



Building
stronger
families

magic
breakfast
fuel for learning

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)

**New York Bakery® Bagels
(Ambient)**



Ingredients	Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Maize, Salt, Rapeseed Oil, Preservatives (Calcium Propionate, Sorbic Acid), Vinegar, Flour Treatment Agent (Ascorbic Acid).
Allergens	Wheat 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.

Nutritional Information

Typical values	Per 100g	Per 85g bagel (1 serving)	% of Reference Intake (RI) per serving
Energy	1091kJ	927kJ	11%
	258Kcal	219Kcal	11%
Fat of which saturates	1.4g	1.2g	2%
	0.3g	0.3g	2%
Carbohydrates of which sugars	50.3g	42.7g	-
	4.7g	4.0g	4%
Fibre	3.0g	2.6g	-
Protein	9.5g	8.0g	-
Salt	0.8g	0.7g	11%


**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.
Good to know	Suitable for Vegetarians and Vegans. Free from artificial colours and flavours.

Nutritional Information


Typical values	Per 100g	Per 115g bagel (1 serving)	% of Reference Intake (RI) per serving
Energy	1090kJ	1254kJ	15%
	258Kcal	296Kcal	15%
Fat of which saturates	1.5g	1.7g	3%
	0.2g	0.2g	1%
Carbohydrates of which sugars	50.0g	57.5g	-
	4.9g	5.6g	7%
Fibre	3.2g	3.7g	-
Protein	9.2g	10.6g	-
Salt	0.63g	0.72g	12%

Bagel Nash® Magic Bagels (Frozen)		 bagel nash	
Ingredients	Wheat Flour, Water, Wholemeal flour, Salt, Sugar, Yeast, Malt, Vitamin D supplement.		
Allergens	Wheat flour (gluten), Wholemeal flour (gluten).		
Advisory note	May also contain milk, sesame and egg (Made in a factory which uses milk products, sesame and egg). Contains yeast.		
Nutritional Information			
Typical values	Per 100g	Per 115g bagel (1 serving)	% of Reference Intake (RI) per serving
Energy	1142 kJ	1313 kJ	14%
	240 kcal	276 kcal	14%
Fat of which saturates	3.5g	4.0g	6%
	1.4g	1.6g	8%
Carbohydrates of which sugars	51.6g	59.3g	-
	9.6g	11.0g	12%
Fibre	4.1g	4.7g	-
Protein	10.1g	11.6g	-
Salt	1.0g	1.2g	20%

Quaker® Porridge Oats



Ingredients	100% Wholegrain Quaker Rolled Oats		
Allergens	Oats		
Advisory Note	Oats can contain traces of wheat, rye or barley gluten due to farming and manufacturing processes. Oats also contain avenin – a protein which some coeliacs may be intolerant to. Therefore, this product is <i>not</i> certified as gluten free.		
Nutritional Information			
Typical values	Per 100g	Per 40g serving	% of Reference Intake (RI) per serving
Energy	1564 kJ	626 kJ	8%
	374 Kcal	150 Kcal	8%
Fat of which saturates	8g	3.2g	5%
	1.5g	0.6g	3%
Carbohydrates of which sugars	60g	24g	-
	1.1g	0.4g	<1%
Fibre	9g	3.6g	-
Protein	11g	4.4g	-
Salt	0g	0g	<1%

Quaker® Oats So Simple (sachets)			
Ingredients	Wholegrain Rolled Oats , stabiliser: soya lecithin		
Allergens	Oats, Soya		
Advisory Note	Oats can contain traces of wheat, rye or barley gluten due to farming and manufacturing processes. Oats also contain avenin – a protein which some coeliacs may be intolerant to. Therefore, this product is <i>not</i> certified as gluten free.		
Nutritional Information			
Typical values	Per 100g	Per 27g serving (sachet size)	% of Reference Intake (RI) per serving
Energy	1557 kJ	420 kJ	5%
	370 Kcal	100 Kcal	5%
Fat of which saturates	7.7g	2.1g	3%
	1.3g	0.3g	1%
Carbohydrates of which sugars	59g	16g	-
	1g	0.3g	<1%
Fibre	10.5g	2.8g	-
Protein	11g	3g	-
Salt	0g	0g	<1%


Nestlé® Harvest Home® CORN FLAKES




Ingredients	Maize, Sugar, Dextrose, Salt, Vitamins and Minerals (Niacin, Pantothenic Acid, Folic Acid, Vitamin B6, Riboflavin, Iron).
Allergens	N/A
Good to know	Suitable for people following a gluten-free diet. Suitable for Vegetarians and Vegans. Fortified with B vitamins and Iron.

