

# Seattle Sutton's Healthy Eating

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

### Menu A 05/26/2025

| 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)      | (%)        | (%)       |
| Open-Faced Asparagus & Gruyere Omelet | 320      | 6    | 2.5     | 10          | 540    | 41    | 4     | 15    | 2            | 21      | 2         | 15        | 20   | 15      | 410       | 6          | 0         |
| 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      | 8    | 1.5     | 0           | 60     | 60    | 7     | 38    | 18           | 12      | 0         | 30        | 35   | 15      | 460       | 15         | 0         |
| Moroccan Chicken Skewers              | 450      | 13   | 1       | 80          | 250    | 46    | 5     | 13    | 7            | 36      | 0         | 10        | 20   | 4       | 530       | 25         | 2         |
| Baja Tinga Wrap                       | 310      | 11   | 3.5     | 45          | 420    | 36    | 7     | 4     | 0            | 20      | 2         | 10        | 10   | 15      | 600       | 8          | 4         |
| Margherita Pizza                      | 390      | 22   | 7       | 40          | 740    | 30    | 6     | 6     | 0            | 20      | 2         | 30        | 15   | 35      | 530       | 30         | 2         |
| Crab-Stuffed Flounder                 | 380      | 12   | 2.5     | 60          | 660    | 44    | 4     | 4     | 1            | 26      | 4         | 15        | 10   | 10      | 690       | 6          | 2         |
| Roast Turkey in Dijon Cream Sauce     | 480      | 7    | 3       | 120         | 460    | 53    | 8     | 22    | 10           | 48      | 2         | 20        | 20   | 15      | 1040      | 35         | 4         |
| Nona Sutton's Lasagna                 | 360      | 20   | 6       | 45          | 520    | 28    | 4     | 10    | 0            | 17      | 4         | 6         | 15   | 25      | 730       | 15         | 0         |
| Average                               | 374.4    | 12.7 | 3.2     | 48.9        | 434.4  | 41.8  | 5.2   | 13.7  | 4.7          | 23.4    | 1.8       | 15.6      | 16.8 | 15.1    | 571.1     | 16.0       | 1.6       |
| Daily Average                         | 1123     | 38.0 | 9.5     | 146.7       | 1303.3 | 125.3 | 15.7  | 41.0  | 14.0         | 70.3    | 5.3       | 46.7      | 50.3 | 45.3    | 1713.3    | 48.0       | 4.7       |
| W 16 oz skim milk                     | 1283.3   | 38.0 | 9.5     | 156.7       | 1503.3 | 149.3 | 15.7  | 65.0  | 14.0         | 88.3    | 35.3      | 46.7      | 50.3 | 95.3    | 2513.3    | 118.0      | 204.7     |

### Menu B 05/29/2025

| 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         |
| Biscuits & Sausage Gravy           | 350      | 18   | 6.5     | 160         | 460    | 38    | 4     | 19    | 2            | 12      | 2         | 8         | 10   | 20      | 450       | 2          | 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         |
| Chicken Salad on Croissant         | 330      | 17   | 6.5     | 80          | 300    | 27    | 3     | 10    | 1            | 16      | 6         | 4         | 6    | 2       | 210       | 0          | 0         |
| Raspberry 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         |
| Sweet & Sour Chicken               | 520      | 20   | 4.5     | 45          | 420    | 69    | 6     | 12    | 4            | 16      | 2         | 70        | 35   | 6       | 290       | 2          | 2         |
| Average                            | 352.5    | 14.6 | 4.1     | 59.2        | 387.5  | 38.5  | 4.5   | 13.1  | 4.7          | 17.0    | 2.7       | 16.1      | 21.2 | 10.4    | 426.7     | 6.6        | 1.3       |
| Daily Average                      | 1058     | 43.8 | 12.4    | 177.5       | 1162.5 | 115.5 | 13.5  | 39.3  | 14.0         | 51.0    | 8.0       | 48.3      | 63.5 | 31.3    | 1280.0    | 19.8       | 4.0       |
| W 16 oz skim milk                  | 1217.5   | 43.8 | 12.4    | 187.5       | 1362.5 | 139.5 | 13.5  | 63.3  | 14.0         | 69.0    | 38.0      | 48.3      | 63.5 | 81.3    | 2080.0    | 89.8       | 204.0     |

