



SEATTLE SUTTON'S HEALTHY EATING -2000 CALORIE WEEK C MENU ANALYSIS

Nutritional data effective 05/07/18. 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.

Meal	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
WEEK C. 1st Part		2132.141	114.426	301.834	54.688	141.821	13.895	2146.359	32.790	92.675
Breakfast		551.218	23.728	77.340	16.901	4.900	1.283	496.531	9.520	30.201
	Fresh Fruit	4.000 oz.	49.962	0.780	12.611	0.000	0.000	5.831	1.976	9.016
	Nut Spread	2.000 oz.	150.607	6.201	4.430	13.289	0.886	0.850	3.544	0.886
	Cranberry Roll	2.000 item	260.000	8.000	48.000	3.000	0.000	360.000	4.000	8.000
	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
Lunch		697.484	45.619	76.934	24.927	72.505	8.102	956.647	5.281	32.527
	BBQ Chicken Pizza	3.000 sl.	410.753	32.740	33.985	15.680	67.605	6.941	676.429	2.319
	Fresh Corn Salad	5.000 oz.	170.566	3.614	24.229	8.507	0.751	149.518	2.622	3.234
	Watermelon	3.000 oz.	25.515	0.519	6.421	0.128	0.000	0.850	0.340	5.273
	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
Dinner		883.439	45.079	147.561	12.860	64.417	4.510	693.181	17.990	29.947
	Spaghetti Noodles	10.000 oz.	525.000	17.500	110.000	2.500	0.000	25.000	15.000	5.000
	Meat Sauce	6.000 oz.	128.197	11.057	10.421	4.227	41.624	0.956	213.766	1.772
	Celery Bake	1.000 svg.	99.305	7.740	5.134	5.508	17.892	3.154	316.781	1.135
	Spiced Peaches	3.400 oz.	40.287	0.036	9.706	0.012	0.000	7.784	0.082	8.026
	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
***		2266.006	121.078	336.019	51.097	79.768	7.112	3442.919	41.657	107.333
Breakfast		499.129	24.880	79.953	9.178	34.900	1.929	829.897	1.493	33.812
	Pancakes	4.000 item	280.000	8.000	56.000	4.000	0.000	420.000	0.000	12.000
	Apple Topping	3.100 oz.	48.479	0.134	11.654	0.066	0.000	0.032	10.047	1.493
	Turkey Sausage Link	2.000 item	80.000	8.000	0.000	4.500	30.000	1.500	270.000	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
Lunch		916.757	34.094	148.095	22.519	20.332	1.271	763.653	16.869	40.016
	Southwestern Pasta Salad	15.000 oz.	546.980	17.836	84.426	15.784	15.432	0.120	589.111	10.393
	Peach Dessert	4.000 oz.	54.471	0.023	11.787	0.060	0.000	9.033	0.058	8.888
	Granola Topping	2.000 oz.	224.656	7.489	39.582	6.062	0.000	35.660	6.419	9.628
	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
Dinner		850.120	62.104	107.970	19.400	24.535	3.912	1849.369	23.296	33.506
	Potato Soup	8.000 oz.	159.970	6.917	19.569	5.586	19.635	3.493	645.211	0.686

