

Seattle Sutton's Healthy Eating

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

Menu A 5/6/2024

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)
Biscuits & Sausage Gravy	560	29	10	300	810	51	6	16	4	21	2	30	20	30	750	2	2
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	470	12	2.5	0	70	76	9	50	24	16	0	35	50	20	610	20	0
Tex-Mex Fish Tacos	590	21	4.5	70	990	65	8	6	3	38	0	6	20	15	1020	6	0
Chicken Fajita Bowl	540	24	7	65	320	62	13	7	0	29	4	45	15	20	900	10	2
Margherita Pizza	590	35	10	45	1090	47	7	12	2	23	6	15	20	45	680	25	2
Spaghetti "Vodka" Meatballs	600	20	6	70	630	70	9	9	1	32	2	35	25	15	1100	25	6
Sweet & Sour Chicken	750	24	5	60	630	108	9	18	6	24	2	130	50	10	430	6	2
Pierogi in Mushroom & Tomato Gravy	590	13	5.5	40	770	101	6	16	7	21	2	60	30	10	960	8	2
Average	592.2	23.1	6.0	81.1	646.7	72.7	7.9	17.2	6.0	25.1	2.0	40.0	26.7	18.8	748.9	12.4	1.8
Daily Average	1776.7	69.3	18.0	243.3	1940.0	218.0	23.7	51.7	18.0	75.3	6.0	120.0	80.0	56.3	2246.7	37.3	5.3
W 24 oz low-fat milk	2094.7	76.2	22.2	273.3	2240.0	254.0	23.7	87.7	18.0	99.9	36.0	132.0	80.0	146.3	3146.7	787.3	305.3

Menu B 5/9/2024

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	770	53	8	28	3	28	0	8	20	30	820	4	0
Wild Blackberry Parfait	440	13	1	10	60	63	8	38	19	18	0	2	80	15	440	15	0
Strawberry Cheesecake French Toast	480	19	28	95	860	54	3	20	11	22	2	0	50	10	380	10	2
Avocado Toast	550	25	4	380	540	69	10	26	6	16	4	100	15	6	570	10	10
Quesadilla with Tamale Soup	480	17	6	30	930	63	7	16	1	19	4	45	10	25	490	15	2
Croque Monsieur	490	23	10	75	830	47	11	16	5	32	2	4	45	45	370	20	6
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	360	16	5	50	360	30	4	13	1	23	8	8	8	2	290	2	0
Basque Seafood Stew	690	14	2.5	210	740	89	8	30	11	51	2	10	50	15	1510	25	2
Gnocchi Alla Norma	440	10	2	75	700	74	7	15	6	15	0	2	25	10	340	2	0
Chicken Enchilada Bake	600	25	10	125	820	45	6	8	0	41	2	40	15	35	660	40	4
Moroccan Chicken Skewers	610	16	2	120	330	61	7	15	7	54	0	10	30	8	760	40	2
Average	502.5	17.5	6.5	108.3	620.8	57.8	7.3	19.1	5.8	29.0	2.3	22.4	30.7	18.0	651.7	15.8	2.7
Daily Average	1507.5	52.5	19.6	325.0	1862.5	173.3	22.0	57.3	17.5	87.0	7.0	67.3	92.0	54.0	1955.0	47.3	8.0
W 24 oz low-fat milk	1825.5	59.4	23.8	355.0	2162.5	209.3	22.0	93.3	17.5	111.6	37.0	79.3	92.0	144.0	2855.0	797.3	308.0

Menu C 5/13/2024

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)
Apple Dutch Baby	530	17	8	70	370	76	4	27	12	17	4	50	20	10	560	8	8
Cheesy Baked Egg Casserole	520	15	7	40	1060	56	8	20	0	38	2	35	25	30	820	15	2
Ciabatta Egg Sandwich	500	19	9	260	1110	55	3	5	0	27	0	0	30	30	55	0	0
Honey Shrimp Salad	710	37	8	40	520	78	13	40	18	22	6	100	35	20	990	25	0
Curry Chicken Salad	770	34	4	60	660	87	11	33	5	32	0	10	25	15	600	10	0
Thai Red Pepper Bisque	570	29	4.5	0	1060	66	14	22	3	17	2	60	25	10	1050	25	0
Chile Cazuela with Spanish Rice	560	14	5	25	480	88	8	7	0	20	4	50	15	25	610	30	2
Pasta Verde with Durango Turkey	460	12	5	95	770	54	5	8	0	34	2	90	20	10	560	8	2
Chicken Linguini Alfredo	510	16	6	90	800	58	6	14	0	36	2	120	10	25	1050	0	0
Average	570.0	21.4	6.3	75.6	758.9	68.7	8.0	19.6	4.2	27.0	2.4	57.2	22.8	19.4	699.4	13.4	1.6
Daily Average	1710.0	64.3	18.8	226.7	2276.7	206.0	24.0	58.7	12.7	81.0	7.3	171.7	68.3	58.3	2098.3	40.3	4.7
W 24 oz low-fat milk	2028.0	71.2	23.0	256.7	2576.7	242.0	24.0	94.7	12.7	105.9	37.3	183.7	68.3	148.3	2998.3	790.3	304.7