### Menu C 06/02/2025

| 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)      | (%)        | (%)       |
| Peach Berry Blintz          | 360      | 15   | 5.5     | 65          | 260    | 43    | 2     | 20    | 11           | 16      | 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         |
| Strawberry Chia Oatmeal     | 300      | 11   | 2       | 0           | 35     | 45    | 6     | 21    | 7            | 9       | 2         | 30        | 15   | 10      | 420       | 10         | 8         |
| Honey Shrimp Salad          | 260      | 14   | 1.5     | 25          | 320    | 28    | 5     | 8     | 1            | 10      | 4         | 60        | 15   | 4       | 390       | 15         | 0         |
| Curry Chicken Salad         | 470      | 22   | 2.5     | 45          | 400    | 48    | 6     | 19    | 3            | 21      | 0         | 6         | 15   | 10      | 390       | 6          | 0         |
| Tuscan Bean Soup & Crostata | 320      | 14   | 3       | 10          | 710    | 36    | 8     | 5     | 1            | 13      | 2         | 10        | 15   | 15      | 1190      | 4          | 0         |
| Tamale Bowl                 | 300      | 15   | 5.5     | 20          | 600    | 35    | 3     | 4     | 0            | 8       | 2         | 20        | 15   | 8       | 380       | 8          | 2         |
| Penne "Vodka" Meatballs     | 420      | 16   | 4.5     | 55          | 350    | 49    | 9     | 7     | 1            | 24      | 2         | 30        | 20   | 10      | 890       | 20         | 4         |
| Chicken Linguini Alfredo    | 350      | 11   | 4.5     | 60          | 560    | 39    | 4     | 10    | 0            | 25      | 2         | 110       | 8    | 20      | 720       | 0          | 0         |
| Average                     | 340.0    | 14.0 | 3.6     | 33.3        | 418.3  | 39.6  | 5.4   | 12.0  | 2.7          | 16.1    | 1.6       | 33.6      | 14.0 | 11.1    | 577.8     | 8.6        | 2.0       |
| Daily Average               | 1020.0   | 42.0 | 10.8    | 100.0       | 1255.0 | 118.7 | 16.3  | 36.0  | 8.0          | 48.3    | 4.7       | 100.7     | 42.0 | 33.3    | 1733.3    | 25.7       | 6.0       |
| W 16 oz skim milk           | 1180.0   | 42.0 | 10.8    | 110.0       | 1455.0 | 142.7 | 16.3  | 60.0  | 8.0          | 66.3    | 34.7      | 100.7     | 42.0 | 83.3    | 2533.3    | 95.7       | 206.0     |

