



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

Nutritional data effective 01/19/18. 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	Cholesterol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
<b>WEEK D. 1st Part</b>		1420.077	73.854	178.293	49.809	56.139	9.635	1869.286	26.973	61.019
<b>Breakfast</b>		498.691	31.809	65.012	14.282	7.670	1.190	517.777	14.360	36.095
French Toast Casserole	1.000 svg.	235.398	17.932	40.269	1.116	2.770	0.075	380.666	12.171	14.068
Peach Topping	3.000 oz.	41.243	0.015	10.338	0.009	0.000	0.003	6.836	0.743	9.494
Walnuts	0.750 oz.	131.400	5.116	2.107	12.545	0.000	0.716	0.425	1.446	0.234
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
<b>Lunch</b>		395.634	22.994	39.700	17.565	34.970	4.893	476.352	5.323	7.107
English Muffin	1.000 item	120.000	6.000	24.000	1.500	0.000	0.000	180.000	3.000	3.000
Bumstead Tuna	3.000 oz.	119.326	11.929	1.987	7.182	20.086	1.376	123.641	0.230	1.459
Cheddar Cheese slices	0.500 oz.	57.125	3.530	0.181	4.698	14.884	2.990	88.027	0.000	0.074
Carrots	2.000 oz.	23.247	0.523	5.432	0.136	0.000	0.021	39.123	1.587	2.574
Tortilla Chips	0.500 oz.	75.936	1.012	8.100	4.050	0.000	0.506	45.562	0.506	0.000
<b>Dinner</b>		525.610	19.338	73.324	17.937	14.350	3.867	870.621	7.290	17.823
Spanish Rice	4.000 oz.	105.614	2.338	21.707	0.584	0.000	0.000	125.129	0.584	0.313
Corn Beans and Peppers	3 oz.	64.675	3.284	13.283	0.278	0	0.04	71.445	2.693	1.322
Salsa	2.000 oz.	15.000	1.000	4.000	0.000	0.000	0.000	420.000	1.000	2.000
Avocado Half	1.000 item	60.000	1.000	3.000	6.000	0.000	1.000	0.000	2.000	0.000
Blue Corn Chips	1.000 oz.	151.872	2.025	16.200	8.100	0.000	1.012	91.123	1.012	0.000
Sour Cream	1.000 oz.	37.799	0.945	2.835	2.362	9.450	1.417	33.074	0.000	1.890
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
****		1358.810	70.054	191.943	34.575	141.736	9.193	1350.731	14.665	70.464
<b>Breakfast</b>		355.650	15.747	59.299	5.613	19.900	2.897	384.850	2.000	33.299
Orange Pineapple Juice	4.000 fl. oz.	60.000	1.000	13.000	0.000	0.000	0.000	20.000	0.000	12.000
Orange/Cranberry Breakfast Pita	1.000 item	160.000	4.000	33.000	1.000	0.000	0.000	140.000	2.000	8.000
Reduced Fat Cream Cheese	0.750 oz.	45.000	2.000	1.000	4.000	15.000	2.500	95.000	0.000	1.000
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
<b>Lunch</b>		411.708	28.055	52.428	10.509	64.474	0.406	365.346	5.121	9.243
Potatoes, Baked	7.000 oz.	184.555	4.961	41.971	0.258	0.000	0.069	19.845	4.366	2.342
Squash, Summer, Zucchini	0.500 oz.	2.410	0.172	0.441	0.045	0.000	0.012	1.134	0.142	0.354
Fresh Cherry Tomatoes	0.550 oz.	2.807	0.137	0.611	0.031	0.000	0.006	0.780	0.187	0.410
Peppers	0.800 oz.	4.536	0.195	1.052	0.039	0.000	0.013	0.680	0.386	0.544
Chicken Breast	3.600 oz.	91.123	20.047	0.000	1.215	54.674	0.304	97.198	0.000	0.000
Dill Sauce	3.000 oz.	126.277	2.543	8.352	8.921	9.800	0.001	245.709	0.041	5.592
<b>Dinner</b>		591.452	26.252	80.221	18.454	57.362	5.894	600.536	7.544	27.922
Lasagna Cheese Roll Up	1.000 item	180.000	9.000	22.000	6.000	45.000	3.500	340.000	2.000	1.000

