



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 (Fresher for Longer)			
Ingredients	Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Spirit Vinegar, Yeast, Maize, Salt, Rapeseed Oil, Preservative (Calcium Propionate), Malted Barley Flour, Cultured