulco Taco Pie	360	16	5	50	460	36	5	5	1	20	2	20	20	20	520	15	2	
Pecan and Poppyseed Chicken Salad	370	19	2	35	290	25	3	9	0	25	2	4	10	6	290	4	0	
Marry Me Chicken	570	13	3.5	170	570	74	10	16	6	40	4	25	15	10	1070	6	4	
Picadillo Cubano	330	5	1	25	380	60	6	4	1	12	0	6	20	6	840	10	2	
Turkey Pot Roast Dinner	410	7	2	95	440	53	7	11	3	35	15	10	25	15	1130	25	2	
Penne Al Forno	290	9	3.5	20	550	36	9	9	0	18	2	80	15	25	590	8	0	
Average	365.0	12.7	3.1	49.6	432.5	43.8	6.3	12.8	3.4	20.3	2.9	19.5	15.5	13.3	626.7	9.5	1.5	
Daily Average	1095.0	38.1	9.4	148.8	1297.5	131.5	19.0	38.5	10.3	61.0	8.8	58.5	46.5	39.8	1880.0	28.5	4.5	
W 16 oz skim milk	1255.0	38.1	9.4	158.8	1497.5	155.5	19.0	62.5	10.3	79.0	38.8	58.5	46.5	89.8	2680.0	98.5	204.5	
Menu I 8/12/2024																		
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)	(%)	(%)	
"Chorizo" and Egg Breakfast Taco	260	8	2	130	380	37	5	8	2	11	15	20	10	8	540	8	0	
Chocolate Pancake with Citrus Mascarpone	330	15	5.5	20	135	45	3	23	9	7	0	2	15	8	300	10	2	
Spinach & Cheese Frittata	210	5	3	10	410	24	3	6	0	16	8	60	30	15	920	15	0	
Fresh Fruit and Cottage Cheese Plate	320	9	4	25	620	37	4	19	0	21	4	40	10	25	660	8	2	
Mediterranean Lunch Box	430	19	3	80	540	31	7	4	0	36	0	4	15	15	620	20	2	
Sundried Tomato & Italian Sausage Flatbread	420	21	4	20	860	41	7	3	2	24	4	35	20	25	630	0	0	
Lentil Bolognese	370	13	2	30	115	51	3	9	1	12	2	8	10	6	420	4	0	
Thai Coconut Chicken	310	12	7	40	380	33	2	8	2	17	2	2	20	2	530	4	0	
Lemon Picatta Cod over Linguini	320	4.5	1	55	260	44	6	7	1	26	15	15	8	4	810	6	0	
Average	330.0	11.8	3.5	45.6	411.1	38.1	4.4	9.7	1.9	18.9	5.6	20.7	15.3	12.0	603.3	8.3	0.7	
Daily Average	990.0	35.5	10.5	136.7	1233.3	114.3	13.3	29.0	5.7	56.7	16.7	62.0	46.0	36.0	1810.0	25.0	2.0	
W 16 oz skim milk	1150.0	35.5	10.5	146.7	1433.3	138.3	13.3	53.0	5.7	74.7	46.7	62.0	46.0	86.0	2610.0	95.0	202.0	

Menu J 8/15/2024

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
Open-Faced Breakfast Sandwich	310	18	6	180	600	19	2	6	0	16	15	10	15	15	380	2	0
Cowboy Skillet	200	4	1.5	5	280	26	5	12	2	13	2	100	15	10	500	4	0
Bircher Muesli and Pears	420	20	5.5	30	15	57	6	31	16	8	2	2	45	6	290	15	2
Landry Bay Crab Cakes	420	22	3	80	700	36	6	11	8	20	0	10	15	8	430	2	0
Pecan-Cranberry Mixed Green Salad	460	33	4.5	15	160	33	7	19	15	10	4	10	10	20	280	8	0
BBQ Chicken Pizza	320	11	5	60	350	36	6	14	3	21	2	6	6	20	530	15	0
Potato & Leek Soup with Petite Greens	250	8	2.5	20	260	36	3	13	0	7	6	10	8	15	450	2	8
Chicken Fricassee	460	14	3.5	110	580	51	6	13	11	36	6	20	20	6	890	6	2
Irish Cork County Stew	480	9	3	80	680	67	7	17	2	31	15	30	10	15	1120	30	8
Pierogi in Mushroom & Tomato Gravy	300	6	3	20	380	50	3	8	3	10	2	30	15	6	480	4	0
Salisbury Steak	300	9	2	65	320	31	7	6	0	23	2	10	15	4	470	20	4
Average	352.5	13.9	3.6	55.4	366.3	40.7	5.4	15.1	6.0	16.9	4.7	20.0	15.8	11.7	523.3	10.3	2.0
Daily Average	1057.5	41.8	10.8	166.3	1098.8	122.0	16.3	45.3	18.0	50.8	14.0	60.0	47.3	35.0	1570.0	30.8	6.0
W 16 oz skim milk	1217.5	41.8	10.8	176.3	1298.8	146.0	16.3	69.3	18.0	68.8	44.0	60.0	47.3	85.0	2370.0	100.8	206.0

