

Seattle Sutton's Healthy Eating

2000 Calorie Plan 7-Day Menu & Meal Plan Nutrition Averages

Menu A 06/30/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vit A	Vit C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(Kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(mcg)
Open-Faced Asparagus & Gruyere Ome	450	8	2.5	10	750	64	6	17	4	26	2	15	25	15	470	6	0
Chocolate Crepe & Strawberry Salsa	640	30	3.5	80	510	74	4	21	7	22	0	4	10	4	290	10	0
Blueberry Smoothie Bowl	540	11	2.5	10	95	91	10	62	28	18	2	60	50	20	790	20	0
Moroccan Chicken Skewers	710	18	3	120	340	76	12	18	7	59	0	15	40	10	930	45	2
Baja Tinga Wrap	460	14	4.5	60	620	57	10	5	0	29	2	15	15	15	810	8	4
Margherita Pizza	660	37	10	55	1000	53	10	20	8	30	4	40	20	50	760	40	2
Crab-Stuffed Flounder	500	16	4	65	900	61	5	7	1	29	6	20	15	15	1060	10	4
Roast Turkey in Dijon Cream Sauce	590	10	4	145	570	66	9	24	10	55	4	30	25	20	1330	40	6
Nona Sutton's Lasagna	560	24	7.5	45	580	67	11	13	0	28	4	6	35	30	700	10	0
Average	567.8	18.7	4.6	65.6	596.1	67.7	8.6	20.8	7.2	32.9	2.7	22.8	26.1	19.9	793.3	21.0	2.0
Daily Average	1703.3	56.0	13.8	196.7	1788.3	203.0	25.7	62.3	21.7	98.7	8.0	68.3	78.3	59.7	2380.0	63.0	6.0
W 24 oz low-fat milk	2021.3	62.9	18.0	226.7	2088.3	239.0	25.7	98.3	21.7	123.3	38.0	80.3	78.3	149.7	3280.0	813.0	306.0

Menu B 07/03/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vit A	Vit C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(Kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(mcg)
Egg Fonduta	410	11	4.5	30	710	53	8	28	3	28	0	8	20	30	820	4	0
Wild Blackberry Parfait	480	13	1	10	70	70	8	43	19	21	0	2	80	20	490	15	0
Strawberry Cheesecake French Toast	520	20	6.5	95	860	60	3	24	11	23	2	2	50	10	380	10	2
Biscuits & Sausage Gravy	600	30	10.5	300	830	62	6	28	4	21	2	10	25	30	720	2	2
Chicken & Dumplings	400	11	2.5	65	480	44	6	13	9	28	10	15	15	6	660	6	2
Chili Con Carne	670	36	6.5	50	670	61	11	12	0	27	4	25	35	20	930	15	2
El Pastor Bowl	480	21	3.5	100	510	45	9	4	0	29	4	40	20	15	1190	6	4
Chicken Salad on Croissant	420	23	7	105	410	30	3	11	1	22	6	6	8	2	280	0	0
Raspberry Salmon Salad	640	25	8.5	175	450	48	3	33	24	51	6	8	15	6	1020	4	0
Rustic Zucchini Cavatappi	610	17	4.5	100	790	93	9	8	3	21	2	20	30	8	710	8	0
Chicken Enchilada Bake	600	25	10	125	820	45	6	8	0	41	2	40	15	35	660	40	4
Sweet & Sour Chicken	710	23	5.5	55	590	102	9	17	6	22	2	130	45	8	410	4	2
Average	545.0	21.3	5.9	100.8	599.2	59.4	6.8	19.1	6.7	27.8	3.3	25.5	29.8	15.8	689.2	9.5	1.5
Daily Average	1635.0	63.8	17.6	302.5	1797.5	178.3	20.3	57.3	20.0	83.5	10.0	76.5	89.5	47.5	2067.5	28.5	4.5
W 24 oz low-fat milk	1953.0	70.7	21.8	332.5	2097.5	214.3	20.3	93.3	20.0	108.1	40.0	88.5	89.5	137.5	2967.5	778.5	304.5

