

## Seattle Sutton's Healthy Eating

# 2000 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	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
Bison Egg Roll Bowl	590	18	3.5	55	550	91	6	18	10	22	2	70	10	6	500	10	2
Margherita Pizza	590	35	10	45	1090	47	7	12	2	23	6	15	20	45	680	25	2
Penne "Vodka" Meatballs	600	21	6.5	130	590	76	9	9	1	31	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
Nona Sutton's Lasagna	470	23	7	55	680	40	5	13	0	24	2	60	15	30	1880	8	0
Average	584.4	23.7	5.8	88.3	657.8	69.8	7.0	18.1	6.3	24.6	1.8	42.8	24.4	19.4	806.7	12.4	1.6
Daily Average	1753.3	71.0	17.5	265.0	1973.3	209.3	21.0	54.3	19.0	73.7	5.3	128.3	73.3	58.3	2420.0	37.3	4.7
W 24 oz low-fat milk	2071.3	77.9	21.7	295.0	2273.3	245.3	21.0	90.3	19.0	98.3	35.3	140.3	73.3	148.3	3320.0	787.3	304.7

### Menu B 7/18/2024

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	7	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	510	25	11	80	960	47	11	16	5	33	4	4	45	45	380	25	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	370	20	7	95	350	27	3	10	1	20	6	4	8	2	240	0	0
Basque Seafood Stew	750	17	5.5	295	1010	88	7	29	13	60	2	10	40	20	1400	20	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	510.0	18.3	5.3	119.6	653.3	57.4	7.2	18.8	6.0	29.6	2.3	22.1	29.8	18.4	639.2	15.6	2.7
Daily Average	1530.0	54.8	15.9	358.8	1960.0	172.3	21.5	56.3	18.0	88.8	7.0	66.3	89.5	55.3	1917.5	46.8	8.0
W 24 oz low-fat milk	1848.0	61.7	20.1	388.8	2260.0	208.3	21.5	92.3	18.0	113.4	37.0	78.3	89.5	145.3	2817.5	796.8	308.0

### Menu C 7/22/2024

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)
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	1060	56	8	20	0	38	2	35	25	30	820	15	2
Ciabatta Egg Sandwich	520	19	9	260	1110	59	6	9	0	27	0	25	30	30	290	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	470	14	6	100	700	54	6	9	0	34	4	100	20	10	550	8	4
Chicken Linguini Alfredo	510	16	6	90	800	58	6	14	0	36	2	120	10	25	1050	0	0
Average	578.9	22.3	6.4	80.0	750.0	68.3	8.3	20.4	4.9	27.9	2.4	56.4	21.7	19.4	702.2	13.4	1.1
Daily Average	1736.7	67.0	19.2	240.0	2250.0	205.0	25.0	61.3	14.7	83.7	7.3	169.3	65.0	58.3	2106.7	40.3	3.3
W 24 oz low-fat milk	2054.7	73.9	23.4	270.0	2550.0	241.0	25.0	97.3	14.7	108.6	37.3	181.3	65.0	148.3	3006.7	790.3	303.3

