

Seattle Sutton's Healthy Eating

1200 Calorie Plan 7-Day Menu & Meal Plan Nutrition Averages

Menu A 08/04/2025

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)	(%)	(%)
Open-Faced Asparagus & Gruyere Omelet	320	6	2.5	10	540	41	4	15	2	21	2	15	20	15	410	6	0
Chocolate Crepe & Strawberry Salsa	320	15	1.5	40	260	38	2	11	4	11	0	4	6	2	150	4	0
Blueberry Smoothie Bowl	360	8	1.5	0	60	60	7	38	18	12	0	30	35	15	460	15	0
Moroccan Chicken Skewers	450	13	1	80	250	46	5	13	7	36	0	10	20	4	530	25	2
Baja Tinga Wrap	310	11	3.5	45	420	36	7	4	0	20	2	10	10	15	600	8	4
Margherita Pizza	390	22	7	40	740	30	6	6	0	20	2	30	15	35	530	30	2
Crab-Stuffed Flounder	380	12	2.5	60	660	44	4	4	1	26	4	15	10	10	690	6	2
Roast Turkey in Dijon Cream Sauce	480	7	3	120	460	53	8	22	10	48	2	20	20	15	1040	35	4
Nona Sutton's Lasagna	360	20	6	45	520	28	4	10	0	17	4	6	15	25	730	15	0
Average	374.4	12.7	3.2	48.9	434.4	41.8	5.2	13.7	4.7	23.4	1.8	15.6	16.8	15.1	571.1	16.0	1.6
Daily Average	1123	38.0	9.5	146.7	1303.3	125.3	15.7	41.0	14.0	70.3	5.3	46.7	50.3	45.3	1713.3	48.0	4.7
W 16 oz skim milk	1283.3	38.0	9.5	156.7	1503.3	149.3	15.7	65.0	14.0	88.3	35.3	46.7	50.3	95.3	2513.3	118.0	204.7

Menu B 08/07/2025

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
Biscuits & Sausage Gravy	350	18	6.5	160	460	38	4	19	2	12	2	8	10	20	450	2	2
Chicken & Dumplings	240	5	2	50	380	33	4	13	9	19	6	10	10	4	520	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
Chicken Salad on Croissant	330	17	6.5	80	300	27	3	10	1	16	6	4	6	2	210	0	0
Raspberry Salmon Salad	350	14	4.5	90	260	26	2	17	12	27	4	6	10	4	560	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
Sweet & Sour Chicken	520	20	4.5	45	420	69	6	12	4	16	2	70	35	6	290	2	2
Average	352.5	14.6	4.1	59.2	387.5	38.5	4.5	13.1	4.7	17.0	2.7	16.1	21.2	10.4	426.7	6.6	1.3
Daily Average	1058	43.8	12.4	177.5	1162.5	115.5	13.5	39.3	14.0	51.0	8.0	48.3	63.5	31.3	1280.0	19.8	4.0
W 16 oz skim milk	1217.5	43.8	12.4	187.5	1362.5	139.5	13.5	63.3	14.0	69.0	38.0	48.3	63.5	81.3	2080.0	89.8	204.0

