

Seattle Sutton's Healthy Eating

2000 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	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	13	3	5	85	91	10	62	28	18	2	60	50	20	760	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	560	31	12.5	50	840	45	8	20	0	25	2	25	15	50	800	30	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	480	24	7.5	65	730	39	5	14	0	26	6	8	20	35	930	15	0
Average	547.8	18.2	4.9	66.7	593.9	63.7	7.7	20.9	6.3	32.1	2.7	21.3	23.9	20.4	820.0	20.4	2.0
Daily Average	1643.3	54.7	14.8	200.0	1781.7	191.0	23.0	62.7	19.0	96.3	8.0	64.0	71.7	61.3	2460.0	61.3	6.0
W 24 oz low-fat milk	1961.3	61.6	19.0	230.0	2081.7	227.0	23.0	98.7	19.0	120.9	38.0	76.0	71.7	151.3	3360.0	811.3	306.0

Menu B 03/20/2025

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	470	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	590	30	10	300	800	61	5	27	4	21	2	10	25	30	710	2	2
Chicken Shawarma Wrap	510	20	5.5	110	660	52	14	24	12	39	0	50	20	20	1140	2	0
Chili Con Carne	670	36	6.5	50	670	61	11	12	0	26	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	400	21	7	105	380	29	3	11	1	22	6	6	8	2	280	0	0
Tandoori Shrimp Bowl	510	15	2.5	155	670	61	8	8	0	32	6	8	25	20	860	8	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	540.0	21.0	5.6	102.9	627.5	61.0	7.8	17.8	4.9	27.1	2.5	28.4	31.1	18.2	715.0	9.5	1.3
Daily Average	1620.0	63.0	16.8	308.8	1882.5	183.0	23.3	53.5	14.8	81.3	7.5	85.3	93.3	54.5	2145.0	28.5	4.0
W 24 oz low-fat milk	1938.0	69.9	21.0	338.8	2182.5	219.0	23.3	89.5	14.8	105.9	37.5	97.3	93.3	144.5	3045.0	778.5	304.0

Menu C 03/24/2025

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	1060	56	8	20	0	38	2	35	25	30	820	15	2
Banana Bread Oatmeal	530	16	3.5	0	115	89	10	45	9	12	2	15	60	15	700	15	6
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	510	22	4	10	930	64	13	10	3	16	4	20	25	15	800	8	0
Chile Cazuela with Spanish Rice	640	22	8	30	540	89	9	15	7	21	4	50	20	25	700	30	2
Penne "Vodka" Meatballs	600	21	6.5	130	590	76	9	9	1	31	2	35	25	15	1100	25	6
Chicken Linguini Alfredo	600	19	7	130	990	58	6	14	0	50	2	120	15	25	1280	0	0
Average	564.4	20.9	5.5	59.4	623.9	69.7	8.3	21.0	4.9	26.6	2.7	43.7	25.0	17.6	770.0	14.6	2.0
Daily Average	1693.3	62.7	16.5	178.3	1871.7	209.0	25.0	63.0	14.7	79.7	8.0	131.0	75.0	52.7	2310.0	43.7	6.0
W 24 oz low-fat milk	2011.3	69.6	20.7	208.3	2171.7	245.0	25.0	99.0	14.7	104.6	38.0	143.0	75.0	142.7	3210.0	793.7	306.0

Menu D 03/27/2025

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	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	2
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	185	710	47	6	3	0	47	0	10	30	6	480	6	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	102.9	658.3	59.6	7.5	23.6	6.4	28.8	3.7	41.6	24.8	21.3	795.0	12.5	3.0
Daily Average	1575.0	58.1	21.6	308.8	1975.0	178.8	22.5	70.8	19.3	86.5	11.0	124.8	74.5	64.0	2385.0	37.5	9.0
W 24 oz low-fat milk	1893.0	65.0	25.8	338.8	2275.0	214.8	22.5	106.8	19.3	111.1	41.0	136.8	74.5	154.0	3285.0	787.5	309.0

Menu E 03/31/2025

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
Haystack Breakfast	480	9	4.5	35	620	65	4	30	22	25	2	6	15	25	660	15	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	890	77	5	3	0	51	2	35	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	790	61	6	9	1	31	4	20	10	10	820	15	2
Average	595.6	24.9	6.8	150.6	686.7	61.3	6.6	20.4	7.0	30.3	3.6	23.2	20.6	21.7	675.6	15.1	4.0
Daily Average	1786.7	74.7	20.5	451.7	2060.0	184.0	19.7	61.3	21.0	91.0	10.7	69.7	61.7	65.0	2026.7	45.3	12.0
W 24 oz low-fat milk	2104.7	81.6	24.7	481.7	2375.0	220.0	19.7	97.3	21.0	115.6	40.7	81.7	61.7	155.0	2926.7	795.3	312.0