Menu C 07/07/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vit A	Vit C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(Kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(mcg)
Peach Berry Blintz	580	23	8	105	360	69	3	30	18	25	2	8	10	10	360	8	2
Cheesy Baked Egg Casserole	520	15	7	40	1000	56	8	20	0	38	2	35	25	30	820	15	2
Strawberry Chia Oatmeal	460	16	3	5	50	69	10	35	10	13	2	50	20	15	660	15	15
Honey Shrimp Salad	330	16	1.5	30	370	39	6	13	1	14	6	100	20	8	570	20	0
Curry Chicken Salad	770	34	4	60	660	87	11	33	5	32	0	10	25	15	600	10	0
Tuscan Bean Soup & Crostata	550	25	6.5	25	1110	62	12	10	3	20	4	20	25	25	1880	6	0
Tamale Bowl	510	24	11.5	25	630	58	13	29	0	13	2	20	25	20	470	10	2
Penne "Vodka" Meatballs	600	20	5.5	70	480	72	14	9	1	33	2	35	30	15	1170	25	6
Chicken Linguini Alfredo	600	19	7	130	990	58	6	14	0	50	2	120	15	25	1280	0	0
Average	546.7	21.3	6.0	54.4	627.8	63.3	9.2	21.4	4.2	26.4	2.4	44.2	21.7	18.1	867.8	12.1	3.0
Daily Average	1640.0	64.0	18.0	163.3	1883.3	190.0	27.7	64.3	12.7	79.3	7.3	132.7	65.0	54.3	2603.3	36.3	9.0
W 24 oz low-fat milk	1958.0	70.9	22.2	193.3	2183.3	226.0	27.7	100.3	12.7	104.2	37.3	144.7	65.0	144.3	3503.3	786.3	309.0

