

# Seattle Sutton's Healthy Eating

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

### 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
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
Tandoori Shrimp Bowl	390	13	2	150	490	38	6	6	0	29	4	4	15	15	700	4	0
Rustic Zucchini Cavatappi	360	13	4	50	400	50	5	6	3	12	2	15	20	6	470	6	0
Chicken Enchilada Bake	360	15	6	70	500	29	4	6	0	22	2	30	8	20	420	25	2
Biscuits & Sausage Gravy	320	15	1.5	40	260	38	2	11	4	11	0	4	6	2	150	4	0
Chicken Salad on Croissant	480	7	3	120	460	53	8	22	10	48	2	20	20	15	1040	35	4
Sweet & Sour Chicken	370	20	5.5	45	560	31	4	10	0	20	4	6	15	25	760	15	0
Average	355.0	13.8	3.3	57.5	418.3	38.2	5.7	12.2	3.6	20.4	1.8	14.5	21.2	13.4	543.3	10.6	1.2
Daily Average	1065	41.3	9.9	172.5	1255.0	114.5	17.0	36.5	10.8	61.3	5.5	43.5	63.5	40.3	1630.0	31.8	3.5
W 16 oz skim milk	1225	41.25	9.875	182.5	1455.0	138.5	17	60.5	10.75	79.25	35.5	43.5	63.5	90.25	2430	101.75	203.5

### 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
Spinach-Artichoke Flatbread Pizza	510	23	11	20	740	60	7	27	6	14	4	4	20	35	400	6	2
Pear & Gorgonzola Salad	400	26	4.5	10	270	36	6	18	9	11	4	8	15	10	340	10	0
Broccoli Cheddar Soup & Salad	450	17	7	18	770	56	6	15	5	18	6	35	15	30	510	20	10
Chicken Carnitas	360	8	2	45	500	33	4	2	0	34	0	8	20	4	300	4	0
Chicken Cacciatore	370	12	4	32	490	28	8	17	1	36	2	40	15	8	930	6	0
Cider Salmon	450	25	10	43	330	30	5	17	8	27	4	60	15	6	820	8	2
Ciabatta Egg Sandwich	280	8	3.5	20	530	33	6	14	0	19	0	30	15	15	540	8	2
Lou's Bleu Burger	290	12	2	0	600	37	8	5	1	10	2	10	15	8	520	4	0
Honey Peach BBQ Chicken	470	12	4.5	120	400	50	3	11	5	40	4	4	10	15	920	15	6
Average	346.7	13.0	4.6	26.5	446.7	36.8	5.3	14.1	4.0	20.6	2.8	23.8	15.3	14.3	574.2	8.7	1.8
Daily Average	1040	38.9	13.8	79.5	1340.0	110.3	16.0	42.3	12.0	61.8	8.5	71.5	46.0	42.8	1722.5	26.0	5.5
W 16 oz skim milk	1200	38.875	13.75	89.5	1540.0	134.3	16	66.3	12	79.75	38.5	71.5	46	92.75	2522.5	96	205.5

### 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
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
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	4
Pasta Verde with Durango Turkey	300	12	4.5	60	420	36	4	6	0	21	2	60	10	6	340	4	2	2
Bacon & Egg Bagel Sandwich	410	13	1.5	65	500	0	4	2	0	30	2	20	20	10	310	4	0	0
Chipotle Black Bean Burger	460	33	4.5	15	160	33	7	19	15	10	4	10	10	20	280	8	0	0
Southern Chicken Noodle Soup	370	13	4.5	85	280	40	3	17	9	25	2	6	25	4	460	6	2	2
Average	353.3	18.0	4.3	52.1	429.6	34.2	4.3	12.0	5.2	17.7	3.3	27.1	19.2	14.8	445.8	9.3	1.8	1.8
Daily Average	1060	54.0	12.9	156.3	1288.8	102.5	12.8	36.0	15.5	53.0	10.0	81.3	57.5	44.5	1337.5	28.0	5.3	5.3
W 16 oz skim milk	1220	54	12.875	166.25	1488.8	126.5	12.75	60.0	15.5	71	40	81.25	57.5	94.5	2137.5	98	205.25	205.25