Menu C 08/11/2025

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)	(%)	(%)
Peach Berry Blintz	360	15	5.5	65	260	43	2	20	11	16	0	6	8	8	280	6	2
Cheesy Baked Egg Casserole	280	8	3.5	20	530	33	6	14	0	19	0	30	15	15	540	8	2
Strawberry Chia Oatmeal	300	11	2	0	35	45	6	21	7	9	2	30	15	10	420	10	8
Honey Shrimp Salad	260	14	1.5	25	320	28	5	8	1	10	4	60	15	4	390	15	0
Curry Chicken Salad	470	22	2.5	45	400	48	6	19	3	21	0	6	15	10	390	6	0
Tuscan Bean Soup & Crostata	320	14	3	10	710	36	8	5	1	13	2	10	15	15	1190	4	0
Tamale Bowl	420	20	10	20	440	47	11	27	0	10	2	15	20	15	340	8	2
Penne "Vodka" Meatballs	420	16	4.5	55	350	49	9	7	1	24	2	30	20	10	890	20	4
Chicken Linguini Alfredo	350	11	4.5	60	560	39	4	10	0	25	2	110	8	20	720	0	0
Average	353.3	14.6	4.1	33.3	400.6	40.9	6.3	14.6	2.7	16.3	1.6	33.0	14.6	11.9	573.3	8.6	2.0
Daily Average	1060.0	43.7	12.3	100.0	1201.7	122.7	19.0	43.7	8.0	49.0	4.7	99.0	43.7	35.7	1720.0	25.7	6.0
W 16 oz skim milk	1220.0	43.7	12.3	110.0	1401.7	146.7	19.0	67.7	8.0	67.0	34.7	99.0	43.7	85.7	2520.0	95.7	206.0

Menu D 08/14/2025																		
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	220	5	3	3	400	25	3	6	0	17	4	80	30	15	820	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	
Ciabatta Egg Sandwich	280	10	4.5	130	550	34	5	8	0	14	0	25	15	15	270	0	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	750	56	6	15	5	18	6	35	15	30	510	20	10	
Lou's Bleu Burger	490	17	4.5	120	750	61	5	20	7	25	0	10	25	15	640	2	0	
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	
Honey Peach BBQ Chicken	470	12	4.5	120	400	50	3	11	5	40	4	4	10	15	920	15	6	
Average	364.2	13.5	4.9	45.7	458.3	38.9	5.0	14.8	4.5	21.5	2.3	25.1	16.2	14.8	553.3	7.8	1.7	
Daily Average	1092.5	40.6	14.6	137.0	1375.0	116.8	15.0	44.5	13.5	64.5	7.0	75.3	48.5	44.5	1660.0	23.5	5.0	
W 16 oz skim milk	1252.5	40.6	14.6	147.0	1575.0	140.8	15.0	68.5	13.5	82.5	37.0	75.3	48.5	94.5	2460.0	93.5	205.0	
Menu E 08/18/2025																		
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 & Feta Tart	300	17	7	140	520	26	4	11	0	14	2	6	6	10	220	4	0	
Bacon & Cheddar Clafoutis	340	15	4	30	340	32	3	6	0	16	10	50	25	20	1190	15	8	
Morning Protein Plate	430	21	6	195	360	47	6	21	3	18	2	30	25	20	460	6	0	
Chicken Gyro Bowl	410	13	1.5	65	480	40	4	2	0	30	2	25	20	10	310	4	0	
Pecan-Cranberry Mixed Green Salad	460	33	4.5	15	160	33	7	19	15	10	4	10	10	20	280	8	0	
Homestyle Roasted Turkey Sandwich	360	6	3	70	340	55	5	22	8	24	2	8	15	6	450	15	2	
BBQ Meatloaf & Cheddar Mash	400	19	5.5	60	470	39	4	13	6	21	2	15	15	10	690	20	6	
Tortellini Pomodoro	280	10	3.5	50	560	35	5	12	3	12	2	15	15	20	370	4	0	
Cajun Shrimp Etoufee	350	13	4.5	140	530	39	4	7	1	22	2	20	8	8	570	8	2	
Average	370.0	16.3	4.4	85.0	417.8	38.4	4.7	12.6	4.0	18.6	3.1	19.9	15.4	13.8	504.4	9.3	2.0	
Daily Average	1110.0	49.0	13.2	255.0	1253.3	115.3	14.0	37.7	12.0	55.7	9.3	59.7	46.3	41.3	1513.3	28.0	6.0	
W 16 oz skim milk	1270.0	49.0	13.2	265.0	1453.3	139.3	14.0	61.7	12.0	73.7	39.3	59.7	46.3	91.3	2313.3	98.0	206.0	
Menu F 08/21/2025																		
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	
Bacon & Egg Bagel Sandwich	330	12	3	160	530	42	6	12	0	21	2	80	15	6	540	4	0	
Croque Monsieur	350	21	5.5	35	620	37	2	10	1	14	2	2	8	25	400	10	2	
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	
Chipotle Black Bean Burger	470	25	3.5	5	510	51	11	16	9	16	2	10	20	10	740	2	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	
Chicken Matzo Ball Soup	520	20	5.5	85	370	53	4	18	10	33	4	6	30	4	810	6	2	
Average	360.8	17.8	4.3	58.3	467.1	40.3	4.7	12.8	4.7	18.0	2.8	32.5	18.6	13.7	550.8	9.3	2.1	
Daily Average	1082.5	53.5	12.8	175.0	1401.3	121.0	14.0	38.3	14.0	54.0	8.5	97.5	55.8	41.0	1652.5	28.0	6.3	
W 16 oz skim milk	1242.5	53.5	12.8	185.0	1601.3	145.0	14.0	62.3	14.0	72.0	38.5	97.5	55.8	91.0	2452.5	98.0	206.3	

