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)	

Ingredients	**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Maize, Salt, Rapeseed Oil, Spirit Vinegar, Sweet Potato Puree, Preservative (Calcium Propionate), Malted **BARLEY** Flour, Flour Treatment Agent (Ascorbic Acid).
Allergens	**Wheat flour (gluten), Malted Barley Flour (gluten)**
Advisory Note	May also contain traces of sesame. Contains yeast. Contains Maize Grits used as processing aid.
Good to know	Suitable for Vegetarians and Vegans. Low in fat and free from artificial colours and flavours. Made on a nut-free site. Store in a cool, dry place. Suitable for freezing. Freeze on day of purchase and use within one month. Defrost thoroughly before use.

Nutritional Information

Typical values	Per 100g	Per 85g bagel(1 serving)	% of Referenc eIntake (RI) per serving
Energy	1140 +/-20% KJ	969 +/-20% KJ	11%
	270+/-20% Kcal	229 +/-20% Kcal	11%
Fat	1.2 +/- 1.5g	1.0 +/- 1.5g	1%
of which saturates	0.2 +/-0.8g	0.2 +/-0.8g	1%
Carbohydrates	49.5 +/- 8g	42 +/- 8g	-
of which sugars	5.5 +/- 2g	4.6 +/- 2g	4%
Fibre	2.8 +/-2g	3.3 +/-2g	-
Protein	9.2 +/-2g	7.8 +/-2g	-
Salt	0.61 +/- 0.375g	0.52 +/- 0.375g	12%

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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. Contains maize.
Good to know	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	1.6g +/- 1.5g	1.8g +/- 1.5g	3%
of which saturates	0.2g +/- 0.8g	0.3g +/- 0.8g	1%
Carbohydrates	50.0g +/- 0.8g	57.5g +/- 0.8g	-
of which sugars	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%

Go Free Nestle ® Cornflakes	

Ingredients	Maize grits, sugar, salt, invert sugar syrup, molasses, vitamin B3, B5, B9, B6, B2
Allergens	Free From Gluten, please double check the ingredients on each cereal box. May contain **PEANUTS** and **NUTS**.
Good to know	Suitable for people following a gluten-free diet. Suitable for Vegans.

Nutritional Information			
Typical values	**Per 100g**	**Per 30g serving**	**% of Reference Intake (RI) per serving**
Energy	1619 kJ	486 KJ	6%
	382 kcal	115 kcal	6%
Fat	1.4g	0.4g	<1%
of which saturates	0.5g	0.2g	1%
Carbohydrates	82.9g	24.9g	10%
of which sugars	8.8g	2.6g	3%
Fibre	4.2g	1.3g	-
Protein	7.4g	2.2g	-
Salt	1.33g	0.40g	7%

Nestlé ® Harvest Home ® CORNFLAKES	

Ingredients	Maize Grits, Sugar, Salt, **Barley** Malt Extract, Iron, Vitamin B5, B3, B2, B12, D, B6, B1, B9.
Allergens	Please note that there is a variation of this cereal which contains the allergen **Barley**, so if serving to children whoshouldn'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.

Nutritional Information			
Typical values	**Per 100g**	**Per 30g serving**	**% of Reference Intake (RI) per serving**
Energy	1629 kJ	489 KJ	6%
	384 kcal	115 Kcal	6%
Fat	1.2g	0.4g	<1%
of which saturates	0.3g	0.1g	<1%
Carbohydrates	83.9g	25.2g	10%
of which sugars	5.5g	1.7g	2%
Fibre	3.5g	1.1g	-
Protein	7.7g	2.3g	5%
Salt	0.60g	0.18g	3%

Go Free Nestle ® Rice Pops	

Ingredients	Rice, sugar, salt, sugar syrup (sugar, invert sugar syrup, molasses), iron, vitamin B3, B5, B9, B6, B2.
Allergens	For allergens see ingredients in **bold.**
Good to know	Gluten free, Vegetarian, Vegan, Kosher.

Nutritional Information			
Typical Values	**Per serving**	**Per 100g**	**% of Reference Intake (RI) per serving**
Energy	497kJ	1657kJ	6%
	117 kcal	390 Kcal	6%
Fat	0.4g	1.2g	<1%
of which saturates	0.1g	0.4g	<1%
Carbohydrate	26.0g	86.0g	10%
of which sugars	2.9g	9.5g	3%
Fibre	0.5g	1.6g	-
Protein	2.3g	7.6g	5%
Salt	0.18g	0.6g	3%

Nestlé ® Harvest Home ® CRISP RICE	

Ingredients	Rice, Sugar, **Barley** Malt Extract, Salt, Iron, Vitamin D, B3, B5, B12, B9, B6, B2, B1.
Allergens	Please note that there is a variation of this cereal which contains the allergen **Barley**, 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 & iron, suitable for vegetarians, KOSHER. Made on a nut-free site.