| Menu D 06/05/2025                  |          |      |         |             |        |       |       |       |              |         |           |           |      |         |           |            |           |  |
|------------------------------------|----------|------|---------|-------------|--------|-------|-------|-------|--------------|---------|-----------|-----------|------|---------|-----------|------------|-----------|--|
| 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          | 210      | 5    | 3       | 3           | 410    | 24    | 3     | 6     | 0            | 16      | 8         | 60        | 30   | 15      | 920       | 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         |  |
| Ciabatta Egg Sandwich              | 280      | 10   | 4.5     | 130         | 550    | 34    | 5     | 8     | 0            | 14      | 0         | 25        | 15   | 15      | 270       | 0          | 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        |  |
| Lou's Bleu Burger                  | 490      | 17   | 4.5     | 120         | 750    | 61    | 5     | 20    | 7            | 25      | 0         | 10        | 25   | 15      | 640       | 2          | 0         |  |
| 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         |  |
| Honey Peach BBQ Chicken            | 470      | 12   | 4.5     | 120         | 400    | 50    | 3     | 11    | 5            | 40      | 4         | 4         | 10   | 15      | 920       | 15         | 6         |  |
| Average                            | 363.3    | 13.5 | 4.9     | 45.7        | 459.2  | 38.8  | 5.0   | 14.8  | 4.5          | 21.4    | 2.7       | 23.4      | 16.2 | 14.8    | 561.7     | 7.8        | 1.7       |  |
| Daily Average                      | 1090.0   | 40.6 | 14.6    | 137.0       | 1377.5 | 116.5 | 15.0  | 44.5  | 13.5         | 64.3    | 8.0       | 70.3      | 48.5 | 44.5    | 1685.0    | 23.5       | 5.0       |  |
| W 16 oz skim milk                  | 1250.0   | 40.6 | 14.6    | 147.0       | 1577.5 | 140.5 | 15.0  | 68.5  | 13.5         | 82.3    | 38.0      | 70.3      | 48.5 | 94.5    | 2485.0    | 93.5       | 205.0     |  |
| Menu E 06/09/2025                  |          |      |         |             |        |       |       |       |              |         |           |           |      |         |           |            |           |  |
| 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 & Feta Tart                    | 300      | 17   | 7       | 140         | 520    | 26    | 4     | 11    | 0            | 14      | 2         | 6         | 6    | 10      | 220       | 4          | 0         |  |
| Bacon & Cheddar Clafoutis          | 340      | 15   | 4       | 30          | 340    | 32    | 3     | 6     | 0            | 16      | 10        | 50        | 25   | 20      | 1190      | 15         | 8         |  |
| Morning Protein Plate              | 430      | 21   | 6       | 195         | 360    | 47    | 6     | 21    | 3            | 18      | 2         | 30        | 25   | 20      | 460       | 6          | 0         |  |
| Chicken Gyro Bowl                  | 410      | 13   | 1.5     | 65          | 480    | 40    | 4     | 2     | 0            | 30      | 2         | 25        | 20   | 10      | 310       | 4          | 0         |  |
| Pecan-Cranberry Mixed Green Salad  | 460      | 33   | 4.5     | 15          | 160    | 33    | 7     | 19    | 15           | 10      | 4         | 10        | 10   | 20      | 280       | 8          | 0         |  |
| Homestyle Roasted Turkey Sandwich  | 360      | 6    | 3       | 70          | 340    | 55    | 5     | 22    | 8            | 24      | 2         | 8         | 15   | 6       | 450       | 15         | 2         |  |
| BBQ Meatloaf & Cheddar Mash        | 400      | 19   | 5.5     | 60          | 470    | 39    | 4     | 13    | 6            | 21      | 2         | 15        | 15   | 10      | 690       | 20         | 6         |  |
| Tortellini Pomodoro                | 280      | 10   | 3.5     | 50          | 560    | 35    | 5     | 12    | 3            | 12      | 2         | 15        | 15   | 20      | 370       | 4          | 0         |  |
| Cajun Shrimp Etoufee               | 350      | 13   | 4.5     | 140         | 530    | 39    | 4     | 7     | 1            | 22      | 2         | 20        | 8    | 8       | 570       | 8          | 2         |  |
| Average                            | 370.0    | 16.3 | 4.4     | 85.0        | 417.8  | 38.4  | 4.7   | 12.6  | 4.0          | 18.6    | 3.1       | 19.9      | 15.4 | 13.8    | 504.4     | 9.3        | 2.0       |  |
| Daily Average                      | 1110.0   | 49.0 | 13.2    | 255.0       | 1253.3 | 115.3 | 14.0  | 37.7  | 12.0         | 55.7    | 9.3       | 59.7      | 46.3 | 41.3    | 1513.3    | 28.0       | 6.0       |  |
| W 16 oz skim milk                  | 1270.0   | 49.0 | 13.2    | 265.0       | 1453.3 | 139.3 | 14.0  | 61.7  | 12.0         | 73.7    | 39.3      | 59.7      | 46.3 | 91.3    | 2313.3    | 98.0       | 206.0     |  |
| Menu F 06/12/2025                  |          |      |         |             |        |       |       |       |              |         |           |           |      |         |           |            |           |  |
| 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         |  |
| Bacon & Egg Bagel Sandwich         | 330      | 12   | 3       | 160         | 530    | 42    | 6     | 12    | 0            | 21      | 2         | 80        | 15   | 6       | 540       | 4          | 0         |  |
| 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         |  |
| Chipotle Black Bean Burger         | 470      | 25   | 3.5     | 5           | 510    | 51    | 11    | 16    | 9            | 16      | 2         | 10        | 20   | 10      | 740       | 2          | 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         |  |
| Chicken Matzo Ball Soup            | 520      | 20   | 5.5     | 95          | 370    | 53    | 4     | 18    | 10           | 33      | 4         | 6         | 30   | 4       | 810       | 6          | 2         |  |
| Average                            | 360.8    | 17.8 | 4.3     | 59.2        | 467.1  | 40.3  | 4.7   | 12.8  | 4.7          | 18.0    | 2.8       | 32.5      | 18.6 | 13.7    | 550.8     | 9.3        | 2.1       |  |
| Daily Average                      | 1082.5   | 53.5 | 12.8    | 177.5       | 1401.3 | 121.0 | 14.0  | 38.3  | 14.0         | 54.0    | 8.5       | 97.5      | 55.8 | 41.0    | 1652.5    | 28.0       | 6.3       |  |
| W 16 oz skim milk                  | 1242.5   | 53.5 | 12.8    | 187.5       | 1601.3 | 145.0 | 14.0  | 62.3  | 14.0         | 72.0    | 38.5      | 97.5      | 55.8 | 91.0    | 2452.5    | 98.0       | 206.3     |  |