Menu F 04/03/2025

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	390	15	4	190	720	43	6	12	0	27	2	80	20	8	620	4	0
Croque Monsieur	500	22	10	75	1060	48	5	13	4	28	4	2	40	45	490	20	0
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	570	64	13	25	15	18	2	15	20	15	890	4	0
Swedish Meatballs	520	16	6.5	85	590	62	8	10	0	29	10	35	20	15	1000	20	6
Butternut Squash Ravioli	630	32	11.5	105	710	66	11	15	4	22	15	40	25	30	690	20	6
Pasta Verde with Durango Turkey	470	14	6	100	700	54	6	9	0	34	4	100	20	10	550	8	4
Southern Chicken Noodle Soup	410	13	4.5	95	330	43	4	17	9	30	4	6	30	4	500	6	2
Average	514.2	20.5	6.1	85.0	653.8	57.9	6.8	19.8	8.3	26.1	4.3	49.7	30.4	20.3	720.0	14.3	2.2
Daily Average	1542.5	61.5	18.3	255.0	1961.3	173.8	20.3	59.5	24.8	78.3	12.8	149.0	91.3	60.8	2160.0	43.0	6.5
W 24 oz low-fat milk	1860.5	68.4	22.5	285.0	2261.3	212.8	20.3	95.5	24.8	102.9	42.8	161.0	91.3	150.8	3060.0	793.0	306.5

Menu G 04/07/2025

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)
Wheat Croissant with Figs and Brie	740	38	11.5	55	490	91	11	51	8	19	0	15	15	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	650	29	4	125	830	47	4	4	1	50	0	4	30	15	690	30	2
Chicken & Dumplings	360	10	3	80	660	44	6	15	10	27	10	15	15	6	730	6	0
Chicken Schnitzel	680	13	2.5	170	860	86	6	5	1	48	0	15	30	6	960	6	0
Pierogi in Mushroom & Tomato Gravy	590	13	5.5	40	770	100	6	16	7	21	2	60	30	10	950	8	0
Salmon with Creamy Dill Sauce	530	17	5	70	530	58	7	9	0	37	2	70	15	10	1160	15	4
Average	545.6	19.2	5.9	75.6	677.8	63.0	6.2	17.7	5.1	30.6	2.0	28.4	26.1	15.8	773.3	12.6	1.3
Daily Average	1636.7	57.7	17.7	226.7	2033.3	189.0	18.7	53.0	15.3	91.7	6.0	85.3	78.3	47.3	2320.0	37.7	4.0
W 24 oz low-fat milk	1954.7	64.6	21.9	256.7	2333.3	228.0	18.7	89.0	15.3	116.3	36.0	97.3	78.3	137.3	3220.0	78.7	304.0

Menu H 04/10/2025

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
Harvest Breakfast Bread	620	19	3	20	770	92	6	44	27	20	2	8	25	10	640	15	4
Cowboy Skillet	410	18	6.5	40	800	37	7	16	0	28	4	140	25	30	760	10	10
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	6
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	18	6.5	175	940	97	10	26	6	46	6	30	30	30	1480	20	25
Picadillo Cubano	500	8	2	40	630	88	9	7	1	20	2	8	35	10	1220	15	2
Penne Al Forno	540	19	8	50	680	70	13	18	7	24	2	110	25	30	590	10	0
Turkey Orzo Bake	660	12	3.5	155	740	80	10	16	5	58	20	15	40	25	1600	40	2
Average	565.0	21.2	5.6	79.6	695.8	64.2	8.3	18.5	4.8	30.4	4.5	33.0	23.9	20.5	878.3	16.4	4.6
Daily Average	1695.0	63.5	16.8	238.8	2087.5	192.5	24.8	55.5	14.5	91.3	13.5	99.0	71.8	61.5	2635.0	49.3	13.8
W 24 oz low-fat milk	2013.0	70.4	21.0	268.8	2387.5	231.5	24.8	91.5	14.5	115.9	43.5	111.0	71.8	151.5	3535.0	799.3	313.8

Menu I 04/14/2025

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)
"Chorizo" & Egg Breakfast Taco	420	14	4	220	660	57	7	9	2	19	15	25	15	10	610	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	557.8	20.1	5.6	69.4	727.8	69.0	7.8	19.9	5.1	26.6	6.8	41.4	23.9	20.0	797.8	10.9	0.9
Daily Average	1673.3	60.3	16.7	208.3	2183.3	207.0	23.3	59.7	15.3	79.7	20.3	124.3	71.7	60.0	2393.3	32.7	2.7
W 24 oz low-fat milk	1991.3	67.2	20.9	238.3	2483.3	246.0	23.3	95.7	15.3	104.3	50.3	136.3	71.7	150.0	3293.3	782.7	302.7