Menu G 08/25/2025																		
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)	(%)	(%)	
Wheat Croissant with Brie	480	25	8	40	350	57	7	31	4	13	0	8	15	10	520	15	0	
Superfood Brioche French Toast	250	10	3.5	30	220	33	3	18	6	7	2	2	30	6	180	2	2	
Swiss Cheese Egg Bake	230	6	3	20	440	18	2	4	0	20	0	6	10	25	380	0	0	
Broccoli Cheddar Fritter	340	14	4.5	20	430	44	7	24	7	12	2	35	15	15	520	10	2	
Capri Chicken with Quinoa Pilaf	440	18	4.5	115	740	24	5	6	0	44	4	45	10	25	940	15	2	
Loaded Quesadilla & Tortilla Soup	380	19	4	55	810	34	4	4	0	21	2	6	10	25	250	15	2	
Mediterranean Lunch Box	410	21	3.5	80	610	20	5	4	1	35	0	4	15	8	470	20	2	
Pierogi in Mushroom & Tomato Gravy	310	7	3	20	400	53	3	8	3	11	2	35	15	6	530	6	2	
Salmon with Creamy Dill Sauce	370	13	4.5	65	440	34	4	6	0	30	2	40	10	6	830	10	4	
Average	356.7	14.8	4.3	49.4	493.3	35.2	4.4	11.7	2.3	21.4	1.6	20.1	14.4	14.0	513.3	10.3	1.8	
Daily Average	1070.0	44.3	12.8	148.3	1480.0	105.7	13.3	35.0	7.0	64.3	4.7	60.3	43.3	42.0	1540.0	31.0	5.3	
W 16 oz skim milk	1230.0	44.3	12.8	158.3	1680.0	129.7	13.3	59.0	7.0	82.3	34.7	60.3	43.3	92.0	2340.0	101.0	205.3	
Menu H 08/28/2025																		
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	220	8	4	15	440	21	5	12	0	16	4	100	15	15	510	8	0	
Potato Pancakes with Smoked Veggie Cre	280	15	5	100	660	32	5	12	1	8	2	6	2	6	600	4	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	
Pecan and Poppyseed Chicken Salad	370	19	2	35	290	25	3	9	0	25	2	4	10	6	290	4	0	
Marry Me Chicken	550	17	7	140	800	65	7	20	6	32	4	20	20	25	1090	10	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	
Herbed Turkey Bake	330	13	4	45	290	37	4	9	4	16	2	4	10	4	370	6	2	
Average	359.2	14.3	3.9	47.9	411.7	41.0	5.4	13.0	3.7	17.5	2.2	20.2	15.4	12.3	512.9	9.5	2.6	
Daily Average	1077.5	42.8	11.8	143.8	1235.0	123.0	16.3	39.0	11.0	52.5	6.5	60.5	46.3	37.0	1538.8	28.5	7.8	
W 16 oz skim milk	1237.5	42.8	11.8	153.8	1435.0	147.0	16.3	63.0	11.0	70.5	36.5	60.5	46.3	87.0	2338.8	98.5	207.8	
Menu I 09/01/2025																		
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)	(%)	(%)	
Brioche Breakfast Sandwich	400	18	6.5	170	500	34	5	14	6	23	4	50	15	20	540	8	0	
Chocolate Pancake with Citrus Mascarpone	330	15	5.5	20	135	45	3	23	9	7	0	2	15	8	300	10	2	
Blueberry Almond Torta	410	15	3	55	390	57	5	40	13	14	0	70	10	10	400	4	2	
Tex-Mex Fish Taco	350	13	3.5	40	550	37	5	4	2	22	0	4	10	15	650	6	0	
Smoky Chicken Salad Pita	330	11	1.5	60	420	38	7	9	1	25	2	20	15	10	680	8	0	
Fresh Fruit and Cottage Cheese Plate	320	9	4	25	620	37	4	19	0	21	4	40	10	25	660	8	2	
Spaghetti Bolognese	320	11	1.5	0	200	43	8	6	0	11	2	8	20	6	500	8	0	
Thai Coconut Chicken	440	14	6	40	550	56	2	9	3	20	2	15	30	8	500	4	0	
Sundried Tomato & Italian Sausage Flatbri	420	21	4	20	860	41	7	3	2	24	4	35	20	25	630	0	0	
Average	368.9	14.1	3.9	47.8	469.4	43.1	5.1	14.1	4.0	18.6	2.0	27.1	16.1	14.1	540.0	6.2	0.7	
Daily Average	1106.7	42.3	11.8	143.3	1408.3	129.3	15.3	42.3	12.0	55.7	6.0	81.3	48.3	42.3	1620.0	18.7	2.0	
W 16 oz skim milk	1266.7	42.3	11.8	153.3	1608.3	153.3	15.3	66.3	12.0	73.7	36.0	81.3	48.3	92.3	2420.0	88.7	202.0	