Menu D 07/10/2025																	
Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vit A	Vit C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(Kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(mcg)
Spinach & Cheese Frittata	330	6	3	10	620	45	4	8	0	21	6	140	50	25	1490	25	0
Berry Colada Parfait	320	2.5	1	10	80	63	9	44	19	13	0	8	8	15	400	2	0
Hashbrown Casserole	330	9	4.5	25	480	42	6	21	2	21	2	4	15	20	640	10	2
Ciabatta Egg Sandwich	550	19	9	260	1100	69	6	15	0	27	0	80	30	30	180	0	0
Spinach-Artichoke Flatbread Pizza	660	32	15	75	760	76	8	40	10	16	4	6	25	40	520	10	4
Pear & Gorgonzola Salad	620	43	8	45	460	51	8	28	12	17	4	10	15	15	510	15	0
Broccoli Cheddar Soup & Salad	690	28	12	80	1250	81	9	22	6	28	10	60	25	50	820	30	20
Lou's Bleu Burger	540	18	4.5	125	890	70	5	26	9	26	0	15	25	15	750	4	0
Chicken Carnitas	500	11	2.5	160	670	47	6	3	0	47	0	10	30	6	480	4	0
Chicken Cacciatore	540	19	8	130	640	46	14	31	1	46	2	60	25	10	1210	8	0
Cider Salmon	600	30	12.5	135	410	51	10	28	12	31	6	120	20	10	1230	15	4
Honey Peach BBQ Chicken	630	15	6.5	155	500	75	5	17	6	53	6	6	20	20	1200	25	8
Average	525.8	19.4	7.2	100.8	655.0	59.7	7.5	23.6	6.4	28.8	3.3	43.3	24.0	21.3	785.8	12.3	3.2
Daily Average	1577.5	58.1	21.6	302.5	1965.0	179.0	22.5	70.8	19.3	86.5	10.0	129.8	72.0	64.0	2357.5	37.0	9.5
W 24 oz low-fat milk	1895.5	65.0	25.8	332.5	2265.0	215.0	22.5	106.8	19.3	111.1	40.0	141.8	72.0	154.0	3257.5	787.0	309.5
Menu E 07/14/2025																	
Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vit A	Vit C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(Kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(mcg)
Egg & Feta Tart	580	28	13	245	790	57	8	28	0	23	2	15	15	20	510	10	0
Bacon & Cheddar Clafoutis	480	21	5.5	40	480	49	4	9	0	22	20	80	35	25	1750	25	10
Morning Protein Plate	690	39	9	430	580	57	7	28	3	25	6	60	25	30	750	15	10
Chicken Gyro Bowl	730	22	2	110	870	77	5	3	0	51	4	45	40	15	490	8	0
Pecan-Cranberry Mixed Green Salad	650	47	7	25	320	44	7	17	13	16	4	10	15	35	290	10	0
Homestyle Roasted Turkey Sandwich	560	11	6	140	430	71	6	31	12	44	6	8	20	10	780	25	4
BBQ Meatloaf & Cheddar Mash	730	37	9	115	860	66	7	20	9	39	2	20	20	20	1110	30	10
Tortelloni Pomodoro	420	15	4.5	70	900	54	9	18	3	19	4	35	25	30	670	8	0
Cajun Shrimp Etouffee	520	16	6.5	185	730	61	6	9	1	31	4	30	10	10	830	15	2
Average	595.6	26.2	6.9	151.1	662.2	59.6	6.6	18.1	4.6	30.0	5.8	33.7	22.8	21.7	797.8	16.2	4.0
Daily Average	1786.7	78.7	20.8	453.3	1986.7	178.7	19.7	54.3	13.7	90.0	17.3	101.0	68.3	65.0	2393.3	48.7	12.0
W 24 oz low-fat milk	2104.7	85.6	25.0	483.3	2301.7	214.7	19.7	90.3	13.7	114.6	47.3	113.0	68.3	155.0	3293.3	798.7	312.0
Menu F 07/17/2025																	
Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vit A	Vit C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(Kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(mcg)
Sunrise Pizza	500	23	9	170	890	51	5	7	1	25	2	60	35	40	980	20	2
Cranberry Oat Bar	510	13	1	10	95	78	7	45	29	21	0	20	90	20	530	15	0
Cheesy Egg Strata	440	14	7	40	790	53	7	29	0	27	6	220	15	30	790	15	4
Bacon & Egg Bagel Sandwich	400	15	4	190	720	43	6	12	0	28	2	80	20	8	620	4	0
Croque Monsieur	710	37	10.5	80	1200	75	4	23	8	27	4	2	15	40	720	20	6
Caesar Salad with Roasted Tomatoes	520	32	5.5	20	540	44	5	23	20	15	2	10	25	20	410	10	2
Bonsai Salmon Bowl	700	21	4	120	850	89	4	33	17	37	0	8	25	6	1190	30	0
Chipotle Black Bean Burger	580	31	4	10	560	63	13	25	15	18	2	15	20	15	890	4	0
Swedish Meatballs	500	16	6.5	85	690	59	8	12	0	31	2	45	25	20	1360	30	10
Butternut Squash Ravioli	600	28	10	90	710	66	11	15	4	22	15	40	25	30	700	20	6
Pasta Verde with Durango Turkey	470	14	6	100	700	54	6	9	0	34	4	100	20	10	550	8	4
Chicken Matzo Ball Soup	650	25	5.5	110	500	63	5	19	11	40	4	6	35	4	940	6	2
Average	548.3	22.4	6.1	85.4	687.1	61.5	6.8	21.0	8.8	27.1	3.6	50.5	29.2	20.3	806.7	15.2	3.0
Daily Average	1645.0	67.3	18.3	256.3	2061.3	184.5	20.3	63.0	26.3	81.3	10.8	151.5	87.5	60.8	2420.0	45.5	9.0
W 24 oz low-fat milk	1963.0	74.2	22.5	286.3	2361.3	223.5	20.3	99.0	26.3	105.9	40.8	163.5	87.5	150.8	3320.0	795.5	309.0