| Menu G 06/16/2025                         |          |      |         |             |        |       |       |       |              |         |           |           |      |         |           |            |           |  |
|-------------------------------------------|----------|------|---------|-------------|--------|-------|-------|-------|--------------|---------|-----------|-----------|------|---------|-----------|------------|-----------|--|
| 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)      | (%)        | (%)       |  |
| Wheat Croissant with Brie                 | 480      | 26   | 8       | 40          | 360    | 54    | 7     | 31    | 4            | 13      | 0         | 8         | 10   | 10      | 510       | 15         | 0         |  |
| Superfood Brioche French Toast            | 250      | 10   | 3.5     | 30          | 220    | 33    | 3     | 18    | 6            | 7       | 2         | 2         | 30   | 6       | 180       | 2          | 2         |  |
| Swiss Cheese Egg Bake                     | 230      | 6    | 3       | 20          | 440    | 18    | 2     | 4     | 0            | 20      | 0         | 6         | 10   | 25      | 380       | 0          | 0         |  |
| Broccoli Cheddar Fritter                  | 340      | 14   | 4.5     | 20          | 430    | 44    | 7     | 24    | 7            | 12      | 2         | 35        | 15   | 15      | 520       | 10         | 2         |  |
| Capri Chicken with Quinoa Pilaf           | 440      | 18   | 4.5     | 115         | 740    | 24    | 5     | 6     | 0            | 44      | 4         | 45        | 10   | 25      | 940       | 15         | 2         |  |
| Loaded Quesadilla & Tortilla Soup         | 380      | 19   | 4       | 55          | 810    | 34    | 4     | 4     | 0            | 21      | 2         | 6         | 10   | 25      | 250       | 15         | 2         |  |
| Mediterranean Lunch Box                   | 430      | 19   | 3       | 80          | 540    | 31    | 7     | 4     | 0            | 36      | 0         | 4         | 15   | 15      | 620       | 20         | 2         |  |
| Pierogi in Mushroom & Tomato Gravy        | 310      | 7    | 3       | 20          | 400    | 53    | 3     | 8     | 3            | 11      | 2         | 35        | 15   | 6       | 530       | 6          | 2         |  |
| Salmon with Creamy Dill Sauce             | 370      | 13   | 4.5     | 65          | 440    | 34    | 4     | 6     | 0            | 30      | 2         | 40        | 10   | 6       | 830       | 10         | 4         |  |
| Average                                   | 358.9    | 14.7 | 4.2     | 49.4        | 486.7  | 36.1  | 4.7   | 11.7  | 2.2          | 21.6    | 1.6       | 20.1      | 13.9 | 14.8    | 528.9     | 10.3       | 1.8       |  |
| Daily Average                             | 1076.7   | 44.0 | 12.7    | 148.3       | 1460.0 | 108.3 | 14.0  | 35.0  | 6.7          | 64.7    | 4.7       | 60.3      | 41.7 | 44.3    | 1586.7    | 31.0       | 5.3       |  |
| W 16 oz skim milk                         | 1236.7   | 44.0 | 12.7    | 158.3       | 1660.0 | 132.3 | 14.0  | 59.0  | 6.7          | 82.7    | 34.7      | 60.3      | 41.7 | 94.3    | 2386.7    | 101.0      | 205.3     |  |
| Menu H 06/19/2025                         |          |      |         |             |        |       |       |       |              |         |           |           |      |         |           |            |           |  |
| 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         |  |
| Potato Pancakes with Smoked Veggie Cre    | 280      | 15   | 5       | 100         | 660    | 32    | 5     | 12    | 1            | 8       | 2         | 6         | 2    | 6       | 600       | 4          | 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         |  |
