



SEATTLE SUTTON'S HEALTHY EATING -VEGETARIAN 1500 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.

Name	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Fiber g	Sugar g
WEEK C. 1st Part		1757.965	92.037	260.786	43.391	67.168	13.342	2253.665	29.903	88.629
Breakfast		345.915	16.627	51.125	8.757	4.900	0.840	316.106	5.748	25.758
Cranberry Roll	1.000 item	130.000	4.000	24.000	1.500	0.000	0.000	180.000	2.000	4.000
Nut Spread	1.000 oz.	75.303	3.101	2.215	6.644	0.000	0.443	0.425	1.772	0.443
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
Lunch		673.616	40.586	82.756	23.784	35.003	8.096	1222.270	8.617	32.487
Fresh Corn Salad	5.000 oz.	170.566	3.614	24.229	8.507	0.000	0.751	149.518	2.622	3.234
BBQ Vegetarian Pizza	3.000 sl.	386.886	27.707	39.807	14.537	30.103	6.935	942.052	5.655	11.681
Watermelon	3.000 oz.	25.515	0.519	6.421	0.128	0.000	0.014	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	12.299
Dinner		738.435	34.824	126.905	10.850	27.266	4.405	715.289	15.538	30.385
Spaghetti Noodles	8.000 oz.	420.000	14.000	88.000	2.000	0.000	0.000	20.000	12.000	4.000
Zucchini Pasta Sauce	6.000 oz.	63.367	2.367	10.482	1.341	0.000	0.063	161.679	2.037	3.578
Celery Bake	1.250 svg.	124.131	9.675	6.418	6.885	22.366	3.943	395.976	1.419	2.481
Spiced Peaches	3.400 oz.	40.287	0.036	9.706	0.012	0.000	0.003	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	12.299
***		1777.901	94.968	264.012	41.121	43.595	6.176	2862.775	31.957	89.904
Breakfast		599.129	28.880	91.953	14.678	4.900	1.429	979.897	7.493	35.812
Pancakes	4.000 item	280.000	8.000	56.000	4.000	0.000	0.000	420.000	0.000	12.000
Breakfast Grain Patty	2.000 item	180.000	12.000	12.000	10.000	0.000	1.000	420.000	6.000	2.000
Apple Topping	3.100 oz.	48.479	0.134	11.654	0.066	0.000	0.032	10.047	1.493	9.513
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		558.402	23.204	88.640	13.144	14.159	0.846	505.663	9.474	27.077
Southwestern Pasta Salad	9.000 oz.	328.188	10.701	50.656	9.471	9.259	0.072	353.466	6.236	5.520
Peach Dessert	2.000 oz.	27.235	0.012	5.894	0.030	0.000	0.021	4.517	0.029	4.444
Granola Topping	1.000 oz.	112.328	3.744	19.791	3.031	0.000	0.357	17.830	3.209	4.814
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		620.370	42.884	83.419	13.299	24.535	3.901	1377.215	14.991	27.015
Potato Soup	8.000 oz.	159.970	6.917	19.569	5.586	19.635	3.493	645.211	0.686	7.226
Baked Beans	2.400 oz.	59.750	2.220	12.551	0.101	0.000	0.011	72.154	2.305	5.490

Name	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Fiber g	Sugar g
Veggie Garden Patty	1.000 item	170.000	17.000	12.000	6.000	0.000	0.000	400.000	6.000	1.000
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
***		1495.998	61.666	216.498	41.841	50.771	9.853	1661.768	23.542	111.775
Breakfast		429.233	18.347	61.041	12.001	4.900	1.911	195.247	7.410	32.079
Cereal with Qui	2.250 oz.	292.515	8.891	37.756	11.211	0.000	1.514	61.853	6.701	9.858
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		441.247	23.357	59.212	11.674	30.971	4.393	543.056	9.038	30.959
Orange	1.000 item	61.570	1.231	15.393	0.157	0.000	0.020	0.000	3.144	12.249