Menu D 5/16/2024																	
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)
Blueberry Almond Torta	580	21	4.5	95	660	81	7	57	13	20	2	160	15	15	710	6	2
Cheesy Egg Strata	440	14	7	40	790	53	6	29	0	27	6	220	15	30	790	15	2
Open-Faced Asparagus & Gruyere Ome	410	9	1.5	10	560	63	6	33	4	22	2	15	20	15	680	6	0
Strawberry Chia Oatmeal	450	16	2.5	5	55	68	10	34	10	13	2	50	20	15	630	15	10
Chicken Nicoise Bowl	620	25	4	225	750	36	9	8	0	59	6	90	25	15	1720	50	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	680	27	12	90	970	86	11	23	6	24	10	70	30	40	780	25	15
Lou's Bleu Burger	560	19	4	120	900	74	7	29	9	24	0	15	25	15	780	2	0
Pasticcio with Mediterranean Salad	630	28	6	110	320	57	3	14	3	36	6	6	25	25	710	40	20
Chicken Cacciatore	540	19	8	130	640	46	14	31	1	46	2	60	25	10	1210	8	0
Cider Salmon	640	31	11.5	135	420	58	11	32	13	31	6	25	10	1210	1220	15	4
Honey Peach BBQ Chicken	630	15	6.5	155	500	76	5	18	7	53	6	6	20	20	1200	25	8
Average	566.7	22.3	6.3	96.7	585.4	62.4	8.1	28.0	6.5	31.0	4.3	60.6	20.4	118.8	911.7	18.5	5.4
Daily Average	1700.0	66.8	18.9	290.0	1756.3	187.3	24.3	84.0	19.5	93.0	13.0	181.8	61.3	356.3	2735.0	55.5	16.3
W 24 oz low-fat milk	2018.0	73.7	23.1	320.0	2056.3	223.3	24.3	120.0	19.5	117.6	43.0	193.8	61.3	446.3	3635.0	805.5	316.3
Menu E 5/20/2024																	
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	550	27	10.5	300	650	58	9	29	0	19	2	15	15	10	640	10	0
Haystack Breakfast	480	9	5	40	700	70	4	1	23	27	2	8	20	30	760	15	6
Morning Protein Plate	690	39	9	430	580	57	7	28	3	25	6	60	25	30	750	15	10
Gemelli Pasta Salad	640	40	9	100	470	55	7	27	8	10	0	6	10	8	160	10	0
Caesar Salad with Roasted Tomatoes	540	33	5	20	550	49	8	25	20	17	10	20	30	25	730	15	0
Homestyle Roasted Turkey Sandwich	560	11	6	140	430	71	6	31	12	44	6	8	20	10	780	25	4
Cherry-Glazed Meatloaf	730	25	8	195	940	70	6	30	12	53	10	10	30	25	1240	40	15
Butternut Squash Ravioli	630	32	11.5	105	710	66	11	15	4	22	15	40	25	30	690	20	6
Cajun Shrimp Etouffee	680	25	5	115	680	79	8	11	1	38	4	8	20	8	1350	20	2
Average	611.1	26.8	7.7	160.6	634.4	63.9	7.3	21.9	9.2	28.3	6.1	19.4	21.7	19.6	788.9	18.9	4.8
Daily Average	1833.3	80.3	23.0	481.7	1903.3	191.7	22.0	65.7	27.7	85.0	18.3	58.3	65.0	58.7	2366.7	56.7	14.3
W 24 oz low-fat milk	2151.3	87.2	27.2	511.7	2218.3	227.7	22.0	101.7	27.7	109.6	48.3	70.3	65.0	148.7	3266.7	806.7	314.3
Menu F 5/23/2024																	
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	600	14	1	10	115	94	9	54	38	24	0	20	15	25	630	6	0
Hashbrown Casserole	360	9	4	25	540	48	7	20	5	22	2	4	15	20	680	10	2
Bacon & Egg Bagel Sandwich	390	15	4	190	720	43	6	12	0	27	2	80	20	8	620	4	0
Chipotle Black Bean Burger	650	39	4	0	580	65	13	26	15	18	2	15	20	15	910	6	0
Broccoli Cheddar Fritters	470	21	8	40	660	53	9	26	7	20	2	60	20	25	770	20	2
Bonsai Salmon Bowl	700	21	4	120	850	89	4	33	17	37	0	8	25	6	1190	30	0
Smoky Chicken Salad Pita	470	13	2	70	540	55	11	10	2	32	4	25	25	20	880	10	0
Chicken & Dumplings	480	12	4	90	640	58	5	14	10	36	10	15	15	6	790	6	2
Spinach & Walnut Pesto Tortellini	720	35	7	120	860	81	13	11	0	28	10	80	35	30	1560	15	0
Roast Turkey in Dijon Cream Sauce	590	10	4	145	570	66	9	24	10	55	4	30	25	20	1330	40	6
Swedish Meatballs	530	18	6	100	560	61	7	11	0	30	2	35	15	15	880	25	8
Average	538.3	19.2	4.8	90.0	627.1	63.7	8.2	20.7	8.8	29.5	3.3	36.0	22.1	19.2	935.0	16.0	1.8
Daily Average	1615.0	57.5	14.3	270.0	1881.3	191.0	24.5	62.0	26.3	88.5	10.0	108.0	66.3	57.5	2805.0	48.0	5.5
W 24 oz low-fat milk	1933.0	64.4	18.5	300.0	2181.3	230.0	24.5	98.0	26.3	113.1	40.0	120.0	66.3	147.5	3705.0	798.0	305.5