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	1.3g	0.4g	<1 %
of which saturates	0.4g	0.1g	<1 %
Carbohydrate	84.8g	25.4g	-
of which sugars	4.9g	1.5g	2%
Fibre	1.6g	0.5g	-
Protein	7.9g	2.4g	-
Salt	0.53g	0.16g	3%

Nestlé ® Original Shreddies	

Ingredients	**Whole Grain Wheat (96.1%),** Sugar, Invert Sugar Syrup, **Barley Malt Extract,** Salt, Molasses, Iron, Vitamin B2,B3,B6,B9,B5.
Allergens	**Wheat (gluten), Barley (gluten).** **May also contain peanuts & nuts.** .
Good to know	Suitable for Vegans. Whole Wheat Fortified Malted Cereal.

Nutritional Information			
Typical Values	**Per 100g**	**Per 40g serving**	**% of Reference Intake (RI) per serving**
Energy	1540 kJ	616 kJ	7%
	364 kcal	146 Kcal	7%
Fat	1.8g	0.7g	1%
of which saturates	0.3g	0.1g	<1%
Carbohydrate	70.4g	28.2g	11%
of which sugars	12.5g	5g	6%
Fibre	12g	4.8g	-
Protein	10.8g	4.3g	9%
Salt	0.72g	0.29g	5%

Moma® Porridge Sachets Plain (No added sugar, gluten free)	

Ingredients	Wholegrain **gluten free oats** (79%), skimmed **milk** powder.
Allergens	**Allergy Advice:** For allergens see ingredients in **bold**. Packed in a factory that handles peanuts, nuts and milk. Contains naturally occurring sugars. Suitable for vegetarians.
Good to know	This porridge is also high in fibre and a source of protein. No added Sugar.

Nutritional Information			
Typical Values	**Per 100g**	**Per 65g serving**	**% of Reference Intake(RI) per serving**
Energy	1543 kJ	1003 kJ	-
	366 kcal	238 kcal	-
Fat	4.9g	3.2g	-
of which saturates	1.2g	0.8g	-
Carbohydrate	58.6g	38.1g	-
of which sugars	12.1g	7.9g	-
Fibre	7.4g	4.8g	-
Protein	17.2g	11.2g	-
Salt	0.32g	0.20g	-

Nestle ® **Multigrain Cheerios**	

Ingredients	Whole grain **OAT** flour (31.9%), whole grain **WHEAT** flour (29.6%), whole grain **BARLEY** flour (18.2%), sugar, **WHEAT** flour (contains calcium carbonate, vitamin B3, iron, vitamin B1), invert sugar syrup, calcium carbonate, sunflower oil, molasses, salt, caramelised sugar syrup, colours: carotene, annatto norbixin; antioxidant: tocopherols, iron, vitamins C, B3, B5, B9, D, B6, B2.
Allergens	For allergens see ingredients in **bold.**
Good to know	High in fibre from oats, wheat and barley. Contains 7 vitamins, calcium and iron. Suitable for vegetarians and Kosher.

Nutritional Information			
Typical Values	**Per serving**	**Per 100g**	**% of Reference Intake (RI) per serving**
Energy	479 kJ		6%
	113 kcal	**378 kcal**	6%
Fat	1.4g	**4.8 g**	2%
of which saturates	0.3g	**0.9g**	2%
Carbohydrate	20.7g	**69.1g**	8%
of which sugars	5.3g	**17.7 g**	6%
Fibre	2.9g	**9.6 g**	-
Protein	3g	**9.9 g**	6%
Salt	0.24g	**0.8g**	4%

Morrisons ® Wheat Biscuits	

Ingredients	**Wholewheat** (95%), Malted **Barley** extract, Sugar, Salt, Niacin, Iron, Riboflavin(B2), Thiamin (B1), Folic Acid.
Allergens	For allergens see ingredients in **bold.**
Good to know	Wholewheat cereal biscuits fortified with vitamins and iron and high in fibre. Suitable for vegetarians and vegans.

Nutritional Information

Typical Values	**Per serving**	**Per 100g**	**% of Reference Intake (RI) per serving**
Energy	568KJ	1,514kJ	7%
	134kcal	358kcal	7%
Fat	0.8g	2g	1%
of which saturates	0.2g	0.6g	1%
Carbohydrate	25.5g	68g	-
of which sugars	1.7g	4.4g	2%
Fibre	3.8g	10g	-
Protein	4.5g	12g	-
Salt	0.11g	0.28g	2%

Quick Checklist

	Nut Free	Gluten Free	Vegan/ Dairy Free	Halal/ Kosher
	✓	✗	✓	✓
	✗	✓	✓	✓
	✗	✓	✓	✓
	✗	✗	✓	✓
	✓	✗	✗	✓
	✗	✗	✓	✗
	✗	✗	✓	✗
	✗	✗	✓	✗
	✗	✓	✗	✗