| 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                          | 490      | 12   | 4.5     | 120         | 590    | 69    | 7     | 15    | 6            | 29      | 4         | 20        | 20   | 20      | 930       | 15         | 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        |  |
| Herbed Turkey Bake                        | 310      | 14   | 4.5     | 50          | 330    | 28    | 2.5   | 9     | 3            | 18      | 2         | 4         | 10   | 10      | 340       | 8          | 2         |  |
| Average                                   | 352.5    | 13.9 | 3.8     | 46.7        | 397.5  | 40.6  | 5.3   | 12.6  | 3.6          | 17.4    | 2.2       | 20.2      | 15.4 | 12.4    | 497.1     | 10.1       | 2.6       |  |
| Daily Average                             | 1057.5   | 41.8 | 11.3    | 140.0       | 1192.5 | 121.8 | 15.9  | 37.8  | 10.8         | 52.3    | 6.5       | 60.5      | 46.3 | 37.3    | 1491.3    | 30.3       | 7.8       |  |
| W 16 oz skim milk                         | 1217.5   | 41.8 | 11.3    | 150.0       | 1392.5 | 145.8 | 15.9  | 61.8  | 10.8         | 70.3    | 36.5      | 60.5      | 46.3 | 87.3    | 2291.3    | 100.3      | 207.8     |  |
| Menu I 06/23/2025                         |          |      |         |             |        |       |       |       |              |         |           |           |      |         |           |            |           |  |
| 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)      | (%)        | (%)       |  |
| "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         |  |
| Blueberry Almond Torta                    | 410      | 15   | 3       | 55          | 390    | 57    | 5     | 40    | 13           | 14      | 0         | 70        | 10   | 10      | 400       | 4          | 2         |  |
| Tex-Mex Fish Taco                         | 350      | 13   | 3.5     | 40          | 550    | 37    | 5     | 4     | 2            | 22      | 0         | 4         | 10   | 15      | 650       | 6          | 0         |  |
| Smoky Chicken Salad Pita                  | 330      | 11   | 1.5     | 60          | 420    | 38    | 7     | 9     | 1            | 25      | 2         | 20        | 15   | 10      | 680       | 8          | 0         |  |
| Fresh Fruit and Cottage Cheese Plate      | 320      | 9    | 4       | 25          | 620    | 37    | 4     | 19    | 0            | 21      | 4         | 40        | 10   | 25      | 660       | 8          | 2         |  |
| Spaghetti Bolognese                       | 320      | 11   | 1.5     | 0           | 200    | 43    | 8     | 6     | 0            | 11      | 2         | 8         | 20   | 6       | 500       | 8          | 0         |  |
| Thai Coconut Chicken                      | 440      | 14   | 6       | 40          | 550    | 56    | 2     | 9     | 3            | 20      | 2         | 15        | 30   | 8       | 500       | 4          | 0         |  |
| Sundried Tomato & Italian Sausage Flatbri | 420      | 21   | 4       | 20          | 860    | 41    | 7     | 3     | 2            | 24      | 4         | 35        | 20   | 25      | 630       | 0          | 0         |  |
| Average                                   | 353.3    | 13.0 | 3.4     | 43.3        | 456.1  | 43.4  | 5.1   | 13.4  | 3.6          | 17.2    | 3.2       | 23.8      | 15.6 | 12.8    | 540.0     | 6.2        | 0.7       |  |
| Daily Average                             | 1060.0   | 39.0 | 10.3    | 130.0       | 1368.3 | 130.3 | 15.3  | 40.3  | 10.7         | 51.7    | 9.7       | 71.3      | 46.7 | 38.3    | 1620.0    | 18.7       | 2.0       |  |
| W 16 oz skim milk                         | 1220.0   | 39.0 | 10.3    | 140.0       | 1568.3 | 154.3 | 15.3  | 64.3  | 10.7         | 69.7    | 39.7      | 71.3      | 46.7 | 88.3    | 2420.0    | 88.7       | 202.0     |  |