Menu G 5/27/2024

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 Figs and Brie	570	19	10	50	410	89	11	55	6	12	0	15	8	20	650	4	0
Superfood Brioche French Toast	440	19	6	55	450	53	4	27	12	14	2	2	60	10	330	4	0
Swiss Cheese Egg Bake	480	10	6	35	840	53	10	17	0	38	0	60	15	40	870	2	0
Baja Tinga Wrap	480	14	4	60	620	61	10	5	0	31	2	15	15	15	890	8	4
Pesto Caprese Chicken Sandwich	640	24	7	155	910	51	9	14	1	57	2	70	25	30	1260	30	2
Spinach-Artichoke Flatbread Pizza	580	26	12.5	65	750	69	8	36	8	15	4	6	20	40	480	8	2
Chicken Shawarma Wrap	550	25	4	65	540	55	14	25	13	33	0	50	35	20	950	2	0
Honey Garlic Chicken Bowl	670	18	2	45	1030	104	9	27	0	23	2	4	45	8	340	15	0
Salmon with Creamy Dill Sauce	530	17	5	70	530	58	7	9	0	37	2	70	15	10	1160	15	4
Average	548.9	19.1	6.3	66.7	675.6	65.9	9.1	23.9	4.4	28.9	1.6	32.4	26.4	21.4	770.0	9.8	1.3
Daily Average	1646.7	57.3	18.8	200.0	2026.7	197.7	27.3	71.7	13.3	86.7	4.7	97.3	79.3	64.3	2310.0	29.3	4.0
W 24 oz low-fat milk	1964.7	64.2	23.0	230.0	2326.7	236.7	27.3	107.7	13.3	111.3	34.7	109.3	79.3	154.3	3210.0	779.3	304.0