Name	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Cholesterol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
Spinach Alfredo Sauce	1.000 oz.	34.396	1.333	1.503	2.473	7.462	1.484	120.391	0.130	0.622
Apple Almond Quinoa Salad	4.500 oz.	286.406	7.174	44.420	9.369	0.000	0.514	10.285	5.389	13.991
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
****		1309.835	75.909	130.873	59.758	70.934	12.438	1717.481	14.996	59.561
<b>Breakfast</b>		384.914	34.161	44.478	8.932	32.317	5.439	674.448	3.122	23.621
Swiss Cheese Egg Bake	1.000 svg.	184.302	22.635	6.567	7.820	27.417	5.042	398.767	0.146	2.306
Pumpnickel Roll	1.000 item	60.000	2.000	13.000	0.500	0.000	0.000	140.000	1.000	0.000
Fresh Fruit	4.000 oz.	49.962	0.780	12.611	0.000	0.000	0.000	5.831	1.976	9.016
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
<b>Lunch</b>		355.505	16.873	24.263	24.424	33.717	2.918	370.214	2.116	5.322
Mixed Greens	2.000 oz.	10.258	0.833	1.880	0.155	0.000	0.027	9.605	0.955	0.379
Pecan & Poppyseed Chicken	4.000 oz.	255.247	12.040	6.382	21.268	33.717	2.891	260.608	1.161	4.943
Pumpnickel Flatbread	2.000 item	90.000	4.000	16.000	3.000	0.000	0.000	100.000	0.000	0.000
<b>Dinner</b>		570.055	25.162	57.613	26.432	4.900	4.331	839.515	7.972	30.384
Thai Barley Salad	5.000 oz.	190.703	6.772	22.621	9.217	0.000	1.539	505.560	3.738	6.038
Peanuts, Dry Roasted	0.750 oz.	125.447	5.464	0.000	10.589	0.000	1.892	167.971	0.000	0.808
Sugar Snap Peas	3.000 oz.	40.987	2.049	7.173	0.000	0.000	0.000	0.000	2.049	3.074
Sliced Green Onion	0.250 oz.	2.268	0.130	0.520	0.013	0.000	0.002	1.134	0.184	0.165
Peanut Butter Cookie	1.000 item	120.000	2.000	15.000	6.000	0.000	0.500	35.000	2.000	8.000
Nonfat, Skim or Fat Free Milk	8 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
****		1397.088	86.855	167.774	39.072	73.612	6.439	1508.216	22.723	67.088
<b>Breakfast</b>		335.650	22.247	45.799	6.613	4.900	0.897	249.850	2.500	33.299
Banana Muffin	1.000 item	150.000	4.000	20.000	6.000	0.000	0.500	75.000	2.000	8.000
Strawberry Greek Yogurt	4.000 oz.	95.000	9.500	13.500	0.000	0.000	0.000	45.000	0.500	13.000
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
<b>Lunch</b>		555.406	18.393	65.194	23.348	3.498	3.444	649.844	9.603	11.297
Pretzel Bun	2.000 item	160.000	4.000	28.000	2.000	0.000	1.000	40.000	0.000	4.000
Mini Sliders	2.000 item	160.000	12.000	18.000	6.000	0.000	0.000	420.000	6.000	0.000
Guacamole Packet	1.000 oz.	35.000	0.100	5.000	1.500	0.000	0.500	100.000	0.500	0.000
Coleslaw	4.000 oz.	200.406	2.293	14.194	13.848	3.498	1.944	89.844	3.103	7.297
<b>Dinner</b>		506.032	46.215	56.780	9.112	65.214	2.098	608.522	10.620	22.492
Chicago Style Chili	13.000 oz.	349.382	36.469	33.481	6.500	60.314	1.501	418.672	10.620	10.193
Oyster Crackers	1.000 svg.	66.000	1.000	11.000	2.000	0.000	0.200	60.000	0.000	0.000
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
<b>WEEK D. 2nd Part</b>		1432.956	85.464	188.470	42.027	83.070	9.796	1656.620	23.318	59.973
<b>Breakfast</b>		532.644	35.571	63.909	17.218	29.307	5.005	854.811	9.472	25.686
Breakfast Casserole	1.000 svg.	193.483	19.161	5.881	11.176	24.407	4.608	434.749	1.408	0.944
Fresh Fruit Cup	4.000 oz.	52.000	1.000	13.400	0.000	0.000	0.000	10.000	3.400	11.000
Multi-grain Croissant	1.000 item	150.000	6.000	31.000	1.000	0.000	0.000	280.000	4.000	1.000
Spread	0.500 oz.	46.511	0.664	1.329	4.430	0.000	0.000	0.213	0.664	0.443
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299