| Menu J 06/26/2025             |          |      |         |             |        |       |       |       |              |         |           |           |      |         |           |            |           |
|-------------------------------|----------|------|---------|-------------|--------|-------|-------|-------|--------------|---------|-----------|-----------|------|---------|-----------|------------|-----------|
| 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       | 185         | 290    | 40    | 7     | 14    | 4            | 12      | 4         | 50        | 10   | 4       | 420       | 8          | 10        |
| Open-Faced Breakfast Sandwich | 300      | 18   | 6       | 180         | 580    | 19    | 2     | 5     | 0            | 15      | 10        | 15        | 8    | 15      | 320       | 0          | 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         |
| Loaded Potato Soup            | 380      | 15   | 7       | 45          | 460    | 48    | 4     | 6     | 1            | 15      | 4         | 10        | 15   | 25      | 520       | 20         | 10        |
| 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         |
| Salisbury Steak               | 330      | 10   | 3       | 65          | 380    | 36    | 7     | 8     | 1            | 25      | 2         | 15        | 20   | 6       | 770       | 25         | 6         |
| Average                       | 366.7    | 15.5 | 4.6     | 94.2        | 426.3  | 39.3  | 5.3   | 13.7  | 4.4          | 19.4    | 3.3       | 18.9      | 17.0 | 11.1    | 496.7     | 11.6       | 3.7       |
| Daily Average                 | 1100.0   | 46.5 | 13.9    | 282.5       | 1278.8 | 118.0 | 15.8  | 41.0  | 13.3         | 58.3    | 10.0      | 56.8      | 51.0 | 33.3    | 1490.0    | 34.8       | 11.0      |
| W 16 oz skim milk             | 1260.0   | 46.5 | 13.9    | 292.5       | 1478.8 | 142.0 | 15.8  | 65.0  | 13.3         | 76.3    | 40.0      | 56.8      | 51.0 | 83.3    | 2290.0    | 104.8      | 211.0     |

