

**BOP NATIONAL CERTIFIED FOOD OPTIONS
DAILY OFFERING AVERAGES
FY-2021**

NUTRIENT	OFFERING
CALORIES	2624
CARBOHYDRATE	53% of total calories
PROTEIN	18% of total calories
FAT	30% of total calories
SATURATED FAT	6.5% of total calories
TRANS FAT	2.2% of total calories
DIETARY FIBER	41 g
SODIUM	4184 mg
VITAMIN A	1292 mcg
VITAMIN C	108 mg
VITAMIN D	9.3 mcg
VITAMIN E	17.2 mg
VITAMIN K	127 mcg
THIAMIN	2.3 mg
RIBOFLAVIN	2.4 mg
NIACIN	51 mg
VITAMIN B6	2.5 mg
FOLATE	548 mcg
VITAMIN B12	6.7 mcg
PANTOTHENIC ACID	6.9 mg
CHOLINE	428 mg
CALCIUM	1498 mg
COPPER	1886 mcg
IRON	22.3 mg
MAGNESIUM	465 mg
MANGANESE	7.5 mg
PHOSPHORUS	1914 mg
SELENIUM	161 mcg
ZINC	14.9 mg
POTASSIUM	3834 mg