Menu G 07/21/2025																		
Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vit A	Vit C	Iron	Calcium	Potassium	Phosphorus	Vitamin D	
Unit of Measure	(Kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(mcg)	
Wheat Croissant with Brie	750	37	11	55	460	91	11	51	8	19	0	15	20	15	800	20	0	
Superfood Brioche French Toast	450	21	7	60	440	53	4	27	12	14	2	2	60	10	340	8	4	
Swiss Cheese Egg Bake	440	11	6.5	40	860	35	3	6	0	39	0	15	20	45	560	0	0	
Broccoli Cheddar Fritters	470	21	8	40	660	53	9	26	7	20	2	60	20	25	770	20	2	
Mediterranean Lunch Box	650	29	4	125	830	47	4	4	1	50	0	4	30	15	690	30	2	
Loaded Quesadilla & Tortilla Soup	480	23	10	70	1000	42	4	4	0	27	2	8	10	30	270	20	2	
Capri Chicken with Quinoa Pilaf	500	19	4.5	145	850	33	7	7	0	53	4	50	20	25	1160	15	2	
Pierogi in Mushroom & Tomato Gravy	590	13	5.5	40	770	100	6	16	7	21	2	60	30	10	950	8	2	
Salmon with Creamy Dill Sauce	530	17	5	70	530	58	7	9	0	37	2	70	15	10	1160	15	4	
Average	540.0	21.2	6.8	71.7	711.1	56.9	6.1	16.7	3.9	31.1	1.6	31.6	25.0	20.6	744.4	15.1	2.0	
Daily Average	1620.0	63.7	20.5	215.0	2133.3	170.7	18.3	50.0	11.7	93.3	4.7	94.7	75.0	61.7	2233.3	45.3	6.0	
W 24 oz low-fat milk	1938.0	70.6	24.7	245.0	2433.3	209.7	18.3	86.0	11.7	117.9	34.7	106.7	75.0	151.7	3133.3	795.3	306.0	

Menu H 07/24/2025																		
Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vit A	Vit C	Iron	Calcium	Potassium	Phosphorus	Vitamin D	
Unit of Measure	(Kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(mcg)	
Cheddar & Sausage Breakfast Casserole	590	29	6	30	630	53	10	18	0	31	2	8	25	30	790	20	2	
Strawberry Poppyseed Bread	430	6	0	5	280	77	5	46	29	16	0	50	25	15	440	10	0	
Cowboy Skillet	410	18	6.5	40	800	37	7	16	0	28	4	140	25	30	760	10	2	
Potato Pancakes with Smoked Veggie C	420	22	8	150	990	48	7	17	2	12	2	10	2	8	900	6	0	
Gemelli Pasta Salad	640	40	9	95	470	55	7	27	8	10	0	6	10	8	160	10	0	
Tuna Melt	560	14	4.5	65	600	60	8	10	1	45	8	30	30	25	1180	25	0	
Acapulco Taco Pie	500	22	7	70	620	49	7	7	1	27	2	25	25	30	710	20	4	
Pecan and Poppyseed Chicken Salad	620	33	3	65	480	41	5	16	0	44	4	6	15	10	500	6	0	
Marry Me Chicken	720	22	10	180	1000	86	10	25	6	43	6	30	25	30	1500	15	25	
Picadillo Cubano	550	9	2.5	55	480	88	11	7	1	27	0	8	35	10	1140	8	0	
Pesto Cream Penne	520	16	4	20	600	74	16	15	0	25	6	40	25	20	680	20	15	
Herbed Turkey Bake	450	19	6.5	85	460	42	4.5	12	3	29	2	8	15	10	580	10	4	
Average	534.2	20.8	5.6	71.7	617.5	59.2	8.1	18.0	4.3	28.1	3.0	30.1	21.4	18.8	778.3	13.3	4.3	
Daily Average	1602.5	62.5	16.8	215.0	1852.5	177.5	24.4	54.0	12.8	84.3	9.0	90.3	64.3	56.5	2335.0	40.0	13.0	
W 24 oz low-fat milk	1920.5	69.4	21.0	245.0	2152.5	216.5	24.4	90.0	12.8	108.9	39.0	102.3	64.3	146.5	3235.0	790.0	313.0	

