

## Seattle Sutton's Healthy Eating

# 2000 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 | 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)     |
| Open-Faced Asparagus & Gruyere Ome | 450      | 8    | 2.5     | 10          | 750    | 64    | 6     | 17    | 4            | 26      | 2     | 15    | 25   | 15      | 470       | 6          | 0         |
| 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            | 540      | 11   | 2.5     | 10          | 95     | 91    | 10    | 62    | 28           | 18      | 2     | 60    | 50   | 20      | 790       | 20         | 0         |
| Moroccan Chicken Skewers           | 710      | 18   | 3       | 120         | 340    | 76    | 12    | 18    | 7            | 59      | 0     | 15    | 40   | 10      | 930       | 45         | 2         |
| Baja Tinga Wrap                    | 460      | 14   | 4.5     | 60          | 620    | 57    | 10    | 5     | 0            | 29      | 2     | 15    | 15   | 15      | 810       | 8          | 4         |
| Margherita Pizza                   | 660      | 37   | 10      | 55          | 1000   | 53    | 10    | 20    | 8            | 30      | 4     | 40    | 20   | 50      | 760       | 40         | 2         |
| Crab-Stuffed Flounder              | 500      | 16   | 4       | 65          | 900    | 61    | 5     | 7     | 1            | 29      | 6     | 20    | 15   | 15      | 1060      | 10         | 4         |
| Roast Turkey in Dijon Cream Sauce  | 590      | 10   | 4       | 145         | 570    | 66    | 9     | 24    | 10           | 55      | 4     | 30    | 25   | 20      | 1330      | 40         | 6         |
| Nona Sutton's Lasagna              | 560      | 24   | 7.5     | 45          | 580    | 67    | 11    | 13    | 0            | 28      | 4     | 6     | 35   | 30      | 700       | 10         | 0         |
| Average                            | 567.8    | 18.7 | 4.6     | 65.6        | 596.1  | 67.7  | 8.6   | 20.8  | 7.2          | 32.9    | 2.7   | 22.8  | 26.1 | 19.9    | 793.3     | 21.0       | 2.0       |
| Daily Average                      | 1703.3   | 56.0 | 13.8    | 196.7       | 1788.3 | 203.0 | 25.7  | 62.3  | 21.7         | 98.7    | 8.0   | 68.3  | 78.3 | 59.7    | 2380.0    | 63.0       | 6.0       |
| W 24 oz low-fat milk               | 2021.3   | 62.9 | 18.0    | 226.7       | 2088.3 | 239.0 | 25.7  | 98.3  | 21.7         | 123.3   | 38.0  | 80.3  | 78.3 | 149.7   | 3280.0    | 813.0      | 306.0     |

### Menu B 08/07/2025

| 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          | 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                      | 1635.0   | 63.8 | 17.6    | 302.5       | 1797.5 | 178.3 | 20.3  | 57.3  | 20.0         | 83.5    | 10.0  | 76.5  | 89.5 | 47.5    | 2067.5    | 28.5       | 4.5       |
| W 24 oz low-fat milk               | 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 C 08/11/2025