Menu H 5/30/2024

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	570	25	4	20	630	50	9	17	0	26	2	8	15	20	600	15	2
Lemon Blueberry Clafoutis	500	15	6	40	730	70	6	42	26	20	2	10	20	10	380	8	6
Potato Pancakes with Smoked Veggie C	420	22	8	150	990	49	7	17	2	12	2	10	2	8	910	6	0
Berry Colada Parfait	320	2.5	1	10	80	63	9	44	19	13	0	8	8	15	400	2	0
Chili Con Carne	670	36	6	50	670	61	11	13	0	27	4	25	35	20	960	15	2
Tuna Melt	530	13	4	65	640	55	10	10	1	48	8	30	25	25	1260	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	710	15	4.5	225	700	99	13	19	6	51	4	30	30	15	1320	8	6
Picadillo Cubano	500	8	2	40	630	88	9	7	1	20	2	8	35	10	1220	15	2
Turkey Pot Roast Dinner	670	12	3	155	860	80	10	17	5	59	20	15	40	25	1610	40	2
Penne Al Forno	390	11	4	25	620	52	13	8	0	24	2	110	30	30	590	10	0
Average	533.3	17.9	4.4	76.3	637.5	63.1	9.1	18.1	5.1	30.9	4.3	23.8	23.3	18.2	871.7	14.2	2.0
Daily Average	1600.0	53.6	13.1	228.8	1912.5	189.3	27.3	54.3	15.3	92.8	13.0	71.3	70.0	54.5	2615.0	42.5	6.0
W 24 oz low-fat milk	1918.0	60.5	17.3	258.8	2212.5	228.3	27.3	90.3	15.3	117.4	43.0	83.3	70.0	144.5	3515.0	792.5	306.0

Menu I 6/3/2024

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)
"Chorizo" & Egg Breakfast Taco	420	14	4	220	660	57	7	9	2	19	15	25	15	10	610	10	0
Chocolate Pancake with Citrus Mascarp	650	28	10	30	270	90	7	40	17	13	0	2	30	15	620	25	4
Spinach & Cheese Frittata	320	6	3	10	620	44	4	8	0	21	10	120	60	25	1600	25	0
Fresh Fruit and Cottage Cheese Plate	540	17	7	50	990	67	6	28	0	33	8	60	15	45	980	15	2
Mediterranean Lunch Box	650	29	4	125	830	47	4	4	1	50	0	4	30	15	690	30	2
Ancient Grain Stuffed Pepper	850	45	5	20	750	95	19	26	0	26	8	200	45	30	1280	30	4
Sundried Tomato & Italian Sausage Flat	630	32	6	30	1250	58	10	5	4	35	6	60	25	35	900	2	0
Thai Coconut Chicken	460	18	11.5	55	520	50	3	13	3	23	2	4	30	4	770	6	0
Lemon Picatta Cod over Linguini	590	8	2	60	420	91	12	17	1	32	0	10	8	4	1160	6	0
Average	567.8	21.9	5.8	66.7	701.1	66.6	8.0	16.7	3.1	28.0	5.4	53.9	28.7	20.3	956.7	16.6	1.3
Daily Average	1703.3	65.7	17.5	200.0	2103.3	199.7	24.0	50.0	9.3	84.0	16.3	161.7	86.0	61.0	2870.0	49.7	4.0
W 24 oz low-fat milk	2021.3	72.6	21.7	230.0	2403.3	238.7	24.0	86.0	9.3	108.6	46.3	173.7	86.0	151.0	3770.0	799.7	304.0

Menu J 6/6/2024

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
Egg & Cheese Breakfast Sandwich	430	19	6	180	710	43	6	14	1	21	10	80	15	25	690	4	0
Cowboy Skillet	290	7	2	10	450	37	7	16	3	20	4	140	20	15	720	6	0
Bircher Muesli and Pears	530	25	8	50	25	72	6	39	22	9	4	2	50	8	350	15	4
Landry Bay Crab Cakes	590	23	3	125	1030	57	10	14	9	38	0	20	25	15	760	4	0
Pecan-Cranberry Mixed Green Salad	650	47	7	25	320	44	7	17	13	16	4	10	15	35	290	10	0
BBQ Chicken Pizza	470	16	8	90	520	50	10	20	5	31	2	8	8	30	730	20	2
Potato & Leek Soup with Petite Greens	460	11	4	20	400	78	5	17	0	11	8	15	10	20	650	15	15
Chicken Fricassee	570	17	4	145	660	68	8	15	13	45	6	25	25	8	1090	6	2
Irish Cork County Stew	600	11	4	115	810	78	9	20	3	43	20	40	15	20	1500	40	8
Nona Sutton's Lasagna	470	23	7	55	680	40	5	13	0	24	6	8	15	30	1880	10	0
Salisbury Steak	630	19	5	135	740	65	12	12	1	46	4	20	30	8	1060	40	8
Average	521.7	20.3	5.3	79.2	540.0	59.5	8.1	21.0	7.8	26.6	5.7	30.8	21.1	20.3	880.0	16.3	3.3
Daily Average	1565.0	60.8	16.0	237.5	1620.0	178.5	24.3	63.0	23.3	79.8	17.0	92.5	63.3	61.0	2640.0	48.8	9.8
W 24 oz low-fat milk	1883.0	67.7	20.2	267.5	1920.0	217.5	24.3	99.0	23.3	104.4	47.0	104.5	63.3	151.0	3540.0	798.8	309.8

