

Seattle Sutton's Healthy Eating

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

Menu A 03/17/2025

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	9	1.5	0	55	58	7	38	18	12	0	30	40	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	290	16	5.5	35	580	21	4	7	0	15	2	15	6	35	500	20	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	370	20	5.5	45	560	31	4	10	0	20	4	6	15	25	760	15	0
Average	364.4	12.1	2.9	48.3	420.6	40.9	5.0	13.8	4.7	23.2	1.8	13.9	16.3	15.1	571.1	14.9	1.6
Daily Average	1093	36.3	8.8	145.0	1261.7	122.7	15.0	41.3	14.0	69.7	5.3	41.7	49.0	45.3	1713.3	44.7	4.7
W 16 oz skim milk	1253.3	36.3	8.8	155.0	1461.7	146.7	15.0	65.3	14.0	87.7	35.3	41.7	49.0	95.3	2513.3	114.7	204.7

Menu B 03/20/2025

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	290	17	6.5	160	440	23	3	5	2	11	2	4	10	15	280	2	2
Chicken Shawarma Wrap	260	9	2	50	420	29	13	11	1	23	0	45	15	15	780	2	0
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
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
Sweet & Sour Chicken	520	20	4.5	45	420	69	6	12	4	16	2	70	35	6	290	2	2
Average	352.5	14.8	3.9	64.2	408.3	37.9	5.5	10.8	3.0	17.4	2.2	18.5	22.0	11.8	445.8	6.4	1.2
Daily Average	1058	44.3	11.8	192.5	1225.0	113.8	16.5	32.5	9.0	52.3	6.5	55.5	66.0	35.5	1337.5	19.3	3.5
W 16 oz skim milk	1217.5	44.3	11.8	202.5	1425.0	137.8	16.5	56.5	9.0	70.3	36.5	55.5	66.0	85.5	2137.5	89.3	203.5

Menu C 03/24/2025

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)	(%)	(%)
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
Banana Bread Oatmeal	350	11	2.5	0	70	61	7	32	6	7	0	10	35	8	460	10	4
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	290	12	2	0	600	37	8	5	1	10	2	10	15	8	520	4	0
Chile Cazuela with Spanish Rice	350	9	3.5	15	340	56	5	5	0	13	2	40	10	15	430	20	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	347.8	13.1	3.3	31.7	381.1	43.8	5.8	13.3	2.6	16.1	1.3	33.6	15.7	10.9	513.3	9.9	1.6
Daily Average	1043.3	39.3	10.0	95.0	1143.3	131.3	17.3	40.0	7.7	48.3	4.0	100.7	47.0	32.7	1540.0	29.7	4.7
W 16 oz skim milk	1203.3	39.3	10.0	105.0	1343.3	155.3	17.3	64.0	7.7	66.3	34.0	100.7	47.0	82.7	2340.0	99.7	204.7

Menu D 03/27/2025

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
Ciabatta Egg Sandwich	280	10	4.5	130	560	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	770	56	6	15	5	18	6	35	15	30	510	20	10
Lou's Bleu Burger	490	17	4.5	120	780	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	363.3	13.5	4.9	45.7	464.2	38.8	5.0	14.8	4.5	21.4	2.7	23.4	16.2	14.8	561.7	7.8	1.7
Daily Average	1090.0	40.6	14.6	137.0	1392.5	116.5	15.0	44.5	13.5	64.3	8.0	70.3	48.5	44.5	1685.0	23.5	5.0
W 16 oz skim milk	1250.0	40.6	14.6	147.0	1592.5	140.5	15.0	68.5	13.5	82.3	38.0	70.3	48.5	94.5	2485.0	93.5	205.0

Menu E 03/31/2025

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
Haystack Breakfast	280	6	3	20	400	41	3	18	13	15	2	4	10	15	440	10	6
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	500	0	4	2	0	30	2	20	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	360	13	4.5	140	570	39	4	7	1	22	2	15	8	8	560	8	2
Average	364.4	15.3	4.3	83.9	431.1	35.0	4.7	13.9	5.4	18.4	2.2	13.7	13.8	13.2	420.0	8.8	1.8
Daily Average	1093.3	46.0	12.8	251.7	1293.3	105.0	14.0	41.7	16.3	55.3	6.7	41.0	41.3	39.7	1260.0	26.3	5.3
W 16 oz skim milk	1253.3	46.0	12.8	261.7	1493.3	129.0	14.0	65.7	16.3	73.3	36.7	41.0	41.3	89.7	2060.0	96.3	205.3