| 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          | 1000   | 56    | 8     | 20    | 0            | 38      | 2     | 35    | 25   | 30      | 820       | 15         | 2         |
| Strawberry Chia Oatmeal     | 460      | 16   | 3       | 5           | 50     | 69    | 10    | 35    | 10           | 13      | 2     | 50    | 20   | 15      | 660       | 15         | 15        |
| Honey Shrimp Salad          | 330      | 16   | 1.5     | 30          | 370    | 39    | 6     | 13    | 1            | 14      | 6     | 100   | 20   | 8       | 570       | 20         | 0         |
| Curry Chicken Salad         | 770      | 34   | 4       | 60          | 660    | 87    | 11    | 33    | 5            | 32      | 0     | 10    | 25   | 15      | 600       | 10         | 0         |
| Tuscan Bean Soup & Crostata | 550      | 25   | 6.5     | 25          | 1110   | 62    | 12    | 10    | 3            | 20      | 4     | 20    | 25   | 25      | 1880      | 6          | 0         |
| Tamale Bowl                 | 510      | 24   | 11.5    | 25          | 630    | 58    | 13    | 29    | 0            | 13      | 2     | 20    | 25   | 20      | 470       | 10         | 2         |
| Penne "Vodka" Meatballs     | 600      | 20   | 5.5     | 70          | 480    | 72    | 14    | 9     | 1            | 33      | 2     | 35    | 30   | 15      | 1170      | 25         | 6         |
| Chicken Linguini Alfredo    | 600      | 19   | 7       | 130         | 990    | 58    | 6     | 14    | 0            | 50      | 2     | 120   | 15   | 25      | 1280      | 0          | 15        |
| Average                     | 546.7    | 21.3 | 6.0     | 54.4        | 627.8  | 63.3  | 9.2   | 21.4  | 4.2          | 26.4    | 2.4   | 44.2  | 21.7 | 18.1    | 867.8     | 12.1       | 4.7       |
| Daily Average               | 1640.0   | 64.0 | 18.0    | 163.3       | 1883.3 | 190.0 | 27.7  | 64.3  | 12.7         | 79.3    | 7.3   | 132.7 | 65.0 | 54.3    | 2603.3    | 36.3       | 14.0      |
| W 24 oz low-fat milk        | 1958.0   | 70.9 | 22.2    | 193.3       | 2183.3 | 226.0 | 27.7  | 100.3 | 12.7         | 104.2   | 37.3  | 144.7 | 65.0 | 144.3   | 3503.3    | 786.3      | 314.0     |