Menu D 7/25/2024																		
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	400	9	2	10	550	64	6	34	2	19	2	15	20	15	670	8	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	660	27	11	80	840	78	9	22	5	26	10	60	25	50	770	25	15	
Lou's Bleu Burger	560	19	4	120	900	74	7	29	9	24	0	15	25	15	780	2	0	
Chicken Carnitas	440	13	3	145	770	41	5.5	2	0	37	0	10	25	4	700	4	0	
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	10	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	548.3	21.0	6.0	98.8	611.3	60.5	8.1	27.0	6.0	31.0	3.8	60.1	20.0	17.8	909.2	15.7	3.8	
Daily Average	1645.0	63.0	18.0	296.3	1833.8	181.5	24.4	81.0	18.0	93.0	11.5	180.3	60.0	53.5	2727.5	47.0	11.3	
W 24 oz low-fat milk	1963.0	69.9	22.2	326.3	2133.8	217.5	24.4	117.0	18.0	117.6	41.5	192.3	60.0	143.5	3627.5	797.0	311.3	
Menu E 7/29/2024																		
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	540	26	12	255	600	60	9	30	0	17	2	15	10	10	650	10	0	
Haystack Breakfast	490	10	5.5	40	700	72	4	31	23	26	2	8	20	30	770	15	10	
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	520	33	5.5	20	540	45	5	24	20	15	2	15	25	20	460	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	750	25	8	195	940	76	5	36	15	54	10	10	30	25	1240	35	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	570	18	6.5	200	800	69	7	10	1	34	4	10	15	10	950	15	2	
Average	598.9	26.0	8.1	165.0	641.1	63.4	6.8	25.8	9.6	27.4	5.2	19.1	20.0	19.2	716.7	17.8	5.2	
Daily Average	1796.7	78.0	24.3	495.0	1923.3	190.3	20.3	77.3	28.7	82.3	15.7	57.3	60.0	57.7	2150.0	53.3	15.7	
W 24 oz low-fat milk	2114.7	84.9	28.5	525.0	2238.3	226.3	20.3	113.3	28.7	106.9	45.7	69.3	60.0	147.7	3050.0	803.3	315.7	
Menu F 8/1/2024																		
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	510	13	1	10	95	78	7	45	29	21	0	20	90	20	530	15	0	
Hashbrown Casserole	360	9	4.5	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	360	10	3	80	660	44	6	15	10	27	10	15	15	6	730	6	2	
Spinach & Walnut Pesto Tortelloni	550	36	6.5	60	670	41	7	10	3	18	6	60	20	30	1060	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	520	16	6.5	85	590	62	8	10	0	29	10	35	20	15	1000	20	6	
Average	505.8	18.8	4.7	82.9	613.8	57.9	7.7	19.8	8.3	27.6	3.7	34.3	27.5	18.8	890.0	16.3	1.7	
Daily Average	1517.5	56.5	14.1	248.8	1841.3	173.8	23.0	59.5	24.8	82.8	11.0	103.0	82.5	56.3	2670.0	49.0	5.0	
W 24 oz low-fat milk	1835.5	63.4	18.3	278.8	2141.3	212.8	23.0	95.5	24.8	107.4	41.0	115.0	82.5	146.3	3570.0	799.0	305.0	

**Menu G 8/5/2024**

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	440	11	6.5	40	860	35	3	6	0	39	0	15	20	45	560	0	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	544.4	19.2	6.3	67.2	677.8	63.9	8.3	22.7	4.4	29.0	1.6	27.4	27.0	22.0	735.6	9.6	1.3
Daily Average	1633.3	57.7	19.0	201.7	2033.3	191.7	25.0	68.0	13.3	87.0	4.7	82.3	81.0	66.0	2206.7	28.7	4.0
W 24 oz low-fat milk	1951.3	64.6	23.2	231.7	2333.3	230.7	25.0	104.0	13.3	111.6	34.7	94.3	81.0	156.0	3106.7	778.7	304.0

**Menu H 8/8/2024**

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	580	28	6	30	620	55	9	21	3	30	2	8	20	30	740	20	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	48	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	510	12	4.5	65	570	54	8	9	0	44	8	30	30	20	1170	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	660	12	3.5	155	740	80	10	16	5	58	20	15	40	25	1600	40	2
Penne Al Forno	390	11	4	25	620	52	13	8	0	24	2	110	30	30	590	10	0
Average	531.7	18.0	4.6	77.1	620.8	63.3	8.9	18.3	5.3	30.8	4.3	23.8	24.2	18.6	875.0	14.6	2.0
Daily Average	1595.0	54.1	13.9	231.3	1862.5	190.0	26.8	54.8	15.8	92.5	13.0	71.3	72.5	55.8	2625.0	43.8	6.0
W 24 oz low-fat milk	1913.0	61.0	18.1	261.3	2162.5	229.0	26.8	90.8	15.8	117.1	43.0	83.3	72.5	145.8	3525.0	793.8	306.0

**Menu I 8/12/2024**

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	610	26	9	30	250	84	6	40	16	12	0	2	25	15	580	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
Sundried Tomato & Italian Sausage Flat	630	32	6	30	1250	58	10	5	4	35	6	60	25	35	900	2	0
Lentil Bolognese	690	20	4	70	340	103	8	17	1	29	15	25	30	25	1050	15	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	580	9	2	55	380	88	12	14	1	33	30	20	15	10	1180	10	0
Average	544.4	19.0	5.6	71.7	648.9	66.4	6.7	15.3	3.1	28.3	9.6	35.6	27.2	20.4	928.9	15.3	0.9
Daily Average	1633.3	57.0	16.8	215.0	1946.7	199.3	20.0	46.0	9.3	85.0	28.7	106.7	81.7	61.3	2786.7	46.0	2.7
W 24 oz low-fat milk	1951.3	63.9	21.0	245.0	2246.7	238.3	20.0	82.0	9.3	109.6	58.7	118.7	81.7	151.3	3686.7	796.0	302.7

