

National School Breakfast Programme Ingredients, Allergens and Nutritional Information for breakfast products

The National School Breakfast Programme is committed to providing healthy, balanced and safe food.

Due to the increase in awareness and diagnosis of people with allergies, it is essential that schools have all the relevant information on the composition of the food supplied.

Below is a list of the ingredients, allergens and advisory information relating to all National School Breakfast Programme food. We will regularly update this document with any changes - please familiarise yourself with the information provided.

Nutritional information is given in relation to National Food Standards labelling and School Food Standards (SFS). Key information is given for the amount of fat, saturated fat, sugar and salt per 100g, and is colour coded as follows:

Green = low content (in line with SFS)

Orange = medium content (in line with SFS)

Red = high content (not permitted by SFS)

IMPORTANT NOTICE

This document contains the details of cereals you are most likely to receive in school this term. There may be additional cereals supplied at short notice, if we have issues with cereal supply. **Please always check the individual packets for allergens before offering to children with allergies, even if you have checked the brand name previously.**

New York Bakery® Bagels (Fresher for Longer)			
Ingredients	Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Spirit Vinegar, Yeast, Maize, Salt, Rapeseed Oil, Preservative (Calcium Propionate), Malted Barley Flour, Cultured Dextrose, Flour Treatment Agent (Ascorbic Acid).		
Allergens	Wheat flour (gluten), Malted Barley Flour (gluten)		
Advisory Note	May also contain traces of sesame. Contains yeast.		
Good to know	Suitable for Vegetarians and Vegans. Free from artificial colours and flavours.Made on a nut-free site.		
Nutritional Information			
Typical values	Per 100g	Per 85g bagel (1 serving)	% of Reference Intake (RI) per serving
Energy	1121 kJ	953 kJ	11%
	264 Kcal	224 Kcal	11%
Fat of which saturates	1.4g	1.2g	2%
	0.3g	0.2g	1%
Carbohydrates of which sugars	51.6g	43.8g	-
	5.7g	4.9g	5%
Fibre	2.6g	2.2g	-
Protein	10.0g	8.5g	-
Salt	0.8g	0.7g	12%

New York Bakery ® Bagels (Frozen)			
Ingredients	Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Maize, Rapeseed Oil, Yeast, Salt, Wheat Gluten, Malted Barley Flour, Flour Treatment Agent (Ascorbic Acid).		
Allergens	Wheat flour (gluten), Wheat Gluten, Malted Barley Flour (gluten).		
Advisory note	May also contain traces of sesame. Contains yeast. Contains maize.		
Good to know	Suitable for Vegetarians and Vegans. Product is Halal and Kosher certified. Free from artificial colours and flavours. Made on a nut-free site.		
Nutritional Information			
Typical values	Per 100g	Per 115g bagel(1 serving)	% of Reference Intake(RI) per serving
Energy	1087kJ +/- 20%	1250kJ +/- 20%	15%
	257Kcal +/- 20%	296Kcal +/- 20%	15%
Fat of which saturates	1.6g +/- 1.5g	1.8g +/- 1.5g	3%
	0.2g +/- 0.8g	0.3g +/- 0.8g	1%
Carbohydrates of which sugars	50.0g +/- 0.8g	57.5g +/- 0.8g	
	5g +/- 2g	5.8g +/- 2g	7%
Fibre	3.1g +/- 2g	3.6g +/- 2g	
Protein	9.1g +/- 2g	10.4g +/- 2g	
Salt	0.65g +/- 0.375g	0.75g +/- 0.375g	12%

Go Free Nestle ® Cornflakes			
Ingredients	Maize Grits, Sugar, Salt, Iron, Vitamins and Minerals (Niacin, Pantothenic Acid, Folic Acid, Vitamin B6, Riboflavin, Iron).		
Allergens	Free From Gluten, please double check the ingredients on each cereal box.		
Good to know	Suitable for people following a gluten-free diet. Suitable for Vegetarians and Vegans. Suitable for Kosher and Coeliac UK Fortified with B vitamins and Iron.		
Nutritional Information			
Typical values	Per 100g	Per 30g serving	% of Reference Intake (RI) per serving
Energy	1635 kJ	490 KJ	6%
	385 kcal	116 Kcal	6%
Fat of which saturates	1.1g	0.3g	<1%
	0.3g	0.1g	1%
Carbohydrates of which sugars	85g	26g	-
	8.3g	2.5g	3%
Fibre	2.5g	0.7g	-
Protein	7.4g	2.2g	-
Salt	0.96g	0.29g	5%

