

## **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.**

We would like to draw your attention in particular to the two versions of Harvest Home Cornflakes and Crisp Rice, as there are two versions of each in very similar boxes - one with barley and one without. Please read individual packets carefully and do not assume that the Cornflakes and Crisp Rice provided will always contain the same allergens.

## New York Bakery ® Bagels (Frozen)



<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%