



SEATTLE SUTTON'S HEALTHY EATING WEEK 2 -2000 CALORIE MENU ANALYSIS

Nutritional data effective 2/22/12. 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	Sodium mg	Vit A (IU) IU	Vit C mg	Calcium mg	Diet Fiber g	Sugar g
WEEK 2 A		1856.947	96.200	292.519	38.404	2370.244	19357.920	92.663	1643.097	34.572	112.744
Breakfast		510.234	22.421	102.949	4.289	436.856	784.795	2.478	378.628	13.559	45.213
Dried fruits	1.000 oz.	89.726	0.719	22.660	0.371	3.969	256.917	0.028	27.995	1.517	19.136
Crunch Cereal	0.750 c.	149.858	6.956	26.990	2.306	153.038	3.578	0.000	34.583	6.042	9.779
Whole Grain Flaked Cereal	1.000 c.	180.000	6.000	41.000	1.000	150.000	0.000	0.000	0.000	6.000	4.000
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	524.300	2.450	316.050	0.000	12.299
Lunch		706.175	33.565	92.902	22.969	854.201	1351.885	79.215	756.751	12.867	31.969
Onion Bagel	1.000 item	210.000	7.000	39.000	2.500	240.000		2.400	20.000	3.000	2.000
Orange	1.000 item	61.570	1.231	15.393	0.157	0.000	294.750	69.692	52.400	3.144	12.249
Cheese	1.500 oz.	167.546	10.104	1.093	13.655	256.847	422.691	0.000	291.291	0.000	0.221
Many Bean Salad	8.000 oz.	176.410	6.483	25.118	6.045	227.505	110.145	4.673	77.009	6.723	5.200
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	524.300	2.450	316.050	0.000	12.299
Dinner		640.538	40.214	96.668	11.146	1079.186	17221.240	10.970	507.719	8.146	35.562
Cucumber Salad	4.500 oz.	29.005	0.634	5.850	0.091	3.433	71.507	3.300	17.189	0.629	3.322
Dark Rye Roll	2.000 item	112.800	3.760	24.440	0.940	263.200	0.000	0.000	0.000	1.880	
Tuna Casserole	9.750 oz.	336.146	26.291	36.045	9.349	590.702	431.933	2.116	136.293	2.212	6.021
Parisian Cooked Carrots	4.500 oz.	71.937	0.782	18.034	0.153	92.001	16193.500	3.104	38.186	3.426	13.919
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	524.300	2.450	316.050	0.000	12.299
**		1694.060	114.011	214.662	44.600	3070.732	11689.960	86.027	1245.994	14.395	67.018
Breakfast		418.080	15.462	71.963	7.788	613.143	573.519	34.054	428.812	2.630	24.257
Waffle	5.000 oz.	292.440	6.380	50.710	7.090	481.380	14.700	0.000	100.260	1.000	8.460
Strawberry Sauce	3.000 oz.	34.989	0.335	8.954	0.085	1.913	34.519	31.604	12.502	1.630	3.498
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	524.300	2.450	316.050	0.000	12.299
Lunch		630.081	44.821	50.838	29.738	1743.676	9942.953	16.966	365.973	5.088	21.818
Vegetarian Vegetable Soup	8.000 fl. oz.	34.748	1.336	8.019	1.871	450.391	1520.904	11.160	18.711	0.800	
Carrots, Baby	2.000 oz.	19.845	0.363	4.672	0.074	44.225	7818.792	1.474	18.144	1.644	2.699
Multi-grain Flatbread	1.000 item	90.000	3.000	16.000	2.500	150.000				2.000	2.000
Tuna Salad	8.000 oz.	394.838	31.375	9.848	24.681	969.210	78.958	1.882	13.069	0.643	4.821
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	524.300	2.450	316.050	0.000	12.299
Dinner		645.899	53.728	91.861	7.074	713.913	1173.488	35.008	451.209	6.677	20.943
Herbed Zucchini	5.500 oz.	26.507	1.887	4.849	0.499	12.474	311.845	27.910	24.948	1.559	3.898
Chicken Breast	4.700 oz.	118.967	26.173	0.000	1.586	126.898					
Pasta	8.000 oz.	358.338	13.154	69.989	2.109	2.268	0.000	0.000	15.876	4.082	1.270
Linguini Sauce	2.750 oz.	51.438	3.768	4.724	2.267	442.423	337.344	4.648	94.335	1.035	3.476
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	524.300	2.450	316.050	0.000	12.299
**		1728.670	121.644	215.158	34.357	1957.393	5100.739	185.419	1295.905	22.911	108.421

