



SEATTLE SUTTON'S HEALTHY EATING -1200 CALORIE WEEK A MENU ANALYSIS

Nutritional data effective 02/16/18. SSHE reserves the right to make changes or substitutions.

Always check the label for accurate nutrition and allergy information.

Menus and ingredients may vary regionally.

Name	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Fiber g	Sugar g
WEEK A, 1st Part		1137.734	75.023	169.361	19.970	107.182	7.061	1083.697	17.869	56.363
Breakfast		351.685	16.271	72.621	2.372	4.900	0.357	232.415	9.086	35.490
Whole Grain Cereal	1.800 oz.	185.292	7.189	39.440	1.905	0.000	0.181	127.233	6.690	7.711
Dried Fruit	0.300 oz.	26.393	0.213	6.152	0.135	0.000	0.028	1.148	0.808	4.139
Pineapple	4.000 oz.	56.699	0.612	14.878	0.136	0.000	0.010	1.134	1.588	11.170
Milk, Non Fat Skim or Fat Free	8.000 fl. oz.	83.300	8.257	12.152	0.196	4.900	0.137	102.900	0.000	12.471
Lunch		298.265	20.553	29.588	10.955	30.836	4.021	445.070	3.827	2.585
Tilapia Fillet with Garlic & Herb	2.500 oz.	115.000	11.000	8.000	4.500	12.500	1.000	120.000	0.000	0.000
Herb Wrap	1.000 item	70.000	3.000	12.000	1.000	0.000	0.000	160.000	1.000	0.000
Cheddar and Monterey Cheese	0.500 oz.	55.687	3.544	0.000	4.556	15.187	2.531	91.123	0.000	0.000
Slaw	2.000 oz.	24.302	0.866	3.595	0.867	3.148	0.488	24.403	0.985	2.029
Black Beans	2.000 oz.	33.276	2.143	5.994	0.032	0.000	0.002	49.544	1.842	0.556
Dinner		487.785	38.199	67.151	6.644	71.446	2.682	406.212	4.955	18.288
Chicken Breast	3.600 oz.	91.123	20.047	0.000	1.215	54.674	0.304	97.198	0.000	0.000
Alfredo Sauce	1.300 oz.	59.034	2.917	3.611	3.733	11.872	2.241	176.787	0.000	2.885
Wild Rice	6.000 oz.	225.000	6.000	46.500	1.500	0.000	0.000	0.000	3.000	0.000
Vegetable Medley	3.000 oz.	29.327	0.978	4.888	0.000	0.000	0.000	29.327	1.955	2.933
Milk, Non Fat Skim or Fat Free	8.000 fl. oz.	83.300	8.257	12.152	0.196	4.900	0.137	102.900	0.000	12.471
* Breakfast		1105.192	83.840	146.924	19.235	100.418	4.196	1540.145	21.321	56.747
Zucchini Egg Scramble	1.000 svg.	98.976	14.464	5.353	1.934	5.721	1.006	286.419	0.821	1.955
Wheat Pita	1.000 item	100.000	3.000	18.000	0.000	0.000	0.000	160.000	2.000	1.000
Fresh Fruit	1.000 item	52.646	0.822	13.289	0.000	0.000	0.000	6.144	2.082	9.500
Milk, Non Fat Skim or Fat Free	8.000 fl. oz.	83.300	8.257	12.152	0.196	4.900	0.137	102.900	0.000	12.471
Lunch		339.649	13.112	43.897	12.979	5.518	1.317	677.543	8.959	9.084
Tortellini Soup	8.000 oz.	122.904	5.156	20.075	2.253	4.026	0.716	464.128	3.792	2.671
Spinach Salad	2.000 oz.	9.247	1.369	1.205	0.154	0.000	0.004	57.728	4.153	0.510
Light Buttermilk Ranch	1.000 oz.	19.898	1.177	2.212	0.709	1.491	0.119	40.403	0.050	1.747
Dill Roll	1.000 item	100.000	2.000	19.000	1.500	0.000	0.000	115.000	0.000	4.000
Walnuts	0.500 oz.	87.600	3.411	1.405	8.363	0.000	0.478	0.283	0.964	0.156
Dinner		430.621	44.159	54.216	4.126	84.280	1.736	307.139	7.546	22.703
Roast Turkey	4.000 oz.	120.000	26.000	0.000	1.000	70.000	0.000	50.000	0.000	0.000
Au Gratin Potatoes	4.000 oz.	107.536	4.778	19.533	1.325	3.895	0.734	61.475	2.051	3.073
Squash	3.000 oz.	38.272	0.850	9.942	0.085	0.000	0.018	3.402	1.701	1.871
Peas	2.400 oz.	57.248	3.651	10.660	0.152	0.000	0.027	2.090	3.753	4.032

