

Seattle Sutton's Healthy Eating

1200 Calorie Plan 4-Day THURSDAY Menu & Meal Plan Nutrition Averages

Menu B 04/24/2025

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
Chicken & Dumplings	290	8	3	60	510	37	4	14	10	21	8	10	10	6	570	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
Tandoori Shrimp Bowl	390	13	2	150	490	38	6	6	0	29	4	4	15	15	700	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
Biscuits & Sausage Gravy	320	15	1.5	40	260	38	2	11	4	11	0	4	6	2	150	4	0
Chicken Salad on Croissant	480	7	3	120	460	53	8	22	10	48	2	20	20	15	1040	35	4
Sweet & Sour Chicken	360	20	6	45	520	28	4	10	0	17	4	6	15	25	730	15	0
Average	356.7	13.7	3.4	58.3	422.5	38.6	4.9	12.4	4.3	20.0	2.5	11.6	20.8	12.7	523.3	10.8	1.3
Daily Average	1070	41.0	10.3	175.0	1267.5	115.8	14.8	37.3	13.0	60.0	7.5	34.8	62.3	38.0	1570.0	32.3	4.0
W 16 oz skim milk	1230	41	10.25	185	1467.5	139.8	14.75	61.3	13	78	37.5	34.75	62.25	88	2370	102.25	204

Menu D 05/01/2025

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
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	770	56	6	15	5	18	6	35	15	30	510	20	10
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
Ciabatta Egg Sandwich	280	8	3.5	20	530	33	6	14	0	19	0	30	15	15	540	8	2
Lou's Bleu Burger	320	14	3	10	710	36	8	5	1	13	2	10	15	15	1190	4	0
Honey Peach BBQ Chicken	470	12	4.5	120	400	50	3	11	5	40	4	4	10	15	920	15	6
Average	349.2	13.1	4.7	27.3	455.8	36.7	5.3	14.1	4.0	20.8	2.8	23.8	15.3	14.8	630.0	8.7	1.8
Daily Average	1048	39.4	14.0	82.0	1367.5	110.0	16.0	42.3	12.0	62.5	8.5	71.5	46.0	44.5	1890.0	26.0	5.5
W 16 oz skim milk	1208	39.375	14	92	1567.5	134.0	16	66.3	12	80.5	38.5	71.5	46	94.5	2690	96	205.5

Menu F 05/08/2025

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
Croque Monsieur	320	17	5.5	40	720	37	4	10	2	16	2	2	25	25	410	4	4
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
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
Bacon & Egg Bagel Sandwich	410	13	1.5	65	480	40	4	2	0	30	2	25	20	10	310	4	0
Chipotle Black Bean Burger	460	33	4.5	15	160	33	7	19	15	10	4	10	10	20	280	8	0
Chicken Matzo Ball Soup	520	20	5.5	95	370	53	4	18	10	33	4	6	30	4	810	6	2
Average	364.2	18.3	4.2	52.5	442.1	38.7	4.3	12.2	5.3	18.4	3.0	27.9	19.6	14.8	494.2	9.3	2.3
Daily Average	1093	54.8	12.6	157.5	1326.3	116.0	13.0	36.5	15.8	55.3	9.0	83.8	58.8	44.5	1482.5	28.0	6.8
W 16 oz skim milk	1253	54.75	12.625	167.5	1526.3	140.0	13	60.5	15.75	73.25	39	83.75	58.75	94.5	2282.5	98	206.75