Name	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Cholesterol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
<b>Lunch</b>		434.592	15.541	57.637	17.206	0.000	2.683	346.344	9.280	15.401
Minestrone Soup	6.000 oz.	117.715	4.034	22.224	1.047	0.000	0.000	273.070	1.319	1.319
Fresh Fruit	1.000 item	52.646	0.822	13.289	0.000	0.000	0.000	6.144	2.082	9.500
Whole Grain Bread	1.000 sl.	70.000	4.000	14.000	1.000	0.000	0.000	60.000	3.000	1.000
Peanut Butter Spread	1.000 oz.	184.071	6.496	5.549	15.133	0.000	2.681	6.133	2.469	1.416
Apricot Peach Spread	1.000 oz.	10.160	0.190	2.575	0.026	0.000	0.002	0.998	0.409	2.166
<b>Dinner</b>		445.564	33.626	65.543	7.704	54.096	2.169	494.801	3.864	19.205
Meatloaf	1.000 svg.	177.473	20.560	9.241	6.596	48.863	1.650	179.151	1.267	2.956
Creamed Corn	3.000 oz.	61.235	1.480	15.419	0.357	0.000	0.055	2.551	1.021	2.747
Mashed Potatoes	3.500 oz.	74.719	1.481	20.306	0.134	0.332	0.065	127.086	1.510	1.028
Beets and Onions	3.000 oz.	41.487	1.358	8.277	0.004	0.000	0.002	56.163	0.066	0.175
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
****		1309.357	69.573	171.833	39.675	220.207	7.631	1213.050	20.904	58.802
<b>Breakfast</b>		487.349	24.359	64.177	16.749	4.900	2.407	370.984	11.588	32.469
Cinnamon Raisin Bread	2.000 sl.	140.000	8.000	30.000	0.000	0.000	0.000	120.000	6.000	6.000
Pineapple	4.000 oz.	56.699	0.612	14.878	0.136	0.000	0.010	1.134	1.588	11.170
Sunbutter Package	1.000 svg.	200.000	7.000	7.000	16.000	0.000	2.000	120.000	4.000	3.000
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
<b>Lunch</b>		363.697	23.361	29.098	17.498	206.500	3.855	387.454	5.757	7.032
Potatoes	3.000 oz.	73.992	1.590	17.120	0.085	0.000	0.022	3.402	1.531	0.774
Romaine Lettuce	2.500 oz.	12.049	0.872	2.332	0.213	0.000	0.028	5.670	1.488	0.843
Tuna	2.000 oz.	60.000	13.000	0.000	1.000	20.000	0.500	60.000	0.000	0.000
Italian Dressing	2.000 oz.	98.270	0.277	4.415	9.106	0.000	1.422	151.773	0.831	2.513
Radishes	2.000 oz.	15.876	0.845	3.657	0.096	0.000	0.025	0.567	1.701	1.066
Eggs, Hard Boiled	1.000 item	77.500	6.290	0.560	5.305	186.500	1.634	62.000	0.000	0.560
Tomatoes, Cherry, Raw	1.5 oz.	7.654	0.340		0.170	0.000	0.043	5.528		1.276
Kalamata Olives	0.250 oz.	18.356	0.147	1.013	1.523	0.000	0.182	98.515	0.206	0.000
<b>Dinner</b>		458.311	21.854	78.558	5.429	8.807	1.369	454.612	3.559	19.301
Baked Vegetarian Ziti	6.000 oz.	342.540	11.948	61.446	4.615	3.907	0.938	65.066	2.336	4.235
Spring Mix Salad	2.320 oz.	15.672	1.159	2.923	0.201	0.000	0.034	23.450	1.223	0.876
Balsamic Dressing	1.000 oz.	9.450	0.000	1.890	0.000	0.000	0.000	236.246	0.000	1.890
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
****		1286.504	72.094	173.128	36.374	136.725	15.883	2128.580	20.698	57.673
<b>Breakfast</b>		473.927	18.400	60.005	19.642	59.900	10.901	537.285	8.324	20.494
Multigrain Croissant	1.000 item	310.000	7.000	40.000	15.000	40.000	8.000	310.000	8.000	1.000
Orange Marmalade	1.500 oz.	28.277	0.654	6.706	0.030	0.000	0.004	2.435	0.324	6.195
Cream Cheese Packet	0.750 oz.	45.000	2.000	1.000	4.000	15.000	2.500	95.000	0.000	1.000
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
<b>Lunch</b>		368.991	25.301	44.673	10.871	41.925	3.442	935.923	4.492	14.234
Turkey Taco Pie	1.000 svg.	203.749	20.854	16.583	6.039	41.925	2.893	447.133	1.152	7.892
Corn Salad	4.000 oz.	74.306	2.435	15.990	0.782	0.000	0.043	23.228	1.834	4.342
Blue Chips	0.500 oz.	75.936	1.012	8.100	4.050	0.000	0.506	45.562	0.506	0.000
Salsa	2.000 oz.	15.000	1.000	4.000	0.000	0.000	0.000	420.000	1.000	2.000

Name	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Cholesterol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
<b>Dinner</b>		443.586	28.392	68.451	5.861	34.900	1.541	655.373	7.882	22.945
Turkey Meatballs	2.00 item	80.00	8.67	2.67	3.33	30.00	1.00	280.00	0.00	0.67
Marinara Sauce	4.00 oz.	61.53	1.81	11.44	1.05	0.00	0.06	82.54	2.52	6.39
Spaghetti	4.00 oz.	160.00	6.40	32.00	0.40	0.00	0.00	108.00	1.60	0.00
Vegetable Medley	4.00 oz.	51.41	2.77	10.04	0.46	0.00	0.08	54.98	3.77	3.59
Nonfat, Skim or Fat Free Milk	8.00 fl. oz.	90.65	8.75	12.30	0.61	4.90	0.40	129.85	0.00	12.30