Name	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Fiber g	Sugar g
Dijon Sauce	0.750 oz.	24.264	0.623	1.929	1.368	5.485	0.820	87.272	0.041	1.256
Milk, Non Fat Skim or Fat Free	8.000 fl. oz.	83.300	8.257	12.152	0.196	4.900	0.137	102.900	0.000	12.471
*		1213.171	68.383	167.054	34.123	95.908	13.076	1662.004	13.727	80.866
Breakfast		406.243	21.327	63.730	8.716	28.677	3.955	390.152	2.238	35.497
Pancakes	2.000 item	140.000	4.000	28.000	2.000	0.000	0.000	210.000	0.000	6.000
Blueberry Compote	3.000 oz.	61.242	0.319	15.485	0.442	0.000	0.037	1.235	2.224	12.842
Lemon Ricotta Topping	3.000 oz.	121.701	8.752	8.093	6.078	23.777	3.781	76.016	0.014	4.184
Milk, Non Fat Skim or Fat Free	8.000 fl. oz.	83.300	8.257	12.152	0.196	4.900	0.137	102.900	0.000	12.471
Lunch		373.363	23.380	45.936	13.058	32.405	2.982	389.583	5.564	13.466
Mozzarella Bake	8.000 oz.	231.332	19.721	27.636	6.110	32.405	2.600	306.023	1.141	2.434
Italian Green Beans	4.000 oz.	108.012	2.968	9.738	6.778	0.000	0.363	82.426	3.969	4.002
Watermelon	4.000 oz.	34.019	0.692	8.562	0.170	0.000	0.018	1.134	0.454	7.031
Dinner		433.565	23.675	57.388	12.349	34.826	6.139	882.269	5.925	31.903
Tropical Fruit Salad	4.000 oz.	72.899	0.000	18.630	0.000	0.000	0.000	0.000	1.620	16.200
Signature Pizza Topping	4.400 oz.	157.366	11.919	4.107	10.653	29.926	6.002	494.369	3.305	2.232
Flatbread	0.500 item	120.000	3.500	22.500	1.500	0.000	0.000	285.000	1.000	1.000
Milk, Non Fat Skim or Fat Free	8.000 fl. oz.	83.300	8.257	12.152	0.196	4.900	0.137	102.900	0.000	12.471
*		1229.006	55.013	159.735	44.050	70.725	17.205	1846.734	18.973	82.753
Breakfast		283.262	15.037	46.763	6.196	4.900	1.637	188.731	3.976	33.486
Energy Bar	1.000 item	150.000	6.000	22.000	6.000	0.000	1.500	80.000	2.000	12.000
Fresh Fruit	4.000 oz.	49.962	0.780	12.611	0.000	0.000	0.000	5.831	1.976	9.016
Milk, Non Fat Skim or Fat Free	8.000 fl. oz.	83.300	8.257	12.152	0.196	4.900	0.137	102.900	0.000	12.471
Lunch		468.872	10.803	51.393	25.709	22.500	8.518	678.380	6.455	27.883
Napa Salad Dressing	1.000 oz.	68.361	0.099	9.283	3.578	0.000	0.560	38.803	0.022	9.124
Chocolate Zucchini Loaf	1.500 oz.	120.000	3.000	19.500	3.750	0.000	1.500	67.500	1.500	9.000
Napa Salad	3.000 oz.	18.208	1.119	3.994	0.160	0.000	0.031	12.282	1.329	1.820
Almonds, Slivered	0.250 oz.	41.036	1.499	1.527	3.539	0.000	0.269	0.071	0.886	0.308
Ramen Noodles	0.375 oz.	52.517	1.148	6.963	2.307		1.095	53.474	0.468	0.319
Red Pepper Bisque	4.500 oz.	168.750	3.938	10.125	12.375	22.5	5.063	506.250	2.250	7.313
Dinner		476.872	29.174	61.579	12.144	43.325	7.050	979.623	8.542	21.384
Whole Wheat Bagel Stick	1.000 item	80.000	3.000	15.000	1.000	0.000	0.000	80.000	2.000	0.000
Balsamic Dressing	0.800 fl. oz.	8.000	0.000	1.600	0.000	0.000	0.000	200.000	0.000	1.600
Stuffed Shells	2.000 item	273.444	15.291	25.985	10.594	37.978	6.796	397.773	1.529	3.058
Stuffed Shell Sauce	4.000 oz.	22.882	1.257	5.636	0.200	0.447	0.113	141.222	0.860	3.734
Garden Salad	2.000 oz.	9.247	1.369	1.205	0.154	0.000	0.004	57.728	4.153	0.521
Milk, Non Fat Skim or Fat Free	8.000 fl. oz.	83.300	8.257	12.152	0.196	4.900	0.137	102.900	0.000	12.471
WEEK A. 2nd Part		1241.436	79.927	161.586	31.813	112.477	5.578	1533.711	15.427	82.691
Breakfast		312.284	23.044	31.828	9.887	24.875	3.914	476.483	2.397	23.617
Egg Hashbrown Casserole	1.000 svg.	177.514	14.774	7.212	9.628	19.975	3.771	363.685	0.841	0.773
Spiced Apples	3.000 oz.	51.470	0.013	12.464	0.062	0.000	0.006	9.898	1.556	10.374
Milk, Non Fat Skim or Fat Free	8.000 fl. oz.	83.300	8.257	12.152	0.196	4.900	0.137	102.900	0.000	12.471