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

| Weekly Averages with Milk<br>Unit of Measure | Calories<br>(kcal) | Fat<br>(g)  | Sat Fat<br>(g) | Cholesterol<br>(mg) | Sodium<br>(mg) | Carbs<br>(g) | Fiber<br>(g) | Sugar<br>(g) | Added Sugars<br>(g) | Protein<br>(g) | Vitamin A<br>(%) | Vitamin C<br>(%) | Iron<br>(%) | Calcium<br>(%) | Potassium<br>(mg) | Phosphorus<br>(%) | Vitamin D<br>(%) |
|----------------------------------------------|--------------------|-------------|----------------|---------------------|----------------|--------------|--------------|--------------|---------------------|----------------|------------------|------------------|-------------|----------------|-------------------|-------------------|------------------|
| Menu A 05/26/2025                            | 1283.3             | 38.0        | 9.5            | 156.7               | 1503.3         | 149.3        | 15.7         | 65.0         | 14.0                | 88.3           | 35.3             | 46.7             | 50.3        | 95.3           | 2513.3            | 118.0             | 204.7            |
| Menu B 05/29/2025                            | 1217.5             | 43.8        | 12.4           | 187.5               | 1362.5         | 139.5        | 13.5         | 63.3         | 14.0                | 69.0           | 38.0             | 48.3             | 63.5        | 81.3           | 2080.0            | 89.8              | 204.0            |
| <b>Menu A &amp; B Average</b>                | <b>1255.1</b>      | <b>40.5</b> | <b>10.7</b>    | <b>169.9</b>        | <b>1443.0</b>  | <b>145.1</b> | <b>14.7</b>  | <b>64.3</b>  | <b>14.0</b>         | <b>80.0</b>    | <b>36.5</b>      | <b>47.3</b>      | <b>56.0</b> | <b>89.3</b>    | <b>2327.6</b>     | <b>105.9</b>      | <b>204.4</b>     |
| Menu C 06/02/2025                            | 1180.0             | 42.0        | 10.8           | 110.0               | 1455.0         | 142.7        | 16.3         | 60.0         | 8.0                 | 66.3           | 34.7             | 100.7            | 42.0        | 83.3           | 2533.3            | 95.7              | 206.0            |
| Menu D 06/05/2025                            | 1250.0             | 40.6        | 14.6           | 147.0               | 1577.5         | 140.5        | 15.0         | 68.5         | 13.5                | 82.3           | 38.0             | 70.3             | 48.5        | 94.5           | 2485.0            | 93.5              | 205.0            |
| <b>Menu C &amp; D Average</b>                | <b>1210.0</b>      | <b>41.4</b> | <b>12.5</b>    | <b>125.9</b>        | <b>1507.5</b>  | <b>141.7</b> | <b>15.8</b>  | <b>63.6</b>  | <b>10.4</b>         | <b>73.2</b>    | <b>36.1</b>      | <b>87.6</b>      | <b>44.8</b> | <b>88.1</b>    | <b>2512.6</b>     | <b>94.7</b>       | <b>205.6</b>     |
| Menu E 06/09/2025                            | 1270.0             | 49.0        | 13.2           | 265.0               | 1453.3         | 139.3        | 14.0         | 61.7         | 12.0                | 73.7           | 39.3             | 59.7             | 46.3        | 91.3           | 2313.3            | 98.0              | 206.0            |
| Menu F 06/12/2025                            | 1242.5             | 53.5        | 12.8           | 187.5               | 1601.3         | 145.0        | 14.0         | 62.3         | 14.0                | 72.0           | 38.5             | 97.5             | 55.8        | 91.0           | 2452.5            | 98.0              | 206.3            |
| <b>Menu E &amp; F Average</b>                | <b>1258.2</b>      | <b>50.9</b> | <b>13.0</b>    | <b>231.8</b>        | <b>1516.7</b>  | <b>141.8</b> | <b>14.0</b>  | <b>61.9</b>  | <b>12.9</b>         | <b>73.0</b>    | <b>39.0</b>      | <b>75.9</b>      | <b>50.4</b> | <b>91.2</b>    | <b>2373.0</b>     | <b>98.0</b>       | <b>206.1</b>     |
| Menu G 06/16/2025                            | 1236.7             | 44.0        | 12.7           | 158.3               | 1660.0         | 132.3        | 14.0         | 59.0         | 6.7                 | 82.7           | 34.7             | 60.3             | 41.7        | 94.3           | 2386.7            | 101.0             | 205.3            |
| Menu H 06/19/2025                            | 1217.5             | 41.8        | 11.3           | 150.0               | 1392.5         | 145.8        | 15.9         | 61.8         | 10.8                | 70.3           | 36.5             | 60.5             | 46.3        | 87.3           | 2291.3            | 100.3             | 207.8            |
| <b>Menu G &amp; H Average</b>                | <b>1228.5</b>      | <b>43.0</b> | <b>12.1</b>    | <b>154.8</b>        | <b>1545.4</b>  | <b>138.1</b> | <b>14.8</b>  | <b>60.2</b>  | <b>8.4</b>          | <b>77.3</b>    | <b>35.5</b>      | <b>60.4</b>      | <b>43.6</b> | <b>91.3</b>    | <b>2345.8</b>     | <b>100.7</b>      | <b>206.4</b>     |
| Menu I 06/23/2025                            | 1220.0             | 39.0        | 10.3           | 140.0               | 1568.3         | 154.3        | 15.3         | 64.3         | 10.7                | 69.7           | 39.7             | 71.3             | 46.7        | 88.3           | 2420.0            | 88.7              | 202.0            |
| Menu J 06/26/2025                            | 1260.0             | 46.5        | 13.9           | 292.5               | 1478.8         | 142.0        | 15.8         | 65.0         | 13.3                | 76.3           | 40.0             | 56.8             | 51.0        | 83.3           | 2290.0            | 104.8             | 211.0            |
| <b>Menu I &amp; J Average</b>                | <b>1237.1</b>      | <b>42.2</b> | <b>11.9</b>    | <b>205.4</b>        | <b>1529.9</b>  | <b>149.0</b> | <b>15.5</b>  | <b>64.6</b>  | <b>11.8</b>         | <b>72.5</b>    | <b>39.8</b>      | <b>65.1</b>      | <b>48.5</b> | <b>86.2</b>    | <b>2364.3</b>     | <b>95.6</b>       | <b>205.9</b>     |