| Menu D 08/14/2025                  |          |      |         |             |        |       |       |       |              |         |       |       |      |         |           |            |           |
|------------------------------------|----------|------|---------|-------------|--------|-------|-------|-------|--------------|---------|-------|-------|------|---------|-----------|------------|-----------|
| 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)     |
| Spinach & Cheese Frittata          | 330      | 6    | 3       | 10          | 620    | 45    | 4     | 8     | 0            | 21      | 6     | 140   | 50   | 25      | 1490      | 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                            | 525.8    | 19.4 | 7.2     | 100.8       | 655.0  | 59.7  | 7.5   | 23.6  | 6.4          | 28.8    | 3.3   | 43.3  | 24.0 | 21.3    | 785.8     | 12.3       | 3.2       |
| Daily Average                      | 1577.5   | 58.1 | 21.6    | 302.5       | 1965.0 | 179.0 | 22.5  | 70.8  | 19.3         | 86.5    | 10.0  | 129.8 | 72.0 | 64.0    | 2357.5    | 37.0       | 9.5       |
| W 24 oz low-fat milk               | 1895.5   | 65.0 | 25.8    | 332.5       | 2265.0 | 215.0 | 22.5  | 106.8 | 19.3         | 111.1   | 40.0  | 141.8 | 72.0 | 154.0   | 3257.5    | 787.0      | 309.5     |
| Menu E 08/18/2025                  |          |      |         |             |        |       |       |       |              |         |       |       |      |         |           |            |           |
| 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                    | 580      | 28   | 13      | 245         | 790    | 57    | 8     | 28    | 0            | 23      | 2     | 15    | 15   | 20      | 510       | 10         | 0         |
| Bacon & Cheddar Clafoutis          | 480      | 21   | 5.5     | 40          | 480    | 49    | 4     | 9     | 0            | 22      | 20    | 80    | 35   | 25      | 1750      | 25         | 10        |
| Morning Protein Plate              | 690      | 39   | 9       | 430         | 580    | 57    | 7     | 28    | 3            | 25      | 6     | 60    | 25   | 30      | 750       | 15         | 10        |
| Chicken Gyro Bowl                  | 730      | 22   | 2       | 110         | 870    | 77    | 5     | 3     | 0            | 51      | 4     | 45    | 40   | 15      | 490       | 8          | 0         |
| Pecan-Cranberry Mixed Green Salad  | 650      | 47   | 7       | 25          | 320    | 44    | 7     | 17    | 13           | 16      | 4     | 10    | 15   | 35      | 290       | 10         | 0         |
| Homestyle Roasted Turkey Sandwich  | 560      | 11   | 6       | 140         | 430    | 71    | 6     | 31    | 12           | 44      | 6     | 8     | 20   | 10      | 780       | 25         | 4         |
| BBQ Meatloaf & Cheddar Mash        | 730      | 37   | 9       | 115         | 860    | 66    | 7     | 20    | 9            | 39      | 2     | 20    | 20   | 20      | 1110      | 30         | 10        |
| Tortelloni Pomodoro                | 420      | 15   | 4.5     | 70          | 900    | 54    | 9     | 18    | 3            | 19      | 4     | 35    | 25   | 30      | 670       | 8          | 0         |
| Cajun Shrimp Etouffee              | 520      | 16   | 6.5     | 185         | 730    | 61    | 6     | 9     | 1            | 31      | 4     | 30    | 10   | 10      | 830       | 15         | 2         |
| Average                            | 595.6    | 26.2 | 6.9     | 151.1       | 662.2  | 59.6  | 6.6   | 18.1  | 4.6          | 30.0    | 5.8   | 33.7  | 22.8 | 21.7    | 797.8     | 16.2       | 4.0       |
| Daily Average                      | 1786.7   | 78.7 | 20.8    | 453.3       | 1986.7 | 178.7 | 19.7  | 54.3  | 13.7         | 90.0    | 17.3  | 101.0 | 68.3 | 65.0    | 2393.3    | 48.7       | 12.0      |
| W 24 oz low-fat milk               | 2104.7   | 85.6 | 25.0    | 483.3       | 2301.7 | 214.7 | 19.7  | 90.3  | 13.7         | 114.6   | 47.3  | 113.0 | 68.3 | 155.0   | 3293.3    | 798.7      | 312.0     |
| Menu F 08/21/2025                  |          |      |         |             |        |       |       |       |              |         |       |       |      |         |           |            |           |
| 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         |
| 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                      | 1645.0   | 67.3 | 18.3    | 256.3       | 2061.3 | 184.5 | 20.3  | 63.0  | 26.3         | 81.3    | 10.8  | 151.5 | 87.5 | 60.8    | 2420.0    | 45.5       | 9.0       |
| W 24 oz low-fat milk               | 1963.0   | 74.2 | 22.5    | 286.3       | 2361.3 | 223.5 | 20.3  | 99.0  | 26.3         | 105.9   | 40.8  | 163.5 | 87.5 | 150.8   | 3320.0    | 795.5      | 309.0     |