Name	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Fiber g	Sugar g
Lunch		410.963	20.133	64.570	8.926	36.002	0.078	351.997	5.984	30.932
Chicken Salad	3.500 oz.	149.274	15.103	4.958	7.607	36.002	0.011	203.009	0.441	2.186
Apple, Slices	4.000 oz.	58.967	0.294	15.660	0.192	0.000	0.031	1.134	2.722	11.782
Fruit Pita	1.000 item	160.000	4.000	33.000	1.000	0.000	0.000	140.000	2.000	8.000
Grapes	2.000 oz.	39.122	0.408	10.263	0.091	0.000	0.031	1.134	0.510	8.777
Lettuce, Looseleaf	1.000 pc.	3.600	0.326	0.689	0.036	0.000	0.005	6.720	0.312	0.187
Dinner		525.539	37.241	65.335	13.416	51.600	1.845	732.181	7.045	27.970
Fish Almondine	4.000 oz.	120.492	20.442	1.850	3.136	46.700	0.449	77.057	0.662	0.263
Snap Peas	3.000 oz.	40.987	2.049	7.173	0.000	0.000	0.000	0.000	2.049	3.074
Chocolate Chip Raspberry Cookie	1.000 item	140.000	2.000	20.000	7.000	0.000	1.000	45.000	3.000	11.000
Couscous	4.000 oz.	133.409	4.002	24.014	2.668	0.000	0.000	480.274	1.334	1.334
Milk, Non Fat Skim or Fat Free	8.000 fl. oz.	83.300	8.257	12.152	0.196	4.900	0.137	102.900	0.000	12.471
		1299.479	78.164	161.245	38.423	81.494	11.003	1556.923	18.499	57.949
Breakfast		293.567	14.143	33.530	10.529	22.080	3.722	503.184	2.129	16.002
* Zucchini Fritters	2.000 item	140.000	4.000	16.000	6.000	0.000	1.000	340.000	2.000	0.000
Sour Cream and Chives	2.000 oz.	70.267	1.887	5.378	4.333	17.180	2.585	60.284	0.129	3.531
Milk, Non Fat Skim or Fat Free	8.000 fl. oz.	83.300	8.257	12.152	0.196	4.900	0.137	102.900	0.000	12.471
Lunch		366.564	24.862	50.745	7.363	48.514	3.708	316.111	6.341	6.535
Turkey Chili Sauce	6.000 oz.	124.884	16.372	8.592	2.408	33.631	0.648	208.241	1.976	4.120
Cheese	0.500 oz.	57.124	3.529	0.181	4.697	14.883	2.990	88.025	0.000	0.073
Baked Potato	7.000 oz.	184.555	4.961	41.971	0.258	0.000	0.069	19.845	4.366	2.342
Dinner		639.348	39.159	76.970	20.532	10.900	3.574	737.627	10.029	35.412
Apple, Slices	4.200 oz.	61.915	0.310	16.443	0.202	0.000	0.033	1.191	2.858	12.371
Napa Slaw	3.000 oz.	21.269	0.719	4.983	0.120	0.000	0.026	91.920	1.267	2.816
Thai Veg Burger	1.000 item	250.000	23.000	6.000	15.000	6.000	2.000	480.000	2.000	0.000
Thai Cucumber Salad	4.000 oz.	62.863	1.874	8.392	2.513	0.000	0.378	61.617	0.904	5.755
Pretzel Bun	1.000 item	160.000	5.000	29.000	2.500	0.000	1.000	0.000	3.000	2.000
Milk, Non Fat Skim or Fat Free	8.000 fl. oz.	83.300	8.257	12.152	0.196	4.900	0.137	102.900	0.000	12.471
		1031.093	69.893	124.378	28.334	111.168	8.859	1156.904	9.686	64.921
Breakfast		354.058	19.324	54.268	5.196	9.940	0.137	238.179	2.500	41.078
Cranberry Granola Bar	2.500 oz.	175.000	2.500	27.500	5.000	0.000	0.000	100.000	2.500	15.000
Vanilla Greek Yogurt	4.000 oz.	95.758	8.568	14.616	0.000	5.040	0.000	35.279	0.000	13.608
Milk, Non Fat Skim or Fat Free	8.000 fl. oz.	83.300	8.257	12.152	0.196	4.900	0.137	102.900	0.000	12.471
Lunch		297.145	12.826	29.999	15.562	30.374	5.138	533.170	4.531	7.300
Lettuce, Iceberg	2.500 oz.	9.922	0.638	2.105	0.099	0.000	0.013	7.087	0.850	1.396