Nutritional Information

Typical values	Per 100g	Per 30g serving	% of Reference Intake (RI) per serving
Energy	1621 kJ	486 KJ	6%
	382 kcal	115 Kcal	6%
Fat of which saturates	1.1g	0.3g	<1%
	0.3g	0.1g	1%
Carbohydrates of which sugars	84g	28g	-
	8.3g	2.5g	3%
Fibre	4.0g	1.3g	-
Protein	7.4g	2.5g	-
Salt	0.97g	0.29g	5%

Nestlé® Harvest Home® CRISP RICE			
Ingredients	Rice, Sugar, Salt, Partially Inverted Brown Sugar Syrup, Vitamins and Minerals (Niacin, Pantothenic Acid, Vitamin B6, Riboflavin, Folic Acid, Iron).		
Allergens	N/A		
Good to know	Suitable for people following a gluten-free diet. Suitable for Vegetarians and Vegans. 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	1.2g	0.4g	1%
	0.4g	0.1g	1%
Carbohydrate of which sugars	85g	28g	-
	9.3g	2.8g	3%
Fibre	1.5g	0.5g	-
Protein	7.5g	2.5g	-
Salt	0.59g	0.18g	3%

Nestlé® Original Shreddies	
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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).
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Allergens	Wheat (gluten), Barley (gluten). Manufactured in a facility that processes Nuts .
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Good to know	 <p>Red tractor assured wheat. Suitable for Vegetarians and Vegans. Fortified with B vitamins and Iron.</p>
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Nutritional Information			
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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	13g	5g	-
Protein	11g	4g	-
Salt	0.72g	0.28g	5%

Nestlé® Shredded Wheat Bitesize			
Ingredients	Whole Grain Wheat (100%).		
Allergens	Wheat (gluten). Manufactured in a facility that processes Nuts .		
Good to know	Red tractor assured wheat.  Suitable for Vegetarians and Vegans.		
Nutritional Information			
Typical Values	Per 100g	Per 40g serving	% of Reference Intake (RI) per serving
Energy	1551 kJ	620 kJ	7%
	367 kcal	147 kcal	7%
Fat of which saturates	2.2g	0.9g	1%
	0.5g	0.2g	1%
Carbohydrate of which sugars	69g	28g	-
	0.7g	0.3g	<1%
Fibre	13g	5g	-
Protein	12g	5g	-
Salt	0.05g	0.02g	<1%

**Nestlé® Less Than 5% Sugar
Oat Cheerios**




Ingredients	Whole Grain Oat Flour (97.8%), Wheat Starch, Sugar, Salt, Acidity Regulator: Tripotassium Phosphate; Antioxidant: Tocopherols.
Allergens	Oats, Wheat (gluten). Manufactured in a facility that processes Nuts .

Nutritional Information

Typical Values	Per 100g	Per 30g serving	% of Reference Intake (RI) per serving
Energy	1682 kJ	505 kJ	6%
	399 kcal	120 Kcal	6%
Fat of which saturates	7.9g	2.4g	3%
	1.4g	0.4g	2%
Carbohydrate of which sugars	66g	22g	-
	4.7g	1.4g	2%
Fibre	9g	3g	-
Protein	11g	4g	-
Salt	0.88g	0.26g	4%

Weetabix® Wheat Biscuits

Ingredients	Wholegrain Wheat (95%), Malted Barley Extract, Sugar, Salt, Niacin (B3), Iron, Riboflavin (B2), Thiamin (B1), Folic Acid.
Allergens	Wheat (gluten), Malted Barley Extract (gluten).
Good to know	 Red tractor assured wheat. Fortified with B vitamins and Iron. Suitable for Vegetarians and Vegans. Does not contain nuts – suitable for Peanut Allergy Sufferers.

Nutritional Information

Typical Values	Per 100g	Per 37g serving	% of Reference Intake (RI) per serving
Energy	1531 kJ	574 kJ	7%
	362 kcal	136 kcal	7%
Fat of which saturates	2.0g	0.8g	1%
	0.6g	0.2g	<1%
Carbohydrate of which sugars	69g	26g	-
	4.2g	1.6g	2%
Fibre	10g	3.8g	-
Protein	12g	4.5g	-
Salt	0.28g	0.1g	2%