

## 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		<b>1142kj</b>
		<b>240kcal</b>	<b>276kcal</b>
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



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## 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	<b>1621kJ</b> <b>382kcal</b>
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



CONTAINS FOLIC ACID



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## 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	<b>1635kJ</b>	<b>744kJ</b>
	<b>385kcal</b>	<b>176kcal</b>
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

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## 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





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## Less Than 5% Sugar Oat Cheerios



### REFERENCE INTAKE INFORMATION:

Front Panel					Side Panel			
Per portion 30g					RI – Reference Intake for Adults*			
Energy	Fat	Saturates	Sugars	Salt		Reference Intake	A 30g Serving Provides	% RIs
505kJ 120kcal	2.4g	0.4g	1.4g	0.26g	Energy	8400kJ 2000kcal	505kJ 120kcal	6%
6%	3%	2%	2%	4%	Fat	70g	2.4g	3%
<b>Of an adult's Reference Intake (RI) Energy per 100g: 1682kJ/399kcal</b>					Saturates	20g	0.4g	2%
					Sugars	90g	1.4g	2%
					Salt	6g	0.26g	4%
					<b>*Reference Intake of an average adult (8400kJ/2000kcal)</b>			

### NESTLE COMPASS:

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

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

<b>GOOD TO KNOW</b>	
Logos	 Suitable For Vegetarians.  Kosher