Seattle Sutton's Healthy Eating 1200 Calorie Plan 7-Day Menu & Meal Plan Nutrition Averages

Weekly Averages with Milk Unit of Measure	Calories (kcal)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (%)
Menu A 7/15/2024	1270.0	45.3	11.0	166.7	1438.3	155.7	14.3	61.3	13.3	65.0	35.3	74.7	51.3	90.7	2563.3	95.7	202.7
Menu B 7/18/2024	1190.0	37.5	10.5	211.3	1435.0	144.3	14.8	63.5	13.3	73.3	35.5	46.3	63.0	85.3	1985.0	101.8	204.0
Menu A & B Average	1235.7	42.0	10.8	185.8	1436.9	150.8	14.5	62.3	13.3	68.5	35.4	62.5	56.3	88.3	2315.5	98.3	203.2
Menu C 7/22/2024	1140.0	36.7	10.5	151.7	1510.0	144.0	14.7	58.7	5.7	68.0	33.3	120.7	35.3	83.7	2106.7	93.0	202.7
Menu D 7/25/2024	1297.5	45.5	12.9	127.0	1483.8	138.5	14.5	73.3	14.0	87.8	38.5	96.0	44.5	87.3	2672.5	99.5	208.0
Menu C & D Average	1207.5	40.5	11.5	141.1	1498.8	141.6	14.6	64.9	9.2	76.5	35.5	110.1	39.3	85.2	2349.2	95.8	205.0
Menu E 7/29/2024	1320.0	50.3	17.0	301.7	1533.3	148.7	14.0	71.7	18.3	71.3	39.3	37.0	43.0	92.0	2121.7	102.0	207.3
Menu F 8/1/2024	1210.0	48.0	9.6	185.0	1476.3	145.0	17.0	67.5	16.0	75.0	38.0	75.3	53.8	86.3	2680.0	106.3	204.8
Menu E & F Average	1272.9	49.3	13.8	251.7	1508.9	147.1	15.3	69.9	17.3	72.9	38.8	53.4	47.6	89.5	2361.0	103.8	206.2
Menu G 8/5/2024	1303.3	41.7	13.5	163.3	1723.3	154.7	18.7	72.0	7.3	81.3	34.0	59.0	55.3	102.7	2433.3	90.0	204.0
Menu H 8/8/2024	1255.0	38.1	9.4	158.8	1497.5	155.5	19.0	62.5	10.3	79.0	38.8	58.5	46.5	89.8	2680.0	98.5	204.5
Menu G & H Average	1282.6	40.1	11.7	161.4	1626.5	155.0	18.8	67.9	8.6	80.3	36.0	58.8	51.5	97.1	2539.0	93.6	204.2
Menu I 8/12/2024	1150.0	35.5	10.5	146.7	1433.3	138.3	13.3	53.0	5.7	74.7	46.7	62.0	46.0	86.0	2610.0	95.0	202.0
Menu J 8/15/2024	1217.5	41.8	10.8	176.3	1298.8	146.0	16.3	69.3	18.0	68.8	44.0	60.0	47.3	85.0	2370.0	100.8	206.0
Menu I & J Average	1178.9	38.2	10.6	159.3	1375.7	141.6	14.6	60.0	11.0	72.1	45.5	61.1	46.5	85.6	2507.1	97.5	203.7



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 Daily Average WITH Milk Servings	
Calories	1236 kcal
Total Fat	41.0 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	179.9 mg
Sodium	1489 mg
Total Carbohydrates	145.2 g
Dietary Fiber	15.6 g
Total Sugars	65.0 g
Added Sugars	11.9 g
Protein	74.1 g
Vitamin D	204.5 mcg
Calcium (%)	89.16 %
Iron (%)	48.26 %
Potassium	2414.4 mcg
Macronutrient Breakdown	
Fats	30%
Carbohydrates	47%
Protein	24%

1200 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1075.5 kcal
Total Fat	41.0 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	169.9 mg
Sodium	1289 mg
Total Carbohydrates	121.2 g
Dietary Fiber	15.6 g
Total Sugars	41.0 g
Includes Added !	11.9 g
Protein	56.1 g
Vitamin D	4.5 mcg
Calcium (%)	39.16 %
Iron (%)	48.26 %
Potassium	1614.4 mcg
Macronutrient Breakdown	
Fats	34%
Carbohydrates	45%
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