#### 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
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
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
Potato Pancakes with Smoked Veggie Cre	340	14	4.5	20	430	44	7	24	7	12	2	35	15	15	520	10	2
Pecan and Poppyseed Chicken Salad	310	7	3	20	400	53	3	8	3	11	2	35	15	6	530	6	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	13.1	4.1	38.8	417.5	41.8	5.1	12.2	3.7	15.9	2.0	27.0	15.3	14.1	511.3	10.2	3.4
Daily Average	1030	39.3	12.3	116.3	1252.5	125.5	15.3	36.5	11.0	47.8	6.0	81.0	46.0	42.3	1533.8	30.5	10.3
W 16 oz skim milk	1190	39.25	12.25	126.25	1452.5	149.5	15.25	60.5	11	65.75	36	81	46	92.25	2333.75	100.5	210.25

#### 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
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
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
Open-Faced Breakfast Sandwich	350	13	3.5	40	550	37	5	4	2	22	0	4	10	15	650	6	0
Loaded Potato Soup	320	9	4	25	620	37	4	19	0	21	4	40	10	25	660	8	2
Salisbury Steak	330	10	3	65	380	36	7	8	1	25	2	15	20	6	770	25	6
Average	364.2	14.3	3.8	78.8	444.6	40.7	5.7	15.3	4.9	20.6	2.3	18.0	18.0	11.1	542.5	12.2	2.3
Daily Average	1093	42.8	11.5	236.3	1333.8	122.0	17.0	45.8	14.8	61.8	7.0	54.0	54.0	33.3	1627.5	36.5	7.0
W 16 oz skim milk	1253	42.75	11.5	246.25	1533.8	146.0	17	69.8	14.75	79.75	37	54	54	83.25	2427.5	106.5	207

# Seattle Sutton's Healthy Eating

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

Weekly Averages with Milk	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Menu B 03/20/2025	1225	41	10	183	1455	139	17	61	11	79	36	44	64	90	2430	102	204
Menu D 03/27/2025	1200.0	38.9	13.8	89.5	1540.0	134.3	16.0	66.3	12.0	79.8	38.5	71.5	46.0	92.8	2522.5	96.0	205.5
Menu F 04/03/2025	1220	54	13	166	1489	127	13	60	16	71	40	81	58	95	2138	98	205
Menu H 04/10/2025	1190	39	12	126	1453	150	15	61	11	66	36	81	46	92	2334	101	210
Menu J 04/17/2025	1253	43	12	246	1534	146	17	70	15	80	37	54	54	83	2428	107	207



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)

1200 Calorie Plan Thursday 4-Day Plan Including 2 servings of Non-Fat Milk/Day	
Calories	1218 kcal
Total Fat	41.6 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	162.2 mg
Sodium	1494 mg
Total Carbohydrates	139.0 g
Dietary Fiber	15.6 g
Total Sugars	63.4 g
Added Sugars	12.8 g
Protein	75.1 g
Vitamin D	206.3 mcg
Calcium (%)	90.60 %
Iron (%)	53.40 %
Potassium	2370.3 mcg
Macronutrient Breakdown	
Fats	31%
Carbohydrates	45%
Protein	24%

1200 Calorie Plan Thursday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1057.5 kcal
Total Fat	41.6 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	152.2 mg
Sodium	1294 mg
Total Carbohydrates	115.0 g
Dietary Fiber	15.6 g
Total Sugars	39.4 g
Includes Added !	12.8 g
Protein	57.1 g
Vitamin D	6.3 mcg
Calcium (%)	40.60 %
Iron (%)	53.40 %
Potassium	1570.3 mcg
Macronutrient Breakdown	
Fats	35%
Carbohydrates	43%
Protein	22%

The 1200 calorie plan is recommended with 2 glasses of Skim/Nonfat Milk

Skim Milk Additions		
Amount	8 oz	16 oz
Calories	80 kcal	160 kcal
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	10 mg	20 mg
Sodium	100	200
Total Carbohydrates	12 g	24 g
Dietary Fiber	0 g	0 g
Total Sugars	12 g	24 g
Includes Added Sugars	0 g	0 g
Protein	9 g	18 g
Vitamin D	100 mcg	200mcg
Calcium (%)	25%	50%
Iron (%)	0%	0%
Potassium	400 mcg	800 mcg