Swiss Cheese	0.750 oz.	82.500	6.000	0.000	6.750	22.500	3.750	97.500	0.000	0.000
Lettuce	0.250 oz.	0.921	0.096	0.158	0.016	0.000	0.002	0.354	0.078	0.067
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
Pocket Wheat Pita Bread	1.000 item	100.000	3.000	18.000	0.000	0.000	0.000	160.000	2.000	1.000
Cucumber Sauce	2.000 oz.	55.758	1.630	4.818	3.287	3.571	0.007	98.274	0.121	3.459
Garbanzo Beans	1.700 oz.	44.178	2.410	7.229	0.803	0.000	0.201	56.227	3.213	1.205
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		625.517	19.962	96.245	18.166	14.900	3.549	923.465	7.094	48.737
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	3.000 oz.	86.441	2.034	17.797	0.508	0.000		0.000	0.508	0.000
Asian Stir Fry	2.000 oz.	21.223	0.390	4.605	0.011	0.000	0.002	16.677	0.728	2.591
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	1.000 item	130.000	2.000	12.000	8.000	0.000	1.350	55.000	2.000	7.000
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
***		1503.858	59.868	235.797	37.913	139.700	8.152	1451.622	28.298	106.478
Breakfast		342.337	21.237	43.067	9.130	129.900	5.398	720.675	1.949	15.624
Egg Patty	1.000 item	50.000	4.000	2.000	2.500	105.000	1.000	135.000	0.000	0.000
Pepperjack Cheese	0.750 oz.	70.000	4.000	0.000	6.000	20.000	4.000	190.000	0.000	0.000
Ciabatta Bread	1.000 item	110.000	4.000	24.000	0.000	0.000	0.000	250.000	1.000	0.000
Tomato Juice	4.000 oz.	21.687	0.490	4.768	0.018	0.000	0.001	15.825	0.949	3.325
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		535.505	18.500	91.357	9.885	4.900	1.053	516.125	14.671	46.458
Vegetable Barley Soup	12 oz.	216.991	5.429	34.832	4.060	0.000	0.621	291.027	8.677	11.199
Whole Grain Oatmeal Raisin	1.000 item	130.000	3.000	22.000	4.000	0.000	0.000	35.000	3.000	10.000
Multigrain Crackers	1.000 item	33.000	1.000	5.000	1.000	0.000	0.000	59.000	0.000	0.000
Apple, Medium	4.40 oz.	64.86	0.32	17.23	0.21	0.00	0.04	1.25	2.99	12.96
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	Chol mg	Sat Fat g	Sodium mg	Fiber g	Sugar g
Dinner		626.016	20.131	101.373	18.899	4.900	1.701	214.822	11.679	44.396
Mango Jicama Salad	12.000 oz.	415.366	9.385	59.074	18.286	0.000	1.304	54.972	9.679	14.097
Brownie	2.000 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
WEEK C, 2nd Part		1436.757	61.447	177.157	56.071	229.427	13.969	1396.724	23.482	99.415
Breakfast		473.063	25.509	50.703	18.800	218.333	8.038	440.281	4.437	33.841
Eggs, Hard Boiled	1.000 item	77.500	6.290	0.560	5.305	186.500	1.634	62.000	0.000	0.560
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
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
Hazelnut Butter	0.500 oz.	39.866	1.107	1.107	3.544	0.000	0.221	0.213	0.886	0.221
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		427.180	17.123	65.419	11.438	6.194	2.104	480.057	9.106	38.147
Spinach	1.000 oz.	6.670	0.667	1.001	0.000	0.000	0.000	21.679	0.667	0.000
Blueberries	0.500 oz.	8.080	0.105	2.054	0.047	0.000	0.004	0.142	0.340	1.412
Dried Cherries	1.000 oz.	92.136	1.417	21.971	0.354	0.000	0.000	7.087	1.417	19.845
Celery Seed Dressing	1.000 oz.	90.578	0.137	1.328	9.336	0.000	1.452	53.727	0.176	0.935