Menu H 05/15/2025

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	240	10	4	15	380	25	5	12	0	15	4	100	15	20	520	8	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
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
Potato Pancakes with Smoked Veggie Cre	340	14	4.5	20	430	44	7	24	7	12	2	35	15	15	520	10	2
Pecan and Poppyseed Chicken Salad	310	7	3	20	400	53	3	8	3	11	2	35	15	6	530	6	2
Turkey Orzo Bake	310	14	4.5	50	330	28	2.5	9	3	18	2	4	10	10	340	8	2
Average	354.2	13.0	3.8	38.8	382.5	44.3	5.5	13.5	4.3	16.5	2.2	25.2	16.9	13.6	511.3	10.8	2.9
Daily Average	1063	39.0	11.4	116.3	1147.5	132.8	16.4	40.5	13.0	49.5	6.5	75.5	50.8	40.8	1533.8	32.3	8.8
W 16 oz skim milk	1223	39	11.375	126.25	1347.5	156.8	16.375	64.5	13	67.5	36.5	75.5	50.75	90.75	2333.75	102.25	208.75

Menu J 05/22/2025

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
Landry Bay Crab Cakes	390	25	7	95	730	24	4	5	1	18	2	30	10	8	630	6	2
Turkey Cobb Salad	360	17	6	240	760	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
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	100	290	26	4	12	4	32	2	60	8	4	520	6	2
Honey Garlic Chicken Bowl	440	12	1.5	30	760	69	6	21	0	15	2	2	30	4	220	8	0
Open-Faced Breakfast Sandwich	350	13	3.5	40	550	37	5	4	2	22	0	4	10	15	650	6	0
Loaded Potato Soup	320	9	4	25	620	37	4	19	0	21	4	40	10	25	660	8	2
Salisbury Steak	330	10	3	65	380	36	7	8	1	25	2	15	20	6	770	25	6
Average	365.8	14.6	4.2	81.7	433.8	39.8	5.5	14.7	4.5	20.8	2.5	19.7	16.6	10.9	531.7	10.9	3.0
Daily Average	1098	43.8	12.5	245.0	1301.3	119.3	16.5	44.0	13.5	62.3	7.5	59.0	49.8	32.8	1595.0	32.8	9.0
W 16 oz skim milk	1258	43.75	12.5	255	1501.3	143.3	16.5	68.0	13.5	80.25	37.5	59	49.75	82.75	2395	102.75	209

Seattle Sutton's Healthy Eating

1200 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	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Menu B 04/24/2025	1230	41	10	185	1468	140	15	61	13	78	38	35	62	88	2370	102	204
Menu D 05/01/2025	1207.5	39.4	14.0	92.0	1567.5	134.0	16.0	66.3	12.0	80.5	38.5	71.5	46.0	94.5	2690.0	96.0	205.5
Menu F 05/08/2025	1253	55	13	168	1526	140	13	61	16	73	39	84	59	95	2283	98	207
Menu H 05/15/2025	1223	39	11	126	1348	157	16	65	13	68	37	76	51	91	2334	102	209
Menu J 05/22/2025	1258	44	13	255	1501	143	17	68	14	80	38	59	50	83	2395	103	209



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

1200 Calorie Plan Thursday 4-Day Plan Including 2 servings of Non-Fat Milk/Day	
Calories	1234 kcal
Total Fat	42.0 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	165.2 mg
Sodium	1482 mg
Total Carbohydrates	142.8 g
Dietary Fiber	15.3 g
Total Sugars	64.1 g
Added Sugars	13.5 g
Protein	75.9 g
Vitamin D	206.8 mcg
Calcium (%)	90.10 %
Iron (%)	53.50 %
Potassium	2414.3 mcg
Macronutrient Breakdown	
Fats	31%
Carbohydrates	45%
Protein	24%

1200 Calorie Plan Thursday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1074.0 kcal
Total Fat	42.0 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	155.2 mg
Sodium	1282 mg
Total Carbohydrates	118.8 g
Dietary Fiber	15.3 g
Total Sugars	40.1 g
Includes Added !	13.5 g
Protein	57.9 g
Vitamin D	6.8 mcg
Calcium (%)	40.10 %
Iron (%)	53.50 %
Potassium	1614.3 mcg
Macronutrient Breakdown	
Fats	34%
Carbohydrates	44%
Protein	22%

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