Menu I 07/28/2025																		
Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vit A	Vit C	Iron	Calcium	Potassium	Phosphorus	Vitamin D	
Unit of Measure	(Kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(mcg)	
Brioche Breakfast Sandwich	500	23	7	285	650	44	6	24	6	28	8	100	25	20	900	10	0	
Chocolate Pancake with Citrus Mascarp	610	26	9	30	250	84	6	40	16	12	0	2	25	15	580	25	4	
Blueberry Almond Torta	580	21	4.5	95	660	79	7	57	13	21	22	160	15	15	700	6	2	
Tex-Mex Fish Taco	590	21	4.5	70	990	65	8	6	3	38	0	6	20	15	1020	6	0	
Smoky Chicken Salad Pita	470	13	1.5	70	540	55	11	10	2	32	4	25	25	20	880	10	0	
Fresh Fruit and Cottage Cheese Plate	540	17	7	50	990	67	6	28	0	33	8	60	15	45	980	15	2	
Spaghetti Bolognese	520	16	3.5	10	430	70	12	8	1	22	4	10	30	15	800	20	0	
Thai Coconut Chicken	660	21	10	50	780	86	3	16	5	27	2	25	45	10	710	4	0	
Sundried Tomato & Italian Sausage Flat	630	32	6	30	1250	58	10	5	4	35	6	60	25	35	900	2	0	
Average	566.7	21.1	5.9	76.7	726.7	67.6	7.7	21.6	5.6	27.6	6.0	49.8	25.0	21.1	830.0	10.9	0.9	
Daily Average	1700.0	63.3	17.7	230.0	2180.0	202.7	23.0	64.7	16.7	82.7	18.0	149.3	75.0	63.3	2490.0	32.7	2.7	
W 24 oz low-fat milk	2018.0	70.2	21.9	260.0	2480.0	241.7	23.0	100.7	16.7	107.3	48.0	161.3	75.0	153.3	3390.0	782.7	302.7	

Menu J 07/31/2025																	
Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vit A	Vit C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(Kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(mcg)
Chocolate Chia Bowl	570	25	6	0	135	82	12	55	23	15	0	2	25	30	840	25	0
Bircher Muesli and Pears	530	25	8	50	25	72	6	39	22	9	4	2	50	8	350	15	4
Avocado Toast	570	25	4	260	540	63	16	19	1	25	2	100	25	8	740	15	0
Egg & Cheese Breakfast Sandwich	420	19	6	180	730	40	6	12	1	21	10	90	15	25	660	2	0
Landry Bay Crab Cakes	530	26	7	145	990	40	7	8	1	35	4	50	20	10	1010	8	2
Turkey Cobb Salad	460	18	6	265	1000	30	8	7	0	45	6	15	35	20	590	20	10
BBQ Chicken Pizza	470	16	8	90	520	50	10	20	5	31	2	8	8	30	730	20	2
Loaded Potato Soup	470	16	8	45	540	64	5	8	1	17	4	15	20	30	660	25	15
Chicken Fricassee	560	16	4.5	145	470	65	8	14	13	45	4	15	20	6	980	6	2
Traditional Cottage Pie	480	20	6.5	115	450	40	5	19	7	35	2	70	15	6	720	8	2
Honey Garlic Chicken Bowl	640	16	2.5	40	1000	100	8	28	1	21	2	4	40	8	340	10	0
Salisbury Steak	610	19	5.5	135	680	63	10	12	1	47	4	25	30	10	1490	45	10
Average	525.8	20.1	6.0	122.5	590.0	59.1	8.4	20.1	6.3	28.8	3.7	33.0	25.3	15.9	759.2	16.6	3.9
Daily Average	1577.5	60.3	18.0	367.5	1770.0	177.3	25.3	60.3	19.0	86.5	11.0	99.0	75.8	47.8	2277.5	49.8	11.8
W 24 oz low-fat milk	1895.5	67.2	22.2	397.5	2070.0	216.3	25.3	96.3	19.0	111.1	41.0	111.0	75.8	137.8	3177.5	799.8	311.8