Menu F 04/03/2025

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	320	17	5.5	40	720	37	4	10	2	16	2	2	25	25	410	4	0
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	340	14	4	55	390	41	6	8	0	20	8	30	15	15	730	8	7
Butternut Squash Ravioli	480	31	9	80	540	51	8	11	3	17	10	35	20	25	550	15	4
Pasta Verde with Durango Turkey	300	12	4.5	60	420	36	4	6	0	21	2	60	10	6	340	4	2
Southern Chicken Noodle Soup	370	13	4.5	85	280	40	3	17	9	25	2	6	25	4	460	6	2
Average	347.5	17.3	4.3	59.2	461.3	39.2	4.8	12.6	4.7	17.4	3.2	32.1	19.6	13.7	503.3	8.8	1.8
Daily Average	1042.5	51.8	13.0	177.5	1383.8	117.5	14.3	37.8	14.0	52.3	9.5	96.3	58.8	41.0	1510.0	26.5	5.3
W 16 oz skim milk	1202.5	51.8	13.0	187.5	1583.8	141.5	14.3	61.8	14.0	70.3	39.5	96.3	58.8	91.0	2310.0	96.5	205.3

Menu G 04/07/2025																		
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)	(%)	(%)	
Wheat Croissant with Figs and Brie	480	26	8	40	360	54	7	31	4	13	0	8	10	10	510	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	
Chicken Schnitzel	550	11	2	145	670	64	4	4	1	43	0	10	20	4	840	4	0	
Chicken & Dumplings	290	8	3	60	510	37	4	14	10	21	8	10	10	6	570	4	0	
Mediterranean Lunch Box	430	19	3	80	540	31	7	4	0	36	0	4	15	15	620	20	2	
Pierogi in Mushroom & Tomato Gravy	310	7	3	20	400	53	3	8	3	11	2	35	15	6	530	6	0	
Salmon with Creamy Dill Sauce	370	13	4.5	65	440	34	4	6	0	30	2	40	10	6	830	10	4	
Average	361.1	12.7	3.8	53.3	445.6	40.9	4.6	12.6	3.4	21.4	1.8	16.7	15.0	10.3	553.3	7.9	1.1	
Daily Average	1083.3	38.0	11.5	160.0	1336.7	122.7	13.7	37.7	10.3	64.3	5.3	50.0	45.0	31.0	1660.0	23.7	3.3	
W 16 oz skim milk	1243.3	38.0	11.5	170.0	1536.7	146.7	13.7	61.7	10.3	82.3	35.3	50.0	45.0	81.0	2460.0	93.7	203.3	
Menu H 04/10/2025																		
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	
Harvest Breakfast Bread	350	11	2	15	480	50	3	25	15	14	0	4	15	8	360	8	2	
Cowboy Skillet	240	10	4	15	380	25	5	12	0	15	4	100	15	20	520	8	10	
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	4	
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	490	12	4.5	120	590	69	7	15	6	29	4	20	20	20	930	15	15	
Picadillo Cubano	330	5	1	25	380	60	6	4	1	12	0	6	20	6	840	10	2	
Penne Al Forno	290	9	3.5	20	550	36	9	9	0	18	2	80	15	25	590	8	0	
Turkey Orzo Bake	230	12	5.5	40	290	22	1	5	3	10	2	2	6	8	160	6	2	
Average	343.3	14.2	4.0	46.7	427.5	38.5	4.9	11.3	2.9	16.8	2.0	22.0	13.8	13.3	497.9	9.5	3.3	
Daily Average	1030.0	42.5	12.1	140.0	1282.5	115.5	14.8	33.8	8.8	50.3	6.0	66.0	41.5	40.0	1493.8	28.5	9.8	
W 16 oz skim milk	1190.0	42.5	12.1	150.0	1482.5	139.5	14.8	57.8	8.8	68.3	36.0	66.0	41.5	90.0	2293.8	98.5	209.8	
Menu I 04/14/2025																		
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)	(%)	(%)	
"Chorizo" and Egg Breakfast Taco	260	8	2	130	380	37	5	8	2	11	15	20	10	8	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 Flatb	420	21	4	20	860	41	7	3	2	24	4	35	20	25	630	0	0	
Average	353.3	13.0	3.4	43.3	456.1	43.4	5.1	13.4	3.6	17.2	3.2	23.8	15.6	12.8	540.0	6.2	0.7	
Daily Average	1060.0	39.0	10.3	130.0	1368.3	130.3	15.3	40.3	10.7	51.7	9.7	71.3	46.7	38.3	1620.0	18.7	2.0	
W 16 oz skim milk	1220.0	39.0	10.3	140.0	1568.3	154.3	15.3	64.3	10.7	69.7	39.7	71.3	46.7	88.3	2420.0	88.7	202.0	

