

National School Breakfast Programme

Food and Drink Ingredients and Allergens List

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.

Food products

Bagels – Bagel Nash

Ingredients for Magic Plain Bagel: **Wheat** Flour, Water, **Wholemeal** flour, Sugar, Salt, Yeast and Malt

Allergens: Wheat flour (gluten), Wholemeal flour (gluten)

Advisory note: Made in a factory which uses milk products, contains wheat gluten and yeast and contain sesame seeds

NUTRITIONAL INFO	Typical values	Per 100g	Per 115g bagel
	Energy		1142kj
		240kcal	276kcal
Fat		3.5g	4.0g
of which saturates		1.4g	1.6g
Carbohydrates		51.6g	59.3g
of which sugars		9.6g	11.0g
Fibre		4.1g	4.7g
Protein		10.1g	11.6g
Salt		1.0g	1.2g



Feb 2019

Porridge Oats - Quaker Oats

Ingredients: 100% Quaker Rolled Oats

Allergens: None

Advisory note: May contain traces of wheat and barley due to farming practices (gluten)

Oat So Simple - Quaker Oats (12 sachets)

Ingredients: Quaker Wholegrain Rolled Oats

Allergens: None

Advisory note: May contain traces of wheat, barley and soya



Building
stronger
families

magic
breakfast
fuel for learning

Feb 2019

Nestlé® Harvest Home® CORN FLAKES 500g

REFERENCE INTAKE INFORMATION:

Front Panel				
Per portion 30g				
Energy	Fat	Saturates	Sugars	Salt
486kJ 115kcal	0.3g	0.1g	2.5g	0.29g
6%	<1%	1%	3%	5%
Of an adult's Reference Intake (RI) Energy per 100g: 1621kJ/382kcal				

Side Panel			
RI – Reference Intake for Adults*			
	Reference Intake	A 30g serving provides	% RIs
Energy	8400kJ 2000kcal	486kJ 115kcal	6%
Fat	70g	0.3g	<1%
Saturates	20g	0.1g	1%
Sugars	90g	2.5g	3%
Salt	6g	0.29g	5%
*Reference Intake of an average adult (8400kJ/2000kcal)			

NESTLE COMPASS:

INGREDIENTS (All allergen occurrences in bold)	Maize, Sugar, Dextrose, Salt, Vitamins and Minerals (Niacin, Pantothenic Acid, Folic Acid, Vitamin B6, Riboflavin, Iron).
--	---

Allergen Warnings	N/A
--------------------------	-----

NUTRITIONAL INFO	Typical values	Per 100g	Per 30g serving with 125ml semi-skimmed milk
		Energy	1621kJ 382kcal
Fat	1.1g	2.4g	
of which saturates	0.3g	1.3g	
Carbohydrates	84g	31g	
of which sugars	8.3g	8.4g	
Fibre	4.0g	1.2g	
Protein	7.4g	6.5g	
Salt	0.97g	0.44g	

GOOD TO KNOW	
Logos	 SUITABLE FOR VEGETARIANS  FORTIFIED WITH VITAMINS & IRON  CONTAINS FOLIC ACID  KOSHER



Building
stronger
families

magic
breakfast
fuel for learning

Feb 2019

Nestlé® Harvest Home® CRISP RICE 550g

REFERENCE INTAKE INFORMATION:

Front Panel				
Per portion 30g				
Energy	Fat	Saturates	Sugars	Salt
490kJ 116kcal	0.4g	0.1g	2.8g	0.18g
6%	1%	1%	3%	3%
Of an adult's Reference Intake (RI) Energy per 100g: 1635kJ/385kcal				

Side Panel			
RI – Reference Intake for Adults*			
	Reference Intake	A 30g serving provides	% RIs
Energy	8400kJ 2000kcal	490kJ 116kcal	6%
Fat	70g	0.4g	1%
Saturates	20g	0.1g	1%
Sugars	90g	2.8g	3%
Salt	6g	0.18g	3%

*Reference Intake of an average adult (8400kJ/2000kcal)

NESTLE COMPASS:

INGREDIENTS
(All allergen occurrences in **bold**)
Rice, Sugar, Salt, Partially Inverted Brown Sugar Syrup, Vitamins and Minerals (Niacin, Pantothenic Acid, Vitamin B6, Riboflavin, Folic Acid, Iron).

