

Seattle Sutton's Healthy Eating

2000 Calorie Plan 4-Day THURSDAY Menu & Meal Plan Nutrition Averages

Menu B 05/29/2025

Meal Name 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)
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	63.75	17.625	302.5	1797.5	178.25	20.25	57.25	20	83.5	10	76.5	89.5	47.5	2067.5	28.5	4.5
W 24 oz low-fat milk	1953	70.65	21.825	332.5	2097.5	214.25	20.25	93.25	20	108.1	40	88.5	89.5	137.5	2967.5	778.5	304.5

Menu D 06/05/2025

Meal Name 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)
Spinach & Cheese Frittata	320	6	3	10	620	44	4	8	0	21	10	120	60	25	1600	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	525.0	19.4	7.2	100.8	655.0	59.6	7.5	23.6	6.4	28.8	3.7	41.6	24.8	21.3	795.0	12.3	3.2
Daily Average	1575	58.125	21.625	302.5	1965	178.75	22.5	70.75	19.25	86.5	11	124.75	74.5	64	2385	37	9.5
W 24 oz low-fat milk	1893	65.025	25.825	332.5	2265	214.75	22.5	106.75	19.25	111.1	41	136.75	74.5	154	3285	787	309.5

Menu F 06/12/2025

Meal Name 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)
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	67.25	18.25	256.25	2061.25	184.5	20.25	63	26.25	81.25	10.75	151.5	87.5	60.75	2420	45.5	9
W 24 oz low-fat milk	1963	74.15	22.45	286.25	2361.25	220.5	20.25	99	26.25	105.85	40.75	163.5	87.5	150.75	3320	795.5	309

Menu H 06/19/2025

Meal Name 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)
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	910	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	670	17	6.5	160	900	88	10	26	6	44	6	30	25	30	1450	20	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	530.0	20.4	5.3	70.0	609.2	59.3	8.1	18.1	4.3	28.2	3.0	30.1	21.4	18.8	775.0	13.8	4.3
Daily Average	1590	61.25	15.875	210	1827.5	178	24.375	54.25	12.75	84.5	9	90.25	64.25	56.5	2325	41.25	13
W 24 oz low-fat milk	1908	68.15	20.075	240	2127.5	214	24.375	90.25	12.75	109.1	39	102.25	64.25	146.5	3225	791.25	313

Menu J 06/26/2025

Meal Name 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)
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	550	25	4	380	540	69	10	26	6	16	4	100	15	6	570	10	10
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	30	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	524.2	20.1	6.0	132.5	590.0	58.8	7.9	20.7	6.8	28.1	3.8	33.0	24.4	15.8	745.0	16.2	4.8
Daily Average	1572.5	60.25	18	397.5	1770	176.25	23.75	62	20.25	84.25	11.5	99	73.25	47.25	2235	48.5	14.25
W 24 oz low-fat milk	1890.5	67.15	22.2	427.5	2070	212.25	23.75	98	20.25	108.85	41.5	111	73.25	137.25	3135	798.5	314.25

Seattle Sutton's Healthy Eating

2000 Calorie Plan 4-Day THURSDAY Menu & Meal Plan Nutrition Averages

Weekly Averages with Milk	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)
Menu B 05/29/2025	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 D 06/05/2025	1893.0	65.0	25.8	332.5	2265.0	214.8	22.5	106.8	19.3	111.1	41.0	136.8	74.5	154.0	3285.0	787.0	309.5
Menu F 06/12/2025	1963.0	74.2	22.5	286.3	2361.3	220.5	20.3	99.0	26.3	105.9	40.8	163.5	87.5	150.8	3320.0	795.5	309.0
Menu H 06/19/2025	1908.0	68.2	20.1	240.0	2127.5	214.0	24.4	90.3	12.8	109.1	39.0	102.3	64.3	146.5	3225.0	791.3	313.0
Menu J 06/26/2025	1890.5	67.2	22.2	427.5	2070.0	212.3	23.8	98.0	20.3	108.9	41.5	111.0	73.3	137.3	3135.0	798.5	314.3



For questions regarding this nutritional analysis, please contact the dietitians at Seattle Sutton's Healthy Eating

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2000 Calorie Plan Daily Average WITH Milk Servings	
Calories	1921.5 kcal
Total Fat	67.7 g
Saturated Fat	22.0 g
Trans Fat	0.0 g
Cholesterol	323.8 mg
Sodium	2184.3 mg
Total Carbohydrates	215.2 g
Dietary Fiber	22.2 g
Total Sugars	97.5 g
Added Sugars	19.7 g
Protein	108.6 g
Vitamin D	310.1 mcg
Calcium (%)	145.2 %
Iron (%)	77.8 %
Potassium	3186.5 mg
Macronutrient Breakdown	
Fats	31%
Carbohydrates	46%
Protein	23%

2000 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1603.5 kcal
Total Fat	60.8 g
Saturated Fat	17.8 g
Trans Fat	0 g
Cholesterol	293.8 mg
Sodium	1869.3 mg
Total Carbohydrates	176.2 g
Dietary Fiber	22.2 g
Total Sugars	61.5 g
Includes Added Sugar	19.7 g
Protein	84.0 g
Vitamin D	10.1 mcg
Calcium (%)	55.2 %
Iron (%)	77.8 %
Potassium	2286.5 mcg
Macronutrient Breakdown	
Fats	34%
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	0 g	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