Menu J 04/17/2025

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	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	420	22	3	80	700	36	6	11	8	20	0	10	15	8	430	2	0
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
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	310	13	4.5	80	450	25	4	13	2	28	2	60	20	6	850	25	4
Honey Garlic Chicken Bowl	440	12	1.5	30	760	69	6	21	0	15	2	2	30	4	220	8	2
Salisbury Steak	330	10	3	65	380	36	7	8	1	25	2	15	20	6	770	25	6
Average	365.0	15.2	4.3	92.1	433.8	40.1	5.4	14.3	4.8	19.5	3.2	16.4	18.3	11.1	503.3	12.7	3.0
Daily Average	1095.0	45.5	12.9	276.3	1301.3	120.3	16.3	42.8	14.5	58.5	9.5	49.3	54.8	33.3	1510.0	38.0	9.0
W 16 oz skim milk	1255.0	45.5	12.9	286.3	1501.3	144.3	16.3	66.8	14.5	76.5	39.5	49.3	54.8	83.3	2310.0	108.0	209.0

Seattle Sutton's Healthy Eating 1200 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)	Vitamin A (%)	Vitamin C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (%)
Menu A 03/17/2025	1253.3	36.3	8.8	155.0	1461.7	146.7	15.0	65.3	14.0	87.7	35.3	41.7	49.0	95.3	2513.3	114.7	204.7
Menu B 03/20/2025	1217.5	44.3	11.8	202.5	1425.0	137.8	16.5	56.5	9.0	70.3	36.5	55.5	66.0	85.5	2137.5	89.3	203.5
Menu A & B Average	1238.0	39.7	10.1	175.4	1446.0	142.8	15.6	61.5	11.9	80.2	35.8	47.6	56.3	91.1	2352.3	103.8	204.2
Menu C 03/24/2025	1203.3	39.3	10.0	105.0	1343.3	155.3	17.3	64.0	7.7	66.3	34.0	100.7	47.0	82.7	2340.0	99.7	204.7
Menu D 03/27/2025	1250.0	40.6	14.6	147.0	1592.5	140.5	15.0	68.5	13.5	82.3	38.0	70.3	48.5	94.5	2485.0	93.5	205.0
Menu C & D Average	1223.3	39.9	12.0	123.0	1450.1	149.0	16.3	65.9	10.2	73.2	35.7	87.6	47.6	87.7	2402.1	97.0	204.8
Menu E 03/31/2025	1253.3	46.0	12.8	261.7	1493.3	129.0	14.0	65.7	16.3	73.3	36.7	41.0	41.3	89.7	2060.0	96.3	205.3
Menu F 04/03/2025	1202.5	51.8	13.0	187.5	1583.8	141.5	14.3	61.8	14.0	70.3	39.5	96.3	58.8	91.0	2310.0	96.5	205.3
Menu E & F Average	1231.5	48.5	12.9	229.9	1532.1	134.4	14.1	64.0	15.3	72.0	37.9	64.7	48.8	90.2	2167.1	96.4	205.3
Menu G 04/07/2025	1243.3	38.0	11.5	170.0	1536.7	146.7	13.7	61.7	10.3	82.3	35.3	50.0	45.0	81.0	2460.0	93.7	203.3
Menu H 04/10/2025	1190.0	42.5	12.1	150.0	1482.5	139.5	14.8	57.8	8.8	68.3	36.0	66.0	41.5	90.0	2293.8	98.5	209.8
Menu G & H Average	1220.5	39.9	11.8	161.4	1513.5	143.6	14.1	60.0	9.7	76.3	35.6	56.9	43.5	84.9	2388.8	95.7	206.1
Menu I 04/14/2025	1220.0	39.0	10.3	140.0	1568.3	154.3	15.3	64.3	10.7	69.7	39.7	71.3	46.7	88.3	2420.0	88.7	202.0
Menu J 04/17/2025	1255.0	45.5	12.9	286.3	1501.3	144.3	16.3	66.8	14.5	76.5	39.5	49.3	54.8	83.3	2310.0	108.0	209.0
Menu I & J Average	1235.0	41.8	11.4	202.7	1539.6	150.0	15.7	65.4	12.3	72.6	39.6	61.9	50.1	86.2	2372.9	97.0	205.0



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	1230 kcal
Total Fat	41.0 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	178.5 mg
Sodium	1496 mg
Total Carbohydrates	144.0 g
Dietary Fiber	15.2 g
Total Sugars	63.4 g
Added Sugars	11.9 g
Protein	74.9 g
Vitamin D	205.1 mcg
Calcium (%)	88.02 %
Iron (%)	49.27 %
Potassium	2336.6 mcg
Macronutrient Breakdown	
Fats	30%
Carbohydrates	47%
Protein	24%

1200 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1069.7 kcal
Total Fat	41.0 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	168.5 mg
Sodium	1296 mg
Total Carbohydrates	120.0 g
Dietary Fiber	15.2 g
Total Sugars	39.4 g
Includes Added !	11.9 g
Protein	56.9 g
Vitamin D	5.1 mcg
Calcium (%)	38.02 %
Iron (%)	49.27 %
Potassium	1536.6 mcg
Macronutrient Breakdown	
Fats	34%
Carbohydrates	45%
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