Menu J 04/17/2025

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	550	25	4	380	540	69	10	26	6	16	4	100	15	6	570	10	2
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	660	27	3.5	125	1020	63	10	19	14	38	0	20	25	15	810	4	0
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	550	15	4.5	145	470	65	8	15	13	44	4	20	20	6	980	6	2
Traditional Cottage Pie	420	16	5.5	95	490	34	6	17	7	29	2	60	20	8	850	25	4
Honey Garlic Chicken Bowl	640	16	2.5	40	1010	100	8	28	1	21	2	4	40	8	340	10	2
Salisbury Steak	610	19	5.5	135	680	63	10	12	1	47	4	25	30	10	1490	45	10
Average	529.2	19.8	5.6	129.2	596.7	61.0	8.3	21.5	7.8	27.8	3.5	30.1	25.3	16.3	739.2	17.3	4.3
Daily Average	1587.5	59.3	16.9	387.5	1790.0	183.0	24.8	64.5	23.5	83.3	10.5	90.3	75.8	49.0	2217.5	51.8	12.8
W 24 oz low-fat milk	1905.5	66.2	21.1	417.5	2090.0	222.0	24.8	100.5	23.5	107.9	40.5	102.3	75.8	139.0	3117.5	801.8	312.8

Seattle Sutton's Healthy Eating

2000 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)	Vit A (%)	Vit C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (mcg)
Menu A 03/17/2025	1961.3	61.6	19.0	230.0	2081.7	227.0	23.0	98.7	19.0	120.9	38.0	76.0	71.7	151.3	3360.0	811.3	306.0
Menu B 03/20/2025	1938.0	69.9	21.0	338.8	2182.5	219.0	23.3	89.5	14.8	105.9	37.5	97.3	93.3	144.5	3045.0	778.5	304.0
Menu A & B Average	1951.3	65.1	19.9	276.6	2124.9	223.6	23.1	94.7	17.2	114.5	37.8	85.1	80.9	148.4	3225.0	797.3	305.1
Menu C 03/24/2025	2011.3	69.6	20.7	208.3	2171.7	245.0	25.0	99.0	14.7	104.6	38.0	143.0	75.0	142.7	3210.0	793.7	306.0
Menu D 03/27/2025	1893.0	65.0	25.8	338.8	2275.0	214.8	22.5	106.8	19.3	111.1	41.0	136.8	74.5	154.0	3285.0	787.5	309.0
Menu C & D Average	1960.6	67.6	22.9	264.2	2216.0	232.0	23.9	102.3	16.6	107.4	39.3	140.3	74.8	147.5	3242.1	791.0	307.3
Menu E 03/31/2025	2104.7	81.6	24.7	481.7	2375.0	220.0	19.7	97.3	21.0	115.6	40.7	81.7	61.7	155.0	2926.7	795.3	312.0
Menu F 04/03/2025	1860.5	68.4	22.5	285.0	2261.3	212.8	20.3	95.5	24.8	102.9	42.8	161.0	91.3	150.8	3060.0	793.0	306.5
Menu E & F Average	2000.0	75.9	23.7	397.4	2326.3	216.9	19.9	96.5	22.6	110.1	41.6	115.7	74.3	153.2	2983.8	794.3	309.6
Menu G 04/07/2025	1954.7	64.6	21.9	256.7	2333.3	228.0	18.7	89.0	15.3	116.3	36.0	97.3	78.3	137.3	3220.0	787.7	304.0
Menu H 04/10/2025	2013.0	70.4	21.0	268.8	2387.5	231.5	24.8	91.5	14.5	115.9	43.5	111.0	71.8	151.5	3535.0	799.3	313.8
Menu G & H Average	1979.7	67.1	21.5	261.8	2356.5	229.5	21.3	90.1	15.0	116.1	39.2	103.2	75.5	143.4	3355.0	792.6	308.2
Menu I 04/14/2025	1837.1	64.7	21.0	327.9	2286.7	234.0	24.0	98.1	19.4	106.1	45.4	119.3	73.7	144.5	3205.4	792.2	307.7
Menu J 04/17/2025	1991.3	67.2	20.9	238.3	2483.3	246.0	23.3	95.7	15.3	104.3	50.3	136.3	71.7	150.0	3293.3	782.7	302.7
Menu I & J Average	1903.2	65.8	20.9	289.5	2371.0	239.1	23.7	97.0	17.7	105.3	47.5	126.6	72.8	146.9	3243.1	788.1	305.5

2000 Calorie Plan Daily Average WITH Milk Servings	
Calories	1978.4 kcal
Total Fat	68.3 g
Saturated Fat	21.8 g
Trans Fat	0.0 g
Cholesterol	297.9 mg
Sodium	2278.9 mg
Total Carbohydrates	228.2 g
Dietary Fiber	22.4 g
Total Sugars	96.1 g
Added Sugars	17.8 g
Protein	112.7 g
Vitamin D	307.2 mcg
Calcium (%)	147.9 %
Iron (%)	75.7 %
Potassium	3209.8 mg
Macronutrient Breakdown	
Fats	31%
Carbohydrates	46%
Protein	23%

2000 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1660.4 kcal
Total Fat	61.4 g
Saturated Fat	17.6 g
Trans Fat	0 g
Cholesterol	267.9 mg
Sodium	1963.9 mg
Total Carbohydrates	189.2 g
Dietary Fiber	22.4 g
Total Sugars	60.1 g
Includes Added S	17.8 g
Protein	88.1 g
Vitamin D	7.7 mcg
Calcium (%)	57.6 %
Iron (%)	76.5 %
Potassium	2309.8 mcg
Macronutrient Breakdown	
Fats	33%
Carbohydrates	46%
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

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