Nestlé® Harvest Home® CORNFLAKES			
Ingredients	Maize Grits, Sugar, Salt, Barley Malt Extract, Iron, Vitamin B3, B5, D, B12, B9, B6, B1, B2.		
Allergens	Please note that there is a variation of this cereal which contains the allergen barley , so if serving to children who shouldn't eat barley, please double check the ingredients on each cereal box.		
Good to know	Low in Fat, Fortified with 8 Vitamins and Iron, Suitable for Vegetarians, Kosher		
Nutritional Information			
Typical values	Per 100g	Per 30g serving	% of Reference Intake (RI) per serving
Energy	1641 kJ	490 KJ	6%
	387 kcal	116 Kcal	6%
Fat of which saturates	1.2g	0.3g	<1%
	0.3g	0.1g	<1%
Carbohydrates of which sugars	85.2g	25.5g	-
	6.1g	1.8g	2%
Fibre	2.5g	0.7g	-
Protein	7.7g	2.3g	-
Salt	0.56g	0.18g	3%

Nestlé ® Harvest Home ® CRISP RICE			
Ingredients	Rice, Sugar, Barley Malt Extract, Salt, Iron, Vitamin D, B3, B5, B12, B9, B6, B2, B1.		
Allergens	Please note that there is a variation of this cereal which contains the allergen barley , so if serving to children who shouldn't eat barley, please double check the ingredients on each cereal box.		
Good to know	Low in fat, fortified with 8 vitamins & iron, suitable for vegetarians, KOSHER.		
Nutritional Information			
Typical values	Per 100g	Per 30g serving	% of Reference Intake (RI) per serving
Energy	1635 kJ	491 KJ	6%
	385 kcal	116 Kcal	6%
Fat of which saturates	1.3g	0.4g	1%
	0.4g	0.1g	1%
Carbohydrate of which sugars	84.8g	25.4g	-
	4.9g	1.5g	2%
Fibre	1.6g	0.5g	-
Protein	7.6g	2.4g	-
Salt	0.53g	0.16g	3%

Nestlé® Original Shreddies			
Ingredients	Whole Grain Wheat (96%), Sugar, Invert Sugar Syrup, Barley Malt Extract, Salt, Molasses, Vitamins and Minerals (Niacin, Iron, Pantothenic Acid, Folic Acid, Vitamin B6, Riboflavin).		
Allergens	Wheat (gluten), Barley (gluten). May also contain nuts.		
Good to know	 Red tractor assured wheat. Suitable for Vegetarians and Vegans. Whole Wheat Fortified Malted Cereal.		
Nutritional Information			
Typical Values	Per 100g	Per 40g serving	% of Reference Intake (RI) per serving
Energy	1538 kJ	615 kJ	7%
	364 kcal	145 Kcal	7%
Fat of which saturates	1.8g	0.7g	1%
	0.3g	0.1g	1%
Carbohydrate of which sugars	70g	28g	-
	13g	6g	7%
Fibre	12g	5g	-
Protein	11g	4g	-
Salt	0.72g	0.28g	5%

Nestlé® Cheerios Vanilla O's



Ingredients Whole Grain **Oat** Flour (31.5%), Whole Grain **Wheat** (31.5%), Whole Grain **Barley** Flour (19.0%), Fructo-Oligosaccharides, Wheat Starch, Sugar, Whole Grain Maize Flour (2.2%), Whole Grain Rice Flour (2.2%), Sunflower Oil, Calcium Carbonate, Salt, Flavourings, Antioxidant: Tocopherols, Iron, Vitamin C, B3, B5, B9, B6, B2, D

Allergens Oats, Barley & Wheat (gluten).
Manufactured in a facility that processes **Nuts**. May also contain **Milk**.

Nutritional Information

Typical Values	Per 100g	Per 30g serving	% of Reference Intake (RI) per serving
Energy	1550 KJ	465 KJ	6%
	369 kcal	111 Kcal	6%
Fat	5.6g	1.7g	2%
of which saturates	1g	0.3g	2%
Carbohydrate	66g	22g	-
of which sugars	4.7g	1.4g	2%
Fibre	9g	3g	-
Protein	11g	4g	-
Salt	0.88g	0.24g	4%

Moma® Porridge Sachets Plain (No added sugar, gluten free)



Ingredients	Wholegrain gluten free oats (73%), skimmed milk powder.
Allergens	Allergy Advice: For allergens see ingredients in bold . Packed in a factory that handles peanuts, nuts and milk. Contains naturally occurring sugars. Suitable for vegetarians.

Nutritional Information

Typical Values	Per 100g	Per 65g serving	% of Reference Intake(RI) per serving
Energy	1512 kJ	983 kJ	-
	358 kcal	233 kcal	-
Fat of which saturates	4.9g	3.2g	-
	1.2g	0.8g	-
Carbohydrate of which sugars	58.7g	38.2g	-
	12.5g	8.1g	-
Fibre	7.3g	4.8g	-
Protein	16.8g	10.9g	-
Salt	0.29g	0.19g	-