Menu J 09/04/2025																	
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	130	290	35	10	10	1	13	2	50	15	4	480	8	0
Open-Faced Breakfast Sandwich	300	18	6	180	580	19	2	5	0	15	10	15	8	15	320	0	0
Landry Bay Crab Cakes	390	25	7	95	680	24	4	5	1	18	2	30	10	8	590	6	2
Turkey Cobb Salad	360	17	6	240	750	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
Loaded Potato Soup	380	15	7	45	460	48	4	6	1	15	4	10	15	25	520	20	10
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	90	400	28	4	12	4	29	2	70	10	6	610	8	2
Honey Garlic Chicken Bowl	440	12	1.5	30	750	69	6	21	0	15	2	2	30	4	220	8	0
Salisbury Steak	330	10	3	65	380	36	7	8	1	25	2	15	20	6	770	25	6
Average	366.7	15.5	4.6	89.6	426.3	38.9	5.5	13.3	4.2	19.5	3.2	18.9	17.4	11.1	501.7	11.6	2.8
Daily Average	1100.0	46.5	13.9	268.8	1278.8	116.8	16.5	40.0	12.5	58.5	9.5	56.8	52.3	33.3	1505.0	34.8	8.5
W 16 oz skim milk	1260.0	46.5	13.9	278.8	1478.8	140.8	16.5	64.0	12.5	76.5	39.5	56.8	52.3	83.3	2305.0	104.8	208.5