Breakfast		561.337	32.790	68.799	11.169	815.973	774.300	32.450	386.050	5.000	39.799
Egg Round	3.000 T.	85.000	4.500	1.500	1.500	75.000	250.000	0.000	30.000		
Veggie Breakfast Sausage Patties	1.000 item	80.000	10.000	3.000	3.000	260.000	0.000	0.000	0.000	1.000	0.500
Cheddar and jack cheese triangle	0.500 oz.	55.687	3.544	0.000	4.556	91.123					
Pineapple Juice	8.000 fl. oz.	120.000	0.000	26.000	0.000	40.000		30.000		0.000	24.000
Wheat English Muffin	1.000 item	130.000	6.000	26.000	1.500	220.000	0.000	0.000	40.000	4.000	3.000
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	524.300	2.450	316.050	0.000	12.299
Lunch		520.789	43.363	50.437	13.080	654.766	3722.839	140.522	479.015	5.186	44.570
Rice Pudding	3.200 oz.	104.000	3.200	17.600	2.400	108.000	107.200	0.720	89.600	0.000	11.200
Chicken Breast	4.700 oz.	118.967	26.173	0.000	1.586	126.898					
Pineapple Sauce	2.800 oz.	69.633	0.651	6.054	0.342	156.548	1865.532	4.081	6.429	1.146	14.421
Jim's Asian Salad	6.000 oz.	137.539	4.593	14.484	8.140	133.470	1225.807	133.271	66.937	4.040	6.650
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	524.300	2.450	316.050	0.000	12.299
Dinner		646.545	45.491	95.922	10.108	486.654	603.600	12.447	430.840	12.725	24.053

Axya Systems Nutritionist Pro™



Name	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Sodium mg	Vit A (IU) IU	Vit C mg	Calcium mg	Diet Fiber g	Sugar g
Turkey Burgers	3.000 oz.	135.000	16.500	0.000	7.500	52.500	0.000	0.000	0.000	0.000	
Honey Mustard Dressing	1.000 oz.	37.532	1.268	7.781	0.392	13.646	0.349	0.329	39.067	0.148	7.431
Mini Buns	3.000 item	270.000	15.000	51.000	1.500	255.000	0.000	7.200	60.000	12.000	3.000
Cucumber	2.500 oz.	10.631	0.461	2.573	0.078	1.417	74.417	1.984	11.340	0.354	1.184
Herbed Potatoes	5.000 oz.	102.732	3.516	22.269	0.026	34.240	4.534	0.483	4.383	0.223	0.139
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	524.300	2.450	316.050	0.000	12.299
**		1750.754	99.948	262.943	39.799	1604.240	3636.250	90.033	1428.978	32.678	107.330
Breakfast		514.419	18.606	69.107	18.206	518.241	736.422	29.599	442.589	6.082	39.318
Fresh Fruit Average	1.000 item	52.646	0.822	13.289	0.000	6.144	60.250	27.149	16.165	2.082	9.500
Light Cream Cheese	1.500 oz.	91.123	3.037	1.519	7.594	182.247	151.872		30.374		1.519
Blueberry Muffin	4.000 oz.	280.000	6.000	42.000	10.000	200.000		0.000	80.000	4.000	16.000
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	524.300	2.450	316.050	0.000	12.299
Lunch		626.400	42.237	95.059	10.989	613.508	753.578	20.459	431.116	16.088	35.506
Apple	4.900 oz.	72.235	0.361	19.184	0.236	1.389	75.013	6.390	8.335	3.334	14.433
Whole Grain Bun	2.000 item	280.000	16.000	54.000	2.000	260.000	0.000	7.200	80.000	12.000	2.000
Chicken Salad	4.800 oz.	183.515	17.129	9.576	8.140	222.269	154.266	4.419	26.731	0.754	6.774
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	524.300	2.450	316.050	0.000	12.299
Dinner		609.935	39.106	98.777	10.604	472.491	2146.249	39.976	555.273	10.508	32.506
Broccoli Swiss Casserole	9.000 oz.	252.416	22.601	22.405	8.145	322.206	1043.166	25.551	231.738	2.129	3.583
Corn on the Cob	8.800 oz.	232.012	7.759	55.708	1.846	9.979	578.783	11.975	7.484	6.985	8.956
Applesauce	3.000 oz.	34.856	0.000	8.365		10.457	0.000	0.000	0.000	1.394	7.668
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	524.300	2.450	316.050	0.000	12.299
WEEK 2 B		1999.366	112.028	281.810	41.445	2071.752	4354.372	273.243	2003.590	49.305	108.302

