

## **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)

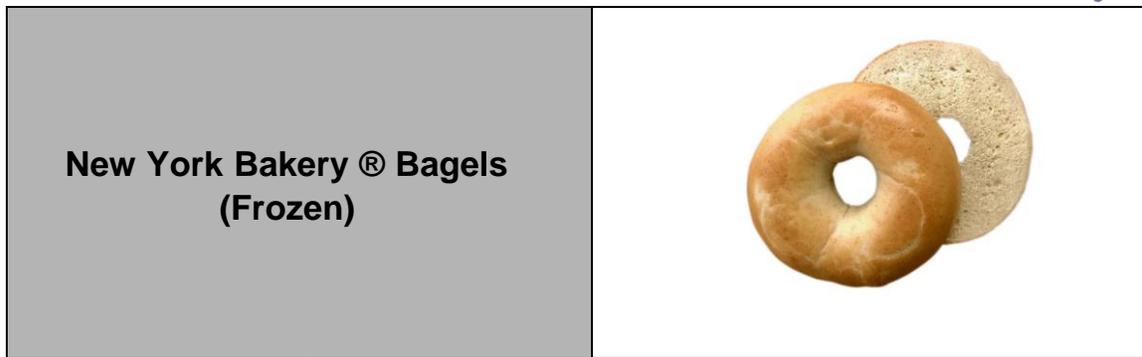
### **IMPORTANT NOTICE**

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.**

For more information on allergy guidance, please visit the school food standards web page via the link below:

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/allergy-guidance-for-schools>

New York Bakery ® Bagels (Fresher for Longer)			
<b>Ingredients</b>	<b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Spirit Vinegar, Maize, Salt, Rapeseed Oil, <b>Sweet Potato Puree</b> , Preservative (Calcium Propionate), Malted <b>BARLEY</b> Flour, Cultured Dextrose, Flour Treatment Agent (Ascorbic Acid). Additives E300, E282.		
<b>Allergens</b>	<b>Wheat flour (gluten), Malted Barley Flour (gluten)</b>		
<b>Advisory Note</b>	May also contain traces of sesame. Contains yeast. <b>Contains Maize Grits used as processing aid.</b>		
<b>Good to know</b>	Suitable for Vegetarians and Vegans. Free from artificial colours and flavours. Made on a nut-free site. <b>Store in a cool, dry place. Suitable for freezing. Freeze on day of purchase and use within one month. Defrost thoroughly before use.</b>		
Nutritional Information			
Typical values	Per 100g	Per 85g bagel(1 serving)	% of Referenc eIntake (RI) per serving
Energy	1098 +/-20% KJ	933 +/-20% KJ	11%
	259+/-20% Kcal	220 +/-20% Kcal	11%
Fat of which saturates	1.2 +/- 1.5g	1.0 +/- 1.5g	1%
	0.2 +/-0.8g	0.2 +/-0.8g	1%
Carbohydrates of which sugars	50.9 +/- 8g	43.3 +/- 8g	-
	4.5 +/- 2g	3.8 +/- 2g	4%
Fibre	2.5 +/-2g	2.0 +/-2g	-
Protein	9.9 +/-2g	8.4 +/-2g	-
Salt	0.82 +/- 0.375g	0.70 +/- 0.375g	12%



<b>Ingredients</b>	<b>Wheat</b> Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Maize, Rapeseed Oil, Yeast, Salt, <b>Wheat Gluten, Malted Barley Flour</b> , Flour Treatment Agent (Ascorbic Acid).
<b>Allergens</b>	<b>Wheat flour (gluten), Wheat Gluten, Malted Barley Flour (gluten).</b>
<b>Advisory note</b>	May also contain traces of <b>sesame</b> . Contains yeast. Contains maize.
<b>Good to know</b>	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%

<b>Go Free</b> <b>Nestle ® Cornflakes</b>			
<b>Ingredients</b>	Maize Grits, Sugar, Salt, Iron, Vitamins and Minerals (Niacin, Pantothenic Acid, Folic Acid, Vitamin B6, Riboflavin, Iron).		
<b>Allergens</b>	Free From Gluten, please double check the ingredients on each cereal box.		
<b>Good to know</b>	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%

<b>Nestlé® Harvest Home® CORNFLAKES</b>			
Ingredients	Maize Grits, Sugar, Salt, <b>Barley</b> 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 <b>barley</b> , 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		
<b>Nutritional Information</b>			
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%



<b>Ingredients</b>	Rice, Sugar, <b>Barley</b> Malt Extract, Salt, Iron, Vitamin D, B3, B5, B12, B9, B6, B2, B1.
<b>Allergens</b>	Please note that there is a variation of this cereal which contains the allergen <b>barley</b> , so if serving to children who shouldn't eat barley, please double check the ingredients on each cereal box.
<b>Good to know</b>	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%

<p><b>Nestlé® Original Shreddies</b></p>	
--	--

<b>Ingredients</b>	<b>Whole Grain Wheat (96%),</b> Sugar, Invert Sugar Syrup, <b>Barley Malt Extract,</b> Salt, Molasses, Vitamins and Minerals (Niacin, Iron, Pantothenic Acid, Folic Acid, Vitamin B6, Riboflavin).
<b>Allergens</b>	<b>Wheat (gluten), Barley (gluten).</b> <b>May also contain nuts.</b>
<b>Good to know</b>	 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 369 kcal	465 KJ 111 Kcal	6% 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)**



<b>Ingredients</b>	Wholegrain <b>gluten free oats</b> (73%), skimmed <b>milk powder</b> .
<b>Allergens</b>	<b>Allergy Advice:</b> For allergens see ingredients in <b>bold</b> . 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	-