Meal	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
Baked Beans	4.800 oz.	119.500	4.440	25.102	0.202	0.000	0.022	144.308	4.610	10.981
Veggie Garden Patty	2.000 item	340.000	34.000	24.000	12.000	0.000	0.000	800.000	12.000	2.000
Whole Grain Bun	1.000 item	140.000	8.000	27.000	1.000	0.000	0.000	130.000	6.000	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
***		2124.527	81.612	296.060	64.621	69.605	16.110	1995.573	34.535	129.942
Breakfast		575.491	22.792	79.919	17.606	4.900	2.668	226.174	10.760	37.008
Cereal with Qui	3.375 oz.	438.773	13.337	56.635	16.816	0.000	2.271	92.780	10.051	14.787
Dried Cherries	0.500 oz.	46.068	0.709	10.985	0.177	0.000	0.000	3.544	0.709	9.922
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
Lunch		680.327	34.421	87.170	18.972	49.380	8.350	776.385	13.444	35.167
Orange	1.000 item	61.570	1.231	15.393	0.157	0.000	0.020	0.000	3.144	12.249
Cheese, Swiss	1.500 oz.	161.595	11.452	2.288	11.822	39.123	7.561	81.648	0.000	0.561
Lettuce	0.500 oz.	1.843	0.191	0.316	0.031	0.000	0.004	0.709	0.156	0.133
Pepper, Bell or Sweet, Green	1.000 oz.	5.670	0.244	1.315	0.048	0.000	0.016	0.850	0.482	0.680
Cucumber Sauce	3.000 oz.	83.637	2.445	7.227	4.931	5.357	0.010	147.412	0.182	5.189
Kangaroo Wheat Pita Bread	2.000 item	200.000	6.000	36.000	0.000	0.000	0.000	320.000	4.000	2.000
Garbanzo Beans	2.900 oz.	75.362	4.111	12.332	1.370	0.000	0.343	95.916	5.481	2.055
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
Dinner		863.181	24.386	130.647	26.686	14.900	4.901	995.142	10.330	58.328
Vegetable Egg Roll	1.000 svg.	140.000	4.000	22.000	4.500	10.000	1.000	230.000	3.000	2.000
Honey Mustard Sauce	1.000 oz.	52.114	0.049	13.651	0.000	0.000	0.000	163.909	0.033	13.605
Brown Rice	6.000 oz.	172.881	4.068	35.593	1.017	0.000		0.000	1.017	0.000
Asian Stir Fry	4.000 oz.	42.445	0.781	9.209	0.023	0.000	0.004	33.354	1.456	5.182
Peanut Sauce	2.000 fl. oz.	105.090	2.742	13.894	4.534	0.000	0.801	328.029	0.825	11.242
Almond Cookie	2.000 item	260.000	4.000	24.000	16.000	0.000	2.700	110.000	4.000	14.000
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
***		1770.340	98.460	248.371	44.119	327.857	14.927	1949.963	23.001	86.985
Breakfast		462.337	29.237	45.067	17.630	254.900	10.398	1045.675	1.949	15.624
Tomato Juice	4.000 oz.	21.687	0.490	4.768	0.018	0.000	0.001	15.825	0.949	3.325
Ciabatta Bread	1.000 item	110.000	4.000	24.000	0.000	0.000	0.000	250.000	1.000	0.000
Scrambled Egg Patty	2.000 item	100.000	8.000	4.000	5.000	210.000	2.000	270.000	0.000	0.000
Pepperjack Cheese	1.500 oz.	140.000	8.000	0.000	12.000	40.000	8.000	380.000	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
Lunch		597.939	29.433	91.821	13.968	43.057	1.964	463.273	12.618	43.398
Turkey Barley Soup	12.000 oz.	246.426	15.363	30.296	7.144	38.157	1.532	179.175	6.624	8.139
Multigrain Crackers	2.000 item	66.000	2.000	10.000	2.000	0.000	0.000	118.000	0.000	0.000
Apple, Medium	4.400 oz.	64.864	0.324	17.226	0.212	0.000	0.035	1.247	2.994	12.960
Oatmeal Cookie	1.000 item	130.000	3.000	22.000	4.000	0.000	0.000	35.000	3.000	10.000
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

Meal	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
Dinner		710.063	39.790	111.482	12.521	29.900	2.565	441.015	8.434	27.963
Baked White Fish	5.000 oz.	230.000	22.000	16.000	9.000	25.000	2.000	240.000	0.000	0.000
Mango Salsa	1.500 oz.	17.996	0.317	4.562	0.100	0.000	0.026	0.697	0.494	3.411
Carrots	4.500 oz.	71.417	0.726	16.621	0.808	0.000	0.143	70.468	3.940	12.252
Wild Rice Blend	8.000 oz.	300.000	8.000	62.000	2.000	0.000	0.000	0.000	4.000	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
WEEK C. 2nd Part		1967.949	108.115	245.567	62.301	506.187	17.543	2050.381	32.968	121.646
Breakfast		570.496	32.353	51.816	25.877	404.833	9.782	502.387	4.880	34.512
Apple, Slices	3.000 oz.	44.225	0.221	11.745	0.145	0.000	0.024	0.850	2.041	8.837
Grapes	2.000 oz.	39.122	0.408	10.263	0.091	0.000	0.031	1.134	0.510	8.777
Eggs, Hard Boiled	2.000 item	155.000	12.580	1.120	10.610	373.000	3.267	124.000	0.000	1.120
Hazelnut Butter	0.750 oz.	59.800	1.661	1.661	5.316	0.000	0.332	0.319	1.329	0.332
Apple Cinnamon Snack Round	1.000 item	70.000	2.000	14.000	0.000	0.000	0.000	75.000	1.000	3.000
Cheese, Colby	1.000 oz.	111.699	6.736	0.729	9.103	26.933	5.732	171.234	0.000	0.147
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
Lunch		714.307	24.458	107.053	22.086	7.488	3.811	815.881	17.169	54.073
Spinach	1.500 oz.	10.006	1.001	1.501	0.000	0.000	0.000	32.519	1.001	0.000
Blueberries	1.000 oz.	16.159	0.210	4.108	0.094	0.000	0.008	0.283	0.680	2.824
Dried Cherries	1.500 oz.	138.204	2.126	32.956	0.532	0.000	0.000	10.631	2.126	29.767
Celery Seed Dressing	2.000 oz.	181.156	0.274	2.657	18.673	0.000	2.905	107.454	0.351	1.870
Stuffed Pepper Filling	11.000 oz.	254.332	11.077	48.011	1.974	2.588	0.433	531.574	10.988	4.457
Bell Pepper	1.000 item	23.800	1.023	5.522	0.202	0.000	0.069	3.570	2.023	2.856
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
Dinner		683.151	51.305	86.698	14.338	93.866	3.949	732.131	10.919	33.060
Lemon Pepper Loaf	1.500 svg.	279.554	34.959	12.126	10.382	84.772	2.685	305.351	1.129	2.301
Potato Shell	1.300 oz.	72.972	1.581	16.975	0.037	0.000	0.010	7.739	2.403	0.516
Potato Filling	4.400 oz.	111.894	3.365	20.819	1.329	4.194	0.728	214.132	2.061	1.342
Spiced Steamed Apples	3.800 oz.	79.637	1.038	14.790	1.977	0.000	0.130	10.466	2.097	11.758
Mixed Vegetable	4.500 oz.	48.445	1.615	9.689	0.000	0.000	0.000	64.594	3.230	4.845
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
***		1807.178	102.154	254.274	41.404	193.506	19.036	1985.424	26.423	149.807
Breakfast		392.220	13.978	69.692	5.770	4.900	1.417	279.850	5.144	50.548
Apple Crepe	2.000 item	240.000	4.000	42.000	5.000	0.000	1.000	150.000	2.000	26.000
Orange	1.000 item	61.570	1.231	15.393	0.157	0.000	0.020	0.000	3.144	12.249
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
Lunch		658.360	43.301	95.319	11.726	97.285	5.458	653.780	10.032	69.094
Apple	1.000 item	94.640	0.473	25.134	0.309	0.000	0.051	1.820	4.368	18.910
Turkey Breast	3.800 oz.	114.000	24.700	0.000	0.950	66.500	0.000	47.500	0.000	0.000
Spiced Pumpkin Bisque	4.000 oz.	105.000	1.000	9.500	7.000	22.500	4.500	100.000	1.000	5.000
Cranberry Horseradish Sauce	1.000 oz.	34.070	0.381	6.386	0.855	3.385	0.510	14.610	0.664	4.885