| Menu G 08/25/2025                  |          |      |         |             |        |       |       |       |              |         |       |       |      |         |           |            |           |  |
|------------------------------------|----------|------|---------|-------------|--------|-------|-------|-------|--------------|---------|-------|-------|------|---------|-----------|------------|-----------|--|
| 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 Brie          | 750      | 37   | 11      | 55          | 460    | 91    | 11    | 51    | 8            | 19      | 0     | 15    | 20   | 15      | 800       | 20         | 0         |  |
| Superfood Brioche French Toast     | 450      | 21   | 7       | 60          | 440    | 53    | 4     | 27    | 12           | 14      | 2     | 2     | 60   | 10      | 340       | 8          | 4         |  |
| Swiss Cheese Egg Bake              | 440      | 11   | 6.5     | 40          | 860    | 35    | 3     | 6     | 0            | 39      | 0     | 15    | 20   | 45      | 560       | 0          | 0         |  |
| Broccoli Cheddar Fritters          | 470      | 21   | 8       | 40          | 660    | 53    | 9     | 26    | 7            | 20      | 2     | 60    | 20   | 25      | 770       | 20         | 2         |  |
| Mediterranean Lunch Box            | 560      | 27   | 5.5     | 125         | 850    | 29    | 5     | 6     | 2            | 51      | 0     | 4     | 20   | 10      | 660       | 30         | 2         |  |
| Loaded Quesadilla & Tortilla Soup  | 480      | 23   | 10      | 70          | 1000   | 42    | 4     | 4     | 0            | 27      | 2     | 8     | 10   | 30      | 270       | 20         | 2         |  |
| Capri Chicken with Quinoa Pilaf    | 500      | 19   | 4.5     | 145         | 850    | 33    | 7     | 7     | 0            | 53      | 4     | 50    | 20   | 25      | 1160      | 15         | 2         |  |
| Pierogi in Mushroom & Tomato Gravy | 590      | 13   | 5.5     | 40          | 770    | 100   | 6     | 16    | 7            | 21      | 2     | 60    | 30   | 10      | 950       | 8          | 2         |  |
| Salmon with Creamy Dill Sauce      | 530      | 17   | 5       | 70          | 530    | 58    | 7     | 9     | 0            | 37      | 2     | 70    | 15   | 10      | 1160      | 15         | 4         |  |
| Average                            | 530.0    | 21.0 | 7.0     | 71.7        | 713.3  | 54.9  | 6.2   | 16.9  | 4.0          | 31.2    | 1.6   | 31.6  | 23.9 | 20.0    | 741.1     | 15.1       | 2.0       |  |
| Daily Average                      | 1590.0   | 63.0 | 21.0    | 215.0       | 2140.0 | 164.7 | 18.7  | 50.7  | 12.0         | 93.7    | 4.7   | 94.7  | 71.7 | 60.0    | 2223.3    | 45.3       | 6.0       |  |
| W 24 oz low-fat milk               | 1908.0   | 69.9 | 25.2    | 245.0       | 2440.0 | 203.7 | 18.7  | 86.7  | 12.0         | 118.3   | 34.7  | 106.7 | 71.7 | 150.0   | 3123.3    | 795.3      | 306.0     |  |

| Menu H 08/28/2025                     |          |      |         |             |        |       |       |       |              |         |       |       |      |         |           |            |           |  |
|---------------------------------------|----------|------|---------|-------------|--------|-------|-------|-------|--------------|---------|-------|-------|------|---------|-----------|------------|-----------|--|
| 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 | 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       | 900       | 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                      | 720      | 22   | 10      | 180         | 1000   | 86    | 10    | 25    | 6            | 43      | 6     | 30    | 25   | 30      | 1500      | 15         | 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                               | 534.2    | 20.8 | 5.6     | 71.7        | 617.5  | 59.2  | 8.1   | 18.0  | 4.3          | 28.1    | 3.0   | 30.1  | 21.4 | 18.8    | 778.3     | 13.3       | 4.3       |  |
| Daily Average                         | 1602.5   | 62.5 | 16.8    | 215.0       | 1852.5 | 177.5 | 24.4  | 54.0  | 12.8         | 84.3    | 9.0   | 90.3  | 64.3 | 56.5    | 2335.0    | 40.0       | 13.0      |  |
| W 24 oz low-fat milk                  | 1920.5   | 69.4 | 21.0    | 245.0       | 2152.5 | 216.5 | 24.4  | 90.0  | 12.8         | 108.9   | 39.0  | 102.3 | 64.3 | 146.5   | 3235.0    | 790.0      | 313.0     |  |