Seattle Sutton's Healthy Eating

2000 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)	Vit A (%)	Vit C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (mcg)
Menu A 06/30/2025	2021.3	62.9	18.0	226.7	2088.3	239.0	25.7	98.3	21.7	123.3	38.0	80.3	78.3	149.7	3280.0	813.0	306.0
Menu B 07/03/2025	1953.0	70.7	21.8	332.5	2097.5	214.3	20.3	93.3	20.0	108.1	40.0	88.5	89.5	137.5	2967.5	778.5	304.5
Menu A & B Average	1992.0	66.2	19.7	272.0	2092.3	228.4	23.3	96.2	21.0	116.8	38.9	83.8	83.1	144.5	3146.1	798.2	305.4
Menu C 07/07/2025	1958.0	70.9	22.2	193.3	2183.3	226.0	27.7	100.3	12.7	104.2	37.3	144.7	65.0	144.3	3503.3	786.3	309.0
Menu D 07/10/2025	1895.5	65.0	25.8	332.5	2265.0	215.0	22.5	106.8	19.3	111.1	40.0	141.8	72.0	154.0	3257.5	787.0	309.5
Menu C & D Average	1931.2	68.4	23.8	253.0	2218.3	221.3	25.5	103.1	15.5	107.2	38.5	143.4	68.0	148.5	3398.0	786.6	309.2
Menu E 07/14/2025	2104.7	85.6	25.0	483.3	2301.7	214.7	19.7	90.3	13.7	114.6	47.3	113.0	68.3	155.0	3293.3	798.7	312.0
Menu F 07/17/2025	1963.0	74.2	22.5	286.3	2361.3	223.5	20.3	99.0	26.3	105.9	40.8	163.5	87.5	150.8	3320.0	795.5	309.0
Menu E & F Average	2044.0	80.7	23.9	398.9	2327.2	218.5	19.9	94.0	19.1	110.9	44.5	134.6	76.5	153.2	3304.8	797.3	310.7
Menu G 07/21/2025	1938.0	70.6	24.7	245.0	2433.3	209.7	18.3	86.0	11.7	117.9	34.7	106.7	75.0	151.7	3133.3	795.3	306.0
Menu H 07/24/2025	1920.5	69.4	21.0	245.0	2152.5	216.5	24.4	90.0	12.8	108.9	39.0	102.3	64.3	146.5	3235.0	790.0	313.0
Menu G & H Average	1930.5	70.1	23.1	245.0	2313.0	212.6	20.9	87.7	12.1	114.0	36.5	104.8	70.4	149.5	3176.9	793.0	309.0
Menu I 07/28/2025	1842.9	66.7	22.0	328.8	2275.0	229.0	24.1	98.5	17.8	109.2	44.5	136.2	75.4	145.5	3283.8	791.2	307.2
Menu J 07/31/2025	2018.0	70.2	21.9	260.0	2480.0	241.7	23.0	100.7	16.7	107.3	48.0	161.3	75.0	153.3	3390.0	782.7	302.7
Menu I & J Average	1917.9	68.2	22.0	299.3	2362.9	234.4	23.6	99.4	17.3	108.4	46.0	147.0	75.2	148.9	3329.3	787.5	305.3

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 Daily Average WITH Milk Servings	
Calories	1982.3 kcal
Total Fat	70.7 g
Saturated Fat	22.5 g
Trans Fat	0.0 g
Cholesterol	293.6 mg
Sodium	2262.7 mg
Total Carbohydrates	223.0 g
Dietary Fiber	22.7 g
Total Sugars	96.1 g
Added Sugars	17.0 g
Protein	113.4 g
Vitamin D	307.9 mcg
Calcium (%)	148.9 %
Iron (%)	74.7 %
Potassium	3271.0 mg
Macronutrient Breakdown	
Fats	32%
Carbohydrates	45%
Protein	23%

2000 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1664.3 kcal
Total Fat	63.8 g
Saturated Fat	18.3 g
Trans Fat	0 g
Cholesterol	263.6 mg
Sodium	1947.7 mg
Total Carbohydrates	184.0 g
Dietary Fiber	22.7 g
Total Sugars	60.1 g
Includes Added S	17.0 g
Protein	88.8 g
Vitamin D	8.3 mcg
Calcium (%)	58.1 %
Iron (%)	75.1 %
Potassium	2371.0 mcg
Macronutrient Breakdown	
Fats	35%
Carbohydrates	44%
Protein	21%

The 2000 calorie plan is recommended with 3 glasses of Low-Fat Milk

Low-Fat Milk Additions		
Amount	8 oz	24 oz
Calories	106 kcal	318
Total Fat	2.3 g	6.9 g
Saturated Fat	1.4g	4.2 g
Trans Fat	0 g	0 g
Cholesterol	10 mg	30 mg
Sodium	105 mg	315 mg
Total Carbohydrates	13 g	39 g
Dietary Fiber	0 g	0 g
Total Sugars	12 g	36 g
Includes Added Sugar	0 g	0 g
Protein	8.2 g	24.6 g
Vitamin D	100 mcg	300 mcg
Calcium (%)	30%	90%
Iron (%)	0%	0%
Potassium	300 mcg	900 mcg