Meal	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
Multigrain Roll	2.000 item	220.000	8.000	42.000	2.000	0.000	0.000	360.000	4.000	28.000
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
Dinner		756.598	44.875	89.264	23.908	91.321	12.162	1051.794	11.247	30.166
Broccoli	4.500 oz.	35.720	3.955	6.825	0.140	0.000	0.023	30.617	3.827	1.837
Cheese Ravioli	8.050 oz.	434.700	22.540	54.740	12.880	64.400	7.245	595.700	3.220	4.830
Tomato Sauce	4.000 oz.	111.998	2.800	15.400	4.200	0.000	0.700	41.999	4.200	11.200
Shredded Romano Cheese	0.750 oz.	83.530	6.834	0.000	6.075	22.021	3.797	253.627	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
***		1842.844	109.070	255.246	50.166	176.382	12.027	1645.581	27.588	131.091
Breakfast		649.243	27.913	93.815	21.025	14.906	3.589	287.765	10.130	59.088
Fresh Fruit	1.000 item	52.646	0.822	13.289	0.000	0.000	0.000	6.144	2.082	9.500
Granola Topper	3.000 oz.	355.861	11.340	43.212	17.911	0.000	1.691	51.714	8.048	12.275
Yogurt	6.000 oz.	150.086	7.004	25.014	2.501	10.006	1.501	100.057	0.000	25.014
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
Lunch		618.575	45.625	79.673	14.716	65.909	6.377	690.604	7.371	34.373
Spring Mix Lettuce	2.500 oz.	14.883	1.344	2.537	0.233	0.000	0.039	25.231	1.291	0.584
Cheddar Cheese Cubes	1.000 oz.	110.000	7.000	0.700	9.000	30.000	5.000	180.000	0.000	0.000
Whole Wheat Bread Stick	2.000 item	160.000	6.000	30.000	2.000	0.000	0.000	160.000	4.000	0.000
Tuna	2.800 oz.	84.000	18.200	0.000	1.400	28.000	0.700	84.000	0.000	0.000
Buttermilk Ranch	2.000 oz.	39.041	2.334	4.137	1.470	3.009	0.240	81.524	0.081	3.490
Brownie	2 item	120.000	2.000	30.000	0.000	0.000	0.000	30.000	2.000	18.000
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
Dinner		575.03	35.53	81.76	14.43	95.57	2.06	667.21	10.09	37.63
Turkey Pot Roast	3.20 oz.	128.00	18.13	0.00	6.40	90.67	1.60	309.33	0.00	0.00
Roasted Vegetables	10.00 oz.	146.38	4.65	35.46	0.41	0.00	0.06	218.03	7.09	10.33
Coconut Macaroon	1.00 item	120.00	1.00	15.00	6.00	0.00	0.00	10.00	2.00	10.00
Corn on the Cob	1.00 item	90.00	3.00	19.00	1.00	0.00	0.00	0.00	1.00	5.00
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