| Menu I 09/01/2025                      |          |      |         |             |        |       |       |       |              |         |       |       |      |         |           |            |           |  |
|----------------------------------------|----------|------|---------|-------------|--------|-------|-------|-------|--------------|---------|-------|-------|------|---------|-----------|------------|-----------|--|
| 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)     |  |
| Brioche Breakfast Sandwich             | 500      | 23   | 7       | 285         | 650    | 44    | 6     | 24    | 6            | 28      | 8     | 100   | 25   | 20      | 900       | 10         | 0         |  |
| Chocolate Pancake with Citrus Mascarp  | 610      | 26   | 9       | 30          | 250    | 84    | 6     | 40    | 16           | 12      | 0     | 2     | 25   | 15      | 580       | 25         | 4         |  |
| Blueberry Almond Torta                 | 580      | 21   | 4.5     | 95          | 660    | 79    | 7     | 57    | 13           | 21      | 22    | 160   | 15   | 15      | 700       | 6          | 2         |  |
| Tex-Mex Fish Taco                      | 590      | 21   | 4.5     | 70          | 990    | 65    | 8     | 6     | 3            | 38      | 0     | 6     | 20   | 15      | 1020      | 6          | 0         |  |
| Smoky Chicken Salad Pita               | 470      | 13   | 1.5     | 70          | 540    | 55    | 11    | 10    | 2            | 32      | 4     | 25    | 25   | 20      | 880       | 10         | 0         |  |
| Fresh Fruit and Cottage Cheese Plate   | 540      | 17   | 7       | 50          | 990    | 67    | 6     | 28    | 0            | 33      | 8     | 60    | 15   | 45      | 980       | 15         | 2         |  |
| Spaghetti Bolognese                    | 520      | 16   | 3.5     | 10          | 430    | 70    | 12    | 8     | 1            | 22      | 4     | 10    | 30   | 15      | 800       | 20         | 0         |  |
| Thai Coconut Chicken                   | 660      | 21   | 10      | 50          | 780    | 86    | 3     | 16    | 5            | 27      | 2     | 25    | 45   | 10      | 710       | 4          | 0         |  |
| Sundried Tomato & Italian Sausage Flat | 630      | 32   | 6       | 30          | 1250   | 58    | 10    | 5     | 4            | 35      | 6     | 60    | 25   | 35      | 900       | 2          | 0         |  |
| Average                                | 566.7    | 21.1 | 5.9     | 76.7        | 726.7  | 67.6  | 7.7   | 21.6  | 5.6          | 27.6    | 6.0   | 49.8  | 25.0 | 21.1    | 830.0     | 10.9       | 0.9       |  |
| Daily Average                          | 1700.0   | 63.3 | 17.7    | 230.0       | 2180.0 | 202.7 | 23.0  | 64.7  | 16.7         | 82.7    | 18.0  | 149.3 | 75.0 | 63.3    | 2490.0    | 32.7       | 2.7       |  |
| W 24 oz low-fat milk                   | 2018.0   | 70.2 | 21.9    | 260.0       | 2480.0 | 241.7 | 23.0  | 100.7 | 16.7         | 107.3   | 48.0  | 161.3 | 75.0 | 153.3   | 3390.0    | 782.7      | 302.7     |  |

| Menu J 09/04/2025               |          |      |         |             |        |       |       |       |              |         |       |       |      |         |           |            |           |
|---------------------------------|----------|------|---------|-------------|--------|-------|-------|-------|--------------|---------|-------|-------|------|---------|-----------|------------|-----------|
| 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         |
| Bircher Muesli and Pears        | 530      | 25   | 8       | 50          | 25     | 72    | 6     | 39    | 22           | 9       | 4     | 2     | 50   | 8       | 350       | 15         | 4         |
| Avocado Toast                   | 570      | 25   | 4       | 260         | 540    | 63    | 16    | 19    | 1            | 25      | 2     | 100   | 25   | 8       | 740       | 15         | 0         |
| 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    | 40    | 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                         | 525.8    | 20.1 | 6.0     | 122.5       | 590.0  | 59.1  | 8.4   | 20.1  | 6.3          | 28.8    | 3.7   | 33.0  | 25.3 | 15.9    | 759.2     | 16.6       | 3.9       |
| Daily Average                   | 1577.5   | 60.3 | 18.0    | 367.5       | 1770.0 | 177.3 | 25.3  | 60.3  | 19.0         | 86.5    | 11.0  | 99.0  | 75.8 | 47.8    | 2277.5    | 49.8       | 11.8      |
| W 24 oz low-fat milk            | 1895.5   | 67.2 | 22.2    | 397.5       | 2070.0 | 216.3 | 25.3  | 96.3  | 19.0         | 111.1   | 41.0  | 111.0 | 75.8 | 137.8   | 3177.5    | 799.8      | 311.8     |