Stuffed Pepper Filling	5.500 oz.	127.166	5.539	24.005	0.987	1.294	0.216	265.787	5.494	2.229
Bell Pepper	0.500 item	11.900	0.512	2.761	0.101	0.000	0.035	1.785	1.012	1.428
Milk, Non Fat Skim or Fat Free	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
Dinner		536.575	18.814	61.035	25.835	4.900	3.827	476.346	9.943	27.420
Sesame Cucumber Noodles	7.500 oz.	362.040	8.976	33.168	23.140	0.000	3.293	335.532	7.732	2.751
Stewed Apples	4.000 oz.	83.885	1.092	15.568	2.083	0.000	0.137	10.964	2.211	12.371
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
***		1442.316	61.735	189.623	45.983	111.181	19.650	1368.623	20.543	109.104
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		547.547	16.838	60.253	24.947	49.900	10.625	397.527	7.858	33.872
Spiced Pumpkin Bisque	8.000 oz.	210.000	2.000	19.000	14.000	45.000	9.000	200.000	2.000	10.000
Spinach Salad	2.000 oz.	13.341	1.334	2.001	0.000	0.000	0.000	43.358	1.334	0.000
Wheat Berries and Cranberries	4.400 oz.	111.754	2.953	25.110	0.057	0.000	0.000	2.972	3.486	7.598
Almonds, Sliced	0.300 oz.	48.903	1.805	1.843	4.203	0.000	0.317	0.085	1.038	0.331

Name	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Fiber g	Sugar g
Apple Dressing	0.750 oz.	72.899	0.000	0.000	6.075	0.000	0.911	21.262	0.000	3.645
Milk, Non Fat Skim or Fat Free	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
Dinner		502.549	30.919	59.679	15.266	56.381	7.608	691.246	7.541	24.684
Broccoli	3.000 oz.	23.814	2.637	4.550	0.094	0.000	0.015	20.412	2.551	1.225
Cheese Ravioli	4.600 oz.	248.400	12.880	31.280	7.360	36.800	4.140	340.400	1.840	2.760
Tomato Sauce	3.000 oz.	83.999	2.100	11.550	3.150	0.000	0.525	31.499	3.150	8.400
Shredded Romano	0.500 oz.	55.687	4.556	0.000	4.050	14.681	2.531	169.085	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
***		1366.578	63.696	183.501	43.737	74.286	12.298	1113.993	19.785	101.084
Breakfast		421.284	19.908	63.870	11.236	11.570	2.243	228.556	6.106	44.613
Fresh Fruit	1.000 item	52.646	0.822	13.289	0.000	0.000	0.000	6.144	2.082	9.500
Yogurt	4.000 oz.	100.057	4.669	16.676	1.668	6.670	1.001	66.705	0.000	16.676
Granola Topper	1.500 oz.	177.931	5.670	21.606	8.956	0.000	0.846	25.857	4.024	6.137
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		534.575	27.425	79.673	13.316	37.909	5.677	606.604	7.371	34.373
Lettuce, Spring Mix	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	
Whole Wheat Bagel Stick	2.000 item	160.000	6.000	30.000	2.000	0.000	0.000	160.000	4.000	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	2.000 item	120.000	2.000	30.000	0.000	0.000	0.000	30.000	2.000	18.000
Milk, Non Fat Skim or Fat Free	8 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
Dinner		410.720	16.363	39.957	19.185	24.806	4.379	278.833	6.307	22.099
Breaded Eggplant	3.50 oz.	203.00	2.80	14.70	14.70	14.00	2.45	63.00	2.10	2.10
Pasta Sauce	2.00 oz.	56.00	1.40	7.70	2.10	0.00	0.35	21.00	2.10	5.60
Shaved Parmesan Cheese	0.25 oz.	29.53	2.36	0.00	1.77	5.91	1.18	64.97	0.00	0.00
Green Beans	3.00 oz.	31.54	1.06	5.26	0.00	0.00	0.00	0.02	2.11	2.10
Milk, Non Fat Skim or Fat Free	8.00 fl. oz.	90.65	8.75	12.30	0.61	4.90	0.40	129.85	0.00	12.30