**Menu J 8/15/2024**

<b>Meal Name</b>	<b>Calories</b>	<b>Fat</b>	<b>Sat Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Added Sugars</b>	<b>Protein</b>	<b>Vit A</b>	<b>Vit C</b>	<b>Iron</b>	<b>Calcium</b>	<b>Potassium</b>	<b>Phosphorus</b>	<b>Vitamin D</b>
<b>Unit of Measure</b>	<b>(Kcal)</b>	<b>(g)</b>	<b>(g)</b>	<b>(mg)</b>	<b>(mg)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(%)</b>	<b>(%)</b>	<b>(%)</b>	<b>(%)</b>	<b>(mg)</b>	<b>(%)</b>	<b>(mcg)</b>
Chocolate Chia Bowl	570	25	6	0	135	82	12	55	23	15	0	2	25	30	840	25	0
Egg & Cheese Breakfast Sandwich	400	19	6	180	640	40	4	12	0	17	15	80	20	20	610	6	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	650	27	3.5	125	1020	63	10	19	14	39	0	20	25	15	810	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
Pierogi in Mushroom & Tomato Gravy	590	13	5.5	40	770	101	6	16	7	21	2	60	30	10	960	8	2
Salisbury Steak	630	19	5	135	740	65	12	12	1	46	4	20	30	8	1060	40	8
<b>Average</b>	<b>534.2</b>	<b>19.8</b>	<b>5.3</b>	<b>77.9</b>	<b>540.8</b>	<b>64.8</b>	<b>8.0</b>	<b>21.5</b>	<b>8.7</b>	<b>26.1</b>	<b>5.8</b>	<b>35.2</b>	<b>22.8</b>	<b>18.3</b>	<b>800.8</b>	<b>16.3</b>	<b>3.4</b>
<b>Daily Average</b>	<b>1602.5</b>	<b>59.3</b>	<b>15.8</b>	<b>233.8</b>	<b>1622.5</b>	<b>194.5</b>	<b>24.0</b>	<b>64.5</b>	<b>26.0</b>	<b>78.3</b>	<b>17.3</b>	<b>105.5</b>	<b>68.3</b>	<b>54.8</b>	<b>2402.5</b>	<b>48.8</b>	<b>10.3</b>
<b>W 24 oz low-fat milk</b>	<b>1920.5</b>	<b>66.2</b>	<b>20.0</b>	<b>263.8</b>	<b>1922.5</b>	<b>233.5</b>	<b>24.0</b>	<b>100.5</b>	<b>26.0</b>	<b>102.9</b>	<b>47.3</b>	<b>117.5</b>	<b>68.3</b>	<b>144.8</b>	<b>3302.5</b>	<b>798.8</b>	<b>310.3</b>