# Seattle Sutton's Healthy Eating

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

| Weekly Averages WITH Milk<br>Unit of Measure | Calories<br>(Kcal) | Fat<br>(g)  | Sat Fat<br>(g) | Cholesterol<br>(mg) | Sodium<br>(mg) | Carbs<br>(g) | Fiber<br>(g) | Sugar<br>(g) | Added Sugars<br>(g) | Protein<br>(g) | Vit A<br>(%) | Vit C<br>(%) | Iron<br>(%) | Calcium<br>(%) | Potassium<br>(mg) | Phosphorus<br>(%) | Vitamin D<br>(mcg) |
|----------------------------------------------|--------------------|-------------|----------------|---------------------|----------------|--------------|--------------|--------------|---------------------|----------------|--------------|--------------|-------------|----------------|-------------------|-------------------|--------------------|
| Menu A 08/04/2025                            | 2021.3             | 62.9        | 18.0           | 226.7               | 2088.3         | 239.0        | 25.7         | 98.3         | 21.7                | 123.3          | 38.0         | 80.3         | 78.3        | 149.7          | 3280.0            | 813.0             | 306.0              |
| Menu B 08/07/2025                            | 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              |
| <b>Menu A &amp; B Average</b>                | <b>1992.0</b>      | <b>66.2</b> | <b>19.7</b>    | <b>272.0</b>        | <b>2092.3</b>  | <b>228.4</b> | <b>23.3</b>  | <b>96.2</b>  | <b>21.0</b>         | <b>116.8</b>   | <b>38.9</b>  | <b>83.8</b>  | <b>83.1</b> | <b>144.5</b>   | <b>3146.1</b>     | <b>798.2</b>      | <b>305.4</b>       |
| Menu C 08/11/2025                            | 1958.0             | 70.9        | 22.2           | 193.3               | 2183.3         | 226.0        | 27.7         | 100.3        | 12.7                | 104.2          | 37.3         | 144.7        | 65.0        | 144.3          | 3503.3            | 786.3             | 314.0              |
| Menu D 08/14/2025                            | 1895.5             | 65.0        | 25.8           | 332.5               | 2265.0         | 215.0        | 22.5         | 106.8        | 19.3                | 111.1          | 40.0         | 141.8        | 72.0        | 154.0          | 3257.5            | 787.0             | 309.5              |
| <b>Menu C &amp; D Average</b>                | <b>1931.2</b>      | <b>68.4</b> | <b>23.8</b>    | <b>253.0</b>        | <b>2218.3</b>  | <b>221.3</b> | <b>25.5</b>  | <b>103.1</b> | <b>15.5</b>         | <b>107.2</b>   | <b>38.5</b>  | <b>143.4</b> | <b>68.0</b> | <b>148.5</b>   | <b>3398.0</b>     | <b>786.6</b>      | <b>312.1</b>       |
| Menu E 08/18/2025                            | 2104.7             | 85.6        | 25.0           | 483.3               | 2301.7         | 214.7        | 19.7         | 90.3         | 13.7                | 114.6          | 47.3         | 113.0        | 68.3        | 155.0          | 3293.3            | 798.7             | 312.0              |
| Menu F 08/21/2025                            | 1963.0             | 74.2        | 22.5           | 286.3               | 2361.3         | 223.5        | 20.3         | 99.0         | 26.3                | 105.9          | 40.8         | 163.5        | 87.5        | 150.8          | 3320.0            | 795.5             | 309.0              |
| <b>Menu E &amp; F Average</b>                | <b>2044.0</b>      | <b>80.7</b> | <b>23.9</b>    | <b>398.9</b>        | <b>2327.2</b>  | <b>218.5</b> | <b>19.9</b>  | <b>94.0</b>  | <b>19.1</b>         | <b>110.9</b>   | <b>44.5</b>  | <b>134.6</b> | <b>76.5</b> | <b>153.2</b>   | <b>3304.8</b>     | <b>797.3</b>      | <b>310.7</b>       |
| Menu G 08/25/2025                            | 1908.0             | 69.9        | 25.2           | 245.0               | 2440.0         | 203.7        | 18.7         | 86.7         | 12.0                | 118.3          | 34.7         | 106.7        | 71.7        | 150.0          | 3123.3            | 795.3             | 306.0              |
| Menu H 08/28/2025                            | 1920.5             | 69.4        | 21.0           | 245.0               | 2152.5         | 216.5        | 24.4         | 90.0         | 12.8                | 108.9          | 39.0         | 102.3        | 64.3        | 146.5          | 3235.0            | 790.0             | 313.0              |
| <b>Menu G &amp; H Average</b>                | <b>1913.4</b>      | <b>69.7</b> | <b>23.4</b>    | <b>245.0</b>        | <b>2316.8</b>  | <b>209.2</b> | <b>21.1</b>  | <b>88.1</b>  | <b>12.3</b>         | <b>114.2</b>   | <b>36.5</b>  | <b>104.8</b> | <b>68.5</b> | <b>148.5</b>   | <b>3171.2</b>     | <b>793.0</b>      | <b>309.0</b>       |
| Menu I 09/01/2025                            | 1842.9             | 66.7        | 22.0           | 328.8               | 2275.0         | 229.0        | 24.1         | 98.5         | 17.8                | 109.2          | 44.5         | 136.2        | 75.4        | 145.5          | 3283.8            | 791.2             | 307.2              |
| Menu J 09/04/2025                            | 2018.0             | 70.2        | 21.9           | 260.0               | 2480.0         | 241.7        | 23.0         | 100.7        | 16.7                | 107.3          | 48.0         | 161.3        | 75.0        | 153.3          | 3390.0            | 782.7             | 302.7              |
| <b>Menu I &amp; J Average</b>                | <b>1917.9</b>      | <b>68.2</b> | <b>22.0</b>    | <b>299.3</b>        | <b>2362.9</b>  | <b>234.4</b> | <b>23.6</b>  | <b>99.4</b>  | <b>17.3</b>         | <b>108.4</b>   | <b>46.0</b>  | <b>147.0</b> | <b>75.2</b> | <b>148.9</b>   | <b>3329.3</b>     | <b>787.5</b>      | <b>305.3</b>       |