Seattle Sutton's Healthy Eating 1200 Calorie Plan 7-Day 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 A 08/04/2025	1283.3	38.0	9.5	156.7	1503.3	149.3	15.7	65.0	14.0	88.3	35.3	46.7	50.3	95.3	2513.3	118.0	204.7
Menu B 08/07/2025	1217.5	43.8	12.4	187.5	1362.5	139.5	13.5	63.3	14.0	69.0	38.0	48.3	63.5	81.3	2080.0	89.8	204.0
Menu A & B Average	1255.1	40.5	10.7	169.9	1443.0	145.1	14.7	64.3	14.0	80.0	36.5	47.3	56.0	89.3	2327.6	105.9	204.4
Menu C 08/11/2025	1220.0	43.7	12.3	110.0	1401.7	146.7	19.0	67.7	8.0	67.0	34.7	99.0	43.7	85.7	2520.0	95.7	206.0
Menu D 08/14/2025	1252.5	40.6	14.6	147.0	1575.0	140.8	15.0	68.5	13.5	82.5	37.0	75.3	48.5	94.5	2460.0	93.5	205.0
Menu C & D Average	1233.9	42.4	13.3	125.9	1476.0	144.1	17.3	68.0	10.4	73.6	35.7	88.8	45.7	89.5	2494.3	94.7	205.6
Menu E 08/18/2025	1270.0	49.0	13.2	265.0	1453.3	139.3	14.0	61.7	12.0	73.7	39.3	59.7	46.3	91.3	2313.3	98.0	206.0
Menu F 08/21/2025	1242.5	53.5	12.8	185.0	1601.3	145.0	14.0	62.3	14.0	72.0	38.5	97.5	55.8	91.0	2452.5	98.0	206.3
Menu E & F Average	1258.2	50.9	13.0	230.7	1516.7	141.8	14.0	61.9	12.9	73.0	39.0	75.9	50.4	91.2	2373.0	98.0	206.1
Menu G 08/25/2025	1230.0	44.3	12.8	158.3	1680.0	129.7	13.3	59.0	7.0	82.3	34.7	60.3	43.3	92.0	2340.0	101.0	205.3
Menu H 08/28/2025	1237.5	42.8	11.8	153.8	1435.0	147.0	16.3	63.0	11.0	70.5	36.5	60.5	46.3	87.0	2338.8	98.5	207.8
Menu G & H Average	1233.2	43.7	12.4	156.4	1575.0	137.1	14.6	60.7	8.7	77.3	35.5	60.4	44.6	89.9	2339.5	99.9	206.4
Menu I 09/01/2025	1266.7	42.3	11.8	153.3	1608.3	153.3	15.3	66.3	12.0	73.7	36.0	81.3	48.3	92.3	2420.0	88.7	202.0
Menu J 09/04/2025	1260.0	46.5	13.9	278.8	1478.8	140.8	16.5	64.0	12.5	76.5	39.5	56.8	52.3	83.3	2305.0	104.8	208.5
Menu I & J Average	1263.8	44.1	12.7	207.1	1552.8	147.9	15.8	65.3	12.2	74.9	37.5	70.8	50.0	88.4	2370.7	95.6	204.8



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 Daily Average WITH Milk Servings	
Calories	1249 kcal
Total Fat	43.3 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	178.0 mg
Sodium	1513 mg
Total Carbohydrates	143.2 g
Dietary Fiber	15.3 g
Total Sugars	64.0 g
Added Sugars	11.6 g
Protein	75.8 g
Vitamin D	205.4 mcg
Calcium (%)	89.65 %
Iron (%)	49.34 %
Potassium	2381.0 mcg
Macronutrient Breakdown	
Fats	31%
Carbohydrates	46%
Protein	24%

1200 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1088.9 kcal
Total Fat	43.3 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	168.0 mg
Sodium	1313 mg
Total Carbohydrates	119.2 g
Dietary Fiber	15.3 g
Total Sugars	40.0 g
Includes Added !	11.6 g
Protein	57.8 g
Vitamin D	5.4 mcg
Calcium (%)	39.65 %
Iron (%)	49.34 %
Potassium	1581.0 mcg
Macronutrient Breakdown	
Fats	35%
Carbohydrates	44%
Protein	21%

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