Breakfast		508.758	17.497	86.224	12.639	357.524	835.772	87.237	474.725	8.440	51.842
Strawberry Bread	3.000 sl.	356.538	7.519	58.533	11.870	227.674	16.722	15.095	106.276	5.296	27.294
Orange	1.000 item	61.570	1.231	15.393	0.157	0.000	294.750	69.692	52.400	3.144	12.249
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	524.300	2.450	316.050	0.000	12.299
Lunch		828.577	50.560	95.753	20.946	1083.945	1567.471	91.758	1018.096	21.027	32.704
Brussels Sprouts	4.000 oz.	46.493	4.286	8.913	0.465	11.340	699.666	84.028	29.483	4.309	
Poached Pear	2.000 svg.	99.459	1.582	23.343	0.034	8.580	1.758	4.714	3.662	3.300	16.625
Lasagna	9.000 oz.	480.000	27.000	45.000	12.000	750.000			450.000	12.000	
Mozzarella Cheese	1.000 oz.	60.000	8.000	1.000	5.000	170.000	200.000		200.000		
Tomato Pasta Sauce	2.000 oz.	51.974	0.945	5.197	2.835	14.175	141.748	0.567	18.900	1.417	3.780
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	524.300	2.450	316.050	0.000	12.299
Dinner		662.032	43.971	99.833	7.860	630.284	1951.128	94.247	510.769	19.837	23.756
Broccoli	4.500 oz.	33.169	3.585	6.098	0.370	30.617	1319.102	71.951	71.441	3.827	1.722
Lima Beans	4.500 oz.	188.046	11.575	35.268	0.522	6.568	0.000	0.000	38.648	11.563	4.670
Cottage Cheese Filling	4.000 oz.	54.239	8.016	3.183	1.035	261.157	87.881	0.795	54.863	0.081	2.722
Potato	7.000 oz.	184.555	4.961	41.972	0.258	19.845	19.845	19.051	29.767	4.366	2.342
Cheese	1.000 oz.	111.373	7.087	1.012	5.062	182.247					
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	524.300	2.450	316.050	0.000	12.299
**		1970.984	82.688	264.839	76.074	2596.945	17507.560	168.558	2026.736	36.321	107.013
Breakfast		511.968	20.732	86.832	10.115	311.854	1219.983	72.310	460.631	8.578	44.656
Juicy Fruit Drink	6.000 fl. oz.	77.695	1.002	19.091	0.151	4.904	132.723	64.091	23.008	1.435	15.601
Cherry Almond Oatmeal	12.000 oz.	343.623	10.983	55.442	9.351	177.100	562.960	5.769	121.572	7.144	16.756
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	524.300	2.450	316.050	0.000	12.299
Lunch		739.848	25.831	83.805	39.010	999.996	14717.130	39.865	590.817	14.520	41.219
Chocolate Pudding	4.000 oz.	140.000	4.000	24.000	3.500	140.000	119.000	0.900	123.000	0.500	19.000
Carrots, Baby	3.600 oz.	35.720	0.653	8.410	0.133	79.605	14073.830	2.654	32.659	2.960	4.858
Hummus W/ Roasted Red Peppers	4.000 oz.	323.994	8.100	20.250	28.350	485.992	0.000	4.860	80.999	8.100	4.050