For questions regarding this nutritional analysis, please contact the dietitians at Seattle Sutton's Healthy Eating  
1-815-780-2060  
[Dietitians@sshe.com](mailto:Dietitians@sshe.com)

| 1200 Calorie Plan Daily Average<br>WITH Milk Servings |            |
|-------------------------------------------------------|------------|
| Calories                                              | 1238 kcal  |
| Total Fat                                             | 42.6 g     |
| Saturated Fat                                         | 12 g       |
| Trans Fat                                             | 0 g        |
| Cholesterol                                           | 177.5 mg   |
| Sodium                                                | 1509 mg    |
| Total Carbohydrates                                   | 143.2 g    |
| Dietary Fiber                                         | 15.0 g     |
| Total Sugars                                          | 62.9 g     |
| Added Sugars                                          | 11.5 g     |
| Protein                                               | 75.2 g     |
| Vitamin D                                             | 205.7 mcg  |
| Calcium (%)                                           | 89.21 %    |
| Iron (%)                                              | 48.66 %    |
| Potassium                                             | 2384.7 mcg |
| Macronutrient Breakdown                               |            |
| Fats                                                  | 31%        |
| Carbohydrates                                         | 46%        |
| Protein                                               | 24%        |

| 1200 Calorie Plan Daily Average<br>WITHOUT Milk Servings |             |
|----------------------------------------------------------|-------------|
| Calories                                                 | 1077.8 kcal |
| Total Fat                                                | 42.6 g      |
| Saturated Fat                                            | 12 g        |
| Trans Fat                                                | 0 g         |
| Cholesterol                                              | 167.5 mg    |
| Sodium                                                   | 1309 mg     |
| Total Carbohydrates                                      | 119.2 g     |
| Dietary Fiber                                            | 15.0 g      |
| Total Sugars                                             | 38.9 g      |
| Includes Added !                                         | 11.5 g      |
| Protein                                                  | 57.2 g      |
| Vitamin D                                                | 5.7 mcg     |
| Calcium (%)                                              | 39.21 %     |
| Iron (%)                                                 | 48.66 %     |
| Potassium                                                | 1584.7 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  |