# 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 7/15/2024	2071.3	77.9	21.7	295.0	2273.3	245.3	21.0	90.3	19.0	98.3	35.3	140.3	73.3	148.3	3320.0	787.3	304.7
Menu B 7/18/2024	1848.0	61.7	20.1	388.8	2260.0	208.3	21.5	92.3	18.0	113.4	37.0	78.3	89.5	145.3	2817.5	796.8	308.0
<b>Menu A &amp; B Average</b>	<b>1975.6</b>	<b>70.9</b>	<b>21.0</b>	<b>335.2</b>	<b>2267.6</b>	<b>229.4</b>	<b>21.2</b>	<b>91.2</b>	<b>18.6</b>	<b>104.7</b>	<b>36.0</b>	<b>113.7</b>	<b>80.3</b>	<b>147.0</b>	<b>3104.6</b>	<b>791.4</b>	<b>306.1</b>
Menu C 7/22/2024	2054.7	73.9	23.4	270.0	2550.0	241.0	25.0	97.3	14.7	108.6	37.3	181.3	65.0	148.3	3006.7	790.3	303.3
Menu D 7/25/2024	1963.0	69.9	22.2	326.3	2133.8	217.5	24.4	117.0	18.0	117.6	41.5	192.3	60.0	143.5	3627.5	797.0	311.3
<b>Menu C &amp; D Average</b>	<b>2015.4</b>	<b>72.2</b>	<b>22.9</b>	<b>294.1</b>	<b>2371.6</b>	<b>230.9</b>	<b>24.7</b>	<b>105.8</b>	<b>16.1</b>	<b>112.4</b>	<b>39.1</b>	<b>186.0</b>	<b>62.9</b>	<b>146.3</b>	<b>3272.7</b>	<b>793.2</b>	<b>306.7</b>
Menu E 7/29/2024	2114.7	84.9	28.5	525.0	2238.3	226.3	20.3	113.3	28.7	106.9	45.7	69.3	60.0	147.7	3050.0	803.3	315.7
Menu F 8/1/2024	1835.5	63.4	18.3	278.8	2141.3	212.8	23.0	95.5	24.8	107.4	41.0	115.0	82.5	146.3	3570.0	799.0	305.0
<b>Menu E &amp; F Average</b>	<b>1995.0</b>	<b>75.7</b>	<b>24.2</b>	<b>419.5</b>	<b>2196.7</b>	<b>220.5</b>	<b>21.5</b>	<b>105.7</b>	<b>27.0</b>	<b>107.1</b>	<b>43.7</b>	<b>88.9</b>	<b>69.6</b>	<b>147.1</b>	<b>3272.9</b>	<b>801.5</b>	<b>311.1</b>
Menu G 8/5/2024	1951.3	64.6	23.2	231.7	2333.3	230.7	25.0	104.0	13.3	111.6	34.7	94.3	81.0	156.0	3106.7	778.7	304.0
Menu H 8/8/2024	1913.0	61.0	18.1	261.3	2162.5	229.0	26.8	90.8	15.8	117.1	43.0	83.3	72.5	145.8	3525.0	793.8	306.0
<b>Menu G &amp; H Average</b>	<b>1934.9</b>	<b>63.0</b>	<b>21.0</b>	<b>244.3</b>	<b>2260.1</b>	<b>230.0</b>	<b>25.8</b>	<b>98.3</b>	<b>14.4</b>	<b>114.0</b>	<b>38.2</b>	<b>89.6</b>	<b>77.4</b>	<b>151.6</b>	<b>3286.0</b>	<b>785.1</b>	<b>304.9</b>
Menu I 8/12/2024	1825.7	63.1	20.5	254.4	2084.6	235.9	22.0	91.3	17.7	106.2	53.0	118.1	75.0	148.0	3494.6	797.4	306.5
Menu J 8/15/2024	1951.3	63.9	21.0	245.0	2246.7	238.3	20.0	82.0	9.3	109.6	58.7	118.7	81.7	151.3	3686.7	796.0	302.7
<b>Menu I &amp; J Average</b>	<b>1879.6</b>	<b>63.5</b>	<b>20.7</b>	<b>250.4</b>	<b>2154.0</b>	<b>237.0</b>	<b>21.1</b>	<b>87.3</b>	<b>14.1</b>	<b>107.7</b>	<b>55.4</b>	<b>118.3</b>	<b>77.8</b>	<b>149.5</b>	<b>3576.9</b>	<b>796.8</b>	<b>304.8</b>

2000 Calorie Plan Daily Average WITH Milk Servings	
Calories	1960.1 kcal
Total Fat	69.1 g
Saturated Fat	22.0 g
Trans Fat	0.0 g
Cholesterol	308.7 mg
Sodium	2250.0 mg
Total Carbohydrates	229.6 g
Dietary Fiber	22.9 g
Total Sugars	97.6 g
Added Sugars	18.0 g
Protein	111.2 g
Vitamin D	306.7 mcg
Calcium (%)	148.3 %
Iron (%)	73.6 %
Potassium	3302.6 mg
Macronutrient Breakdown	
Fats	31%
Carbohydrates	47%
Protein	23%

2000 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1642.1 kcal
Total Fat	62.2 g
Saturated Fat	17.8 g
Trans Fat	0 g
Cholesterol	278.7 mg
Sodium	1935.0 mg
Total Carbohydrates	190.6 g
Dietary Fiber	22.9 g
Total Sugars	61.6 g
Includes Added S	18.0 g
Protein	86.6 g
Vitamin D	7.1 mcg
Calcium (%)	57.7 %
Iron (%)	73.4 %
Potassium	2402.6 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

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)