Allergen Warnings N/A

NUTRITIONAL INFO	Typical values	Per 100g	Per 30g serving with 125ml semi-skimmed milk
		Energy	1635kJ 385kcal
Fat	1.2g	2.4g	
of which saturates	0.4g	1.3g	
Carbohydrate	85g	32g	
of which sugars	9.3g	8.7g	
Fibre	1.5g	0.5g	
Protein	7.5g	6.6g	
Salt	0.59g	0.33g	

GOOD TO KNOW

Logos



SUITABLE FOR
VEGETARIANS



CONTAINS FOLIC ACID



FORTIFIED WITH
VITAMINS & IRON



KOSHER



Building
stronger
families

magic
breakfast
fuel for learning

Feb 2019

Original Shreddies 675g

REFERENCE INTAKE INFORMATION:

Front Panel				
Per portion 40g				
Energy	Fat	Saturates	Sugars	Salt
615kJ 145kcal	0.7g	0.1g	6g	0.28g
7%	1%	1%	7%	5%
Of an adult's Reference Intake (RI) Energy per 100g: 1540kJ/364kcal				

Side Panel			
RI – Reference Intake for Adults*			
	Reference Intake	A 40g Serving Provides	% RIs
Energy	8400kJ	615kJ	7%
	2000kcal	145kcal	
Fat	70g	0.7g	1%
Saturates	20g	0.1g	1%
Sugars	90g	5g	7%
Salt	6g	0.29g	5%
*Reference Intake of an average adult (8400kJ/2000kcal)			

NESTLE COMPASS:

INGREDIENTS (All allergen occurrences in bold)	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).
Allergen Warnings	ALLERGY ADVICE: For allergens, including cereals containing gluten, see ingredients in bold . May also contain Nuts .

NUTRITIONAL INFO	Typical Values	Per 100g	Per 40g serving with 125ml semi-skimmed milk
	Energy		1538kJ 364kcal
Fat		1.8g	2.8g
of which saturates		0.3g	1.3g
Carbohydrate		70g	34g
of which sugars		13g	11g
Fibre		13g	5g
Protein		11g	9g
Salt		0.72g	0.44g

GOOD TO KNOW

Logos



Suitable For Vegetarians.

Assured food standards WHEAT





Building
stronger
families

magic
breakfast
fuel for learning

Feb 2019

Less Than 5% Sugar Oat Cheerios

REFERENCE INTAKE INFORMATION:

Front Panel				
Per portion 30g				
Energy	Fat	Saturates	Sugars	Salt
505kJ 120kcal	2.4g	0.4g	1.4g	0.26g
6%	3%	2%	2%	4%
Of an adult's Reference Intake (RI) Energy per 100g: 1682kJ/399kcal				

Side Panel			
RI – Reference Intake for Adults*			
	Reference Intake	A 30g Serving Provides	% RIs
Energy	8400kJ 2000kcal	505kJ 120kcal	6%
Fat	70g	2.4g	3%
Saturates	20g	0.4g	2%
Sugars	90g	1.4g	2%
Salt	6g	0.26g	4%
*Reference Intake of an average adult (8400kJ/2000kcal)			

NESTLE COMPASS:

INGREDIENTS (All allergen occurrences in bold)	Whole Grain Oat Flour (97.8%), Wheat Starch, Sugar, Salt, Acidity Regulator: Tripotassium Phosphate; Antioxidant: Tocopherols.
Allergen Warnings	ALLERGY ADVICE: For allergens, including cereals containing gluten, see ingredients in bold . May also contain Nuts .

NUTRITIONAL INFO	Typical Values	Per 100g	Per 30g serving with 125ml semi-skimmed milk
		Energy	1682kJ 399kcal
Fat	of which saturates	7.9g	4.4g
		1.4g	1.6g
Carbohydrate	of which sugars	66g	26g
		4.7g	7.3g
Fibre		9.0g	2.7g
Protein		11g	8g
Salt		0.88g	0.41g

GOOD TO KNOW

Logos



Suitable For Vegetarians.



Kosher