Axya Systems Nutritionist Pro™



Name	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Sodium mg	Vit A (IU) IU	Vit C mg	Calcium mg	Diet Fiber g	Sugar g
Squash	3.000 oz.	17.860	2.307	2.647	0.340	2.551		29.002	17.860	0.936	
Sweet Onion and White Cheddar Tortilla Chips	1.000 oz.	131.623	2.025	16.200	6.075	161.997	0.000	0.000	20.250	2.025	1.012
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	524.300	2.450	316.050	0.000	12.299
Dinner		719.167	36.125	94.202	26.950	1285.095	1570.450	56.383	975.289	13.223	21.137
Guacamole	1.500 oz.	52.500	0.150	7.500	2.250	150.000				0.750	
Quesadilla Vegetables	5.000 oz.	44.857	0.897	8.971	0.000	8.971	358.855	48.445	0.000	0.897	5.383
Muenster Cheese	2.000 oz.	160.000	14.000	0.000	18.000	360.000	600.000	0.000	400.000		

Whole Grain Flour Tortilla	2.000 item	260.000	6.000	44.000	6.000	560.000	0.000	0.000	200.000	6.000	2.000
Black beans	5.500 oz.	111.161	6.331	21.432	0.087	76.274	87.296	5.488	59.239	5.576	1.456
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	524.300	2.450	316.050	0.000	12.299
**		1929.001	91.163	277.304	52.121	2253.534	13945.300	133.662	2137.170	26.956	116.785
Breakfast		535.208	17.424	107.839	4.649	415.701	893.914	2.705	361.835	7.019	57.889
Plums	1.500 oz.	102.058	0.927	27.165	0.162	0.850	332.114	0.255	18.285	3.019	16.215
Light Cream Cheese	0.750 T.	22.500	0.750	0.375	1.875	45.000	37.500		7.500		0.375
Apple Juice	8.000 fl. oz.	120.000	0.000	28.000	0.000	30.000				0.000	26.000
Cinnamon Raisin Bagel	1.000 item	200.000	7.000	40.000	2.000	210.000			20.000	4.000	3.000
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	524.300	2.450	316.050	0.000	12.299
Lunch		663.258	45.249	67.833	23.875	1029.733	5191.993	115.391	1216.496	13.231	33.742
Provalone Cheese	3.000 svg.	300.000	24.000	0.000	21.000	720.000	600.000	0.000	720.000		
Roma Tomato	98.300 g	20.000	1.000	4.000	0.000		750.000	15.000	2.000	2.000	2.000
Orange	1.000 item	61.570	1.231	15.393	0.157	0.000	294.750	69.692	52.400	3.144	12.249
Onion Poppyseed Bun	1.000 item	140.000	8.000	27.000	1.000	130.000	0.000	3.600	40.000	6.000	1.000
Vegetable Slaw	4.000 oz.	51.038	2.271	9.142	1.106	49.883	3022.943	24.649	86.046	2.087	6.194
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	524.300	2.450	316.050	0.000	12.299
Dinner		730.535	28.490	101.632	23.596	808.100	7859.392	15.565	558.838	6.705	25.155
Almonds & Pineapple	1.000 oz.	158.014	4.499	10.528	11.247	3.546	0.000	0.053	63.530	2.427	5.497
Pesto Sauce	3.000 fl. oz.	130.053	3.411	5.734	11.516	354.071	592.290	1.016	101.723	0.090	2.732
Asparagus	1.500 oz.	8.505	0.936	1.650	0.051	0.850	321.483	2.381	10.206	0.893	0.799
Carrots & Beans	2.600 oz.	25.798	0.977	5.934	0.170	22.113	6421.319	4.902	27.641	2.303	1.843
Gnocchi	7.000 oz.	317.515	9.922	65.487	0.000	297.670		4.763	39.689	0.992	1.984
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	129.850	524.300	2.450	316.050	0.000	12.299

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