Name	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Fiber g	Sugar g
Sweet Corn	1.500 oz.	37.421	1.284	8.849	0.327	0.000	0.051	1.276	0.808	2.484
Tomatoes, Red, Diced	1.500 oz.	7.654	0.374	1.654	0.085	0.000	0.012	2.126	0.510	1.118
Shredded Cheddar	1.000 oz.	111.373	7.087	1.012	9.112	30.374	5.062	182.247	0.000	0.000
Tortilla Strips	0.300 oz.	42.524	0.607	6.075	1.822	0.000	0.000	18.225	0.000	0.000
Black Beans	2.000 oz.	42.524	2.835	7.560	0.000	0.000	0.000	66.149	2.362	0.472
Lime Cilantro Dressing	1.000 oz.	45.725	0.000	2.744	4.115	0.000	0.000	256.060	0.000	1.829
Dinner		379.890	37.743	40.111	7.576	70.854	3.584	385.555	2.655	16.543
Chicken Breast	3.500 oz.	88.592	19.490	0.000	1.181	53.155	0.295	94.498	0.000	0.000
Chicken Parmesan Topping	1.000 svg.	11.919	0.647	1.082	0.465	1.408	0.280	27.315	0.255	0.568
Mozzarella Cheese	0.750 oz.	68.343	5.316	0.759	4.556	11.390	2.658	129.092	0	0
Parsleyed Potatoes	4.000 oz.	88.666	2.011	17.170	0.919	0.000	0.144	24.980	0.030	0.389
Asparagus & Squash Vegetable	5.000 oz.	39.069	2.022	8.948	0.258	0.000	0.069	6.770	2.369	3.116
Milk, Non Fat Skim or Fat Free	8.000 fl. oz.	83.300	8.257	12.152	0.196	4.900	0.137	102.900	0.000	12.471