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)

| 2000 Calorie Plan Daily Average<br>WITH Milk Servings |             |
|-------------------------------------------------------|-------------|
| Calories                                              | 1979.0 kcal |
| Total Fat                                             | 70.6 g      |
| Saturated Fat                                         | 22.5 g      |
| Trans Fat                                             | 0.0 g       |
| Cholesterol                                           | 293.6 mg    |
| Sodium                                                | 2263.5 mg   |
| Total Carbohydrates                                   | 222.3 g     |
| Dietary Fiber                                         | 22.7 g      |
| Total Sugars                                          | 96.2 g      |
| Added Sugars                                          | 17.0 g      |
| Protein                                               | 113.5 g     |
| Vitamin D                                             | 308.5 mcg   |
| Calcium (%)                                           | 148.7 %     |
| Iron (%)                                              | 74.3 %      |
| Potassium                                             | 3269.9 mg   |
| Macronutrient Breakdown                               |             |
| Fats                                                  | 32%         |
| Carbohydrates                                         | 45%         |
| Protein                                               | 23%         |

| 2000 Calorie Plan Daily Average<br>WITHOUT Milk Servings |             |
|----------------------------------------------------------|-------------|
| Calories                                                 | 1661.0 kcal |
| Total Fat                                                | 63.7 g      |
| Saturated Fat                                            | 18.3 g      |
| Trans Fat                                                | 0 g         |
| Cholesterol                                              | 263.6 mg    |
| Sodium                                                   | 1948.5 mg   |
| Total Carbohydrates                                      | 183.3 g     |
| Dietary Fiber                                            | 22.7 g      |
| Total Sugars                                             | 60.2 g      |
| Includes Added S                                         | 17.0 g      |
| Protein                                                  | 88.9 g      |
| Vitamin D                                                | 8.8 mcg     |
| Calcium (%)                                              | 57.9 %      |
| Iron (%)                                                 | 74.7 %      |
| Potassium                                                | 2369.9 mcg  |
| Macronutrient Breakdown                                  |             |
| Fats                                                     | 35%         |
| 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          | 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 |