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 5/6/2024	2094.7	76.2	22.2	273.3	2240.0	254.0	23.7	87.7	18.0	99.9	36.0	132.0	80.0	146.3	3146.7	787.3	305.3
Menu B 5/9/2024	1825.5	59.4	23.8	355.0	2162.5	209.3	22.0	93.3	17.5	111.6	37.0	79.3	92.0	144.0	2855.0	797.3	308.0
Menu A & B Average	1979.3	69.0	22.9	308.3	2206.8	234.8	23.0	90.1	17.8	104.9	36.4	109.4	85.1	145.3	3021.7	791.6	306.5
Menu C 5/13/2024	2028.0	71.2	23.0	256.7	2576.7	242.0	24.0	94.7	12.7	105.9	37.3	183.7	68.3	148.3	2998.3	790.3	304.7
Menu D 5/16/2024	2018.0	73.7	23.1	320.0	2056.3	223.3	24.3	120.0	19.5	117.6	43.0	193.8	61.3	446.3	3635.0	805.5	316.3
Menu C & D Average	2023.7	72.3	23.1	283.8	2353.6	234.0	24.1	105.5	15.6	110.9	39.8	188.0	65.3	276.0	3271.2	796.8	309.6
Menu E 5/20/2024	2151.3	87.2	27.2	511.7	2218.3	227.7	22.0	101.7	27.7	109.6	48.3	70.3	65.0	148.7	3266.7	806.7	314.3
Menu F 5/23/2024	1933.0	64.4	18.5	300.0	2181.3	230.0	24.5	98.0	26.3	113.1	40.0	120.0	66.3	147.5	3705.0	798.0	305.5
Menu E & F Average	2057.8	77.4	23.5	421.0	2202.4	228.7	23.1	100.1	27.1	111.1	44.8	91.6	65.5	148.2	3454.5	803.0	310.5
Menu G 5/27/2024	1964.7	64.2	23.0	230.0	2326.7	236.7	27.3	107.7	13.3	111.3	34.7	109.3	79.3	154.3	3210.0	779.3	304.0
Menu H 5/30/2024	1918.0	60.5	17.3	258.8	2212.5	228.3	27.3	90.3	15.3	117.4	43.0	83.3	70.0	144.5	3515.0	792.5	306.0
Menu G & H Average	1944.7	62.6	20.6	242.3	2277.7	233.1	27.3	100.2	14.2	113.9	38.2	98.2	75.3	150.1	3340.7	785.0	304.9
Menu I 6/3/2024	1834.3	68.1	21.0	248.8	2161.7	228.1	24.1	92.5	16.3	106.5	46.7	139.1	74.6	151.0	3655.0	799.2	306.9
Menu J 6/6/2024	2021.3	72.6	21.7	230.0	2403.3	238.7	24.0	86.0	9.3	108.6	46.3	173.7	86.0	151.0	3770.0	799.7	304.0
Menu I & J Average	1914.4	70.0	21.3	240.7	2265.2	232.6	24.1	89.7	13.3	107.4	46.5	153.9	79.5	151.0	3704.3	799.4	305.6



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	1984.0 kcal
Total Fat	70.3 g
Saturated Fat	22.3 g
Trans Fat	0.0 g
Cholesterol	299.2 mg
Sodium	2261.2 mg
Total Carbohydrates	232.6 g
Dietary Fiber	24.3 g
Total Sugars	97.1 g
Added Sugars	17.6 g
Protein	111.6 g
Vitamin D	307.4 mcg
Calcium (%)	174.1 %
Iron (%)	74.2 %
Potassium	3358.5 mg
Macronutrient Breakdown	
Fats	32%
Carbohydrates	47%
Protein	23%

2000 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1666.0 kcal
Total Fat	63.4 g
Saturated Fat	18.1 g
Trans Fat	0 g
Cholesterol	269.2 mg
Sodium	1946.2 mg
Total Carbohydrates	193.6 g
Dietary Fiber	24.3 g
Total Sugars	61.1 g
Includes Added S	17.6 g
Protein	87.0 g
Vitamin D	7.8 mcg
Calcium (%)	88.2 %
Iron (%)	73.1 %
Potassium	2458.5 mcg
Macronutrient Breakdown	
Fats	34%
Carbohydrates	46%
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