

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

NUTRIENT	OFFERING
CALORIES	2425
CARBOHYDRATE	55% of total calories
PROTEIN	18% of total calories
FAT	27% of total calories
SATURATED FAT	8.8% of total calories
TRANS FAT	1.6% of total calories
DIETARY FIBER	38 g
SODIUM	2421 mg
VITAMIN A	1308.5 mcg
VITAMIN C	78 mg
VITAMIN D	8.3 mcg
VITAMIN E	15.5 mg
VITAMIN K	187.1 mcg
THIAMIN	3.2 mg
RIBOFLAVIN	3.4 mg
NIACIN	54.9 mg
VITAMIN B6	3.2 mg
FOLATE	1099.4 mcg
VITAMIN B12	8.9 mcg
PANTOTHENIC ACID	12.4 mg
CHOLINE	463.6 mg
CALCIUM	1294 mg
COPPER	1466.8 mcg
IRON	29.3 mg
MAGNESIUM	394.2 mg
MANGANESE	5.3 mg
PHOSPHORUS	1827.5 mg
SELENIUM	146.2 mcg
ZINC	22.4 mg
POTASSIUM	3604.9 mg

**BOP NATIONAL HEART HEALTHY FOOD OPTIONS
DAILY OFFERING AVERAGES
FY-2021**

NUTRIENT	OFFERING
CALORIES	1981
CARBOHYDRATE	63% of total calories
PROTEIN	20% of total calories
FAT	18% of total calories
SATURATED FAT	4.6% of total calories
TRANS FAT	0.9% of total calories
DIETARY FIBER	41.5 g
SODIUM	1961 mg
VITAMIN A	1208 mcg
VITAMIN C	78.6 mg
VITAMIN D	7.8 mcg
VITAMIN E	14.2 mg
VITAMIN K	176.4 mcg
THIAMIN	3.0 mg
RIBOFLAVIN	3.0 mg
NIACIN	50.7 mg
VITAMIN B6	3.2 mg
FOLATE	1035.5 mcg
VITAMIN B12	10.0 mcg
PANTOTHENIC ACID	11.1 mg
CHOLINE	428.2 mg
CALCIUM	1139.5 mg
COPPER	1530.8 mcg
IRON	29.5 mg
MAGNESIUM	414.7 mg
MANGANESE	5.9 mg
PHOSPHORUS	1713.9 mg
SELENIUM	129.0 mcg
ZINC	21.4 mg
POTASSIUM	3729.4 mg

**BOP NATIONAL NO FLESH FOOD OPTIONS
DAILY OFFERING AVERAGES
FY-2021**

NUTRIENT	OFFERING
CALORIES	2138
CARBOHYDRATE	67% of total calories
PROTEIN	16% of total calories
FAT	19% of total calories
SATURATED FAT	3.7% of total calories
TRANS FAT	0.7% of total calories
DIETARY FIBER	52.8 g
SODIUM	2142 mg
VITAMIN A	1164 mcg
VITAMIN C	82.8 mg
VITAMIN D	6.4 mcg
VITAMIN E	17.9 mg
VITAMIN K	177.5 mcg
THIAMIN	3.5 mg
RIBOFLAVIN	2.8 mg
NIACIN	48.2 mg
VITAMIN B6	3.1 mg
FOLATE	1275.4 mcg
VITAMIN B12	6.1 mcg
PANTOTHENIC ACID	11.3 mg
CHOLINE	320.8 mg
CALCIUM	1208.9 mg
COPPER	1984.1 mcg
IRON	29.3 mg
MAGNESIUM	532.4 mg
MANGANESE	7.7 mg
PHOSPHORUS	1788.7 mg
SELENIUM	96.3 mcg
ZINC	19.4 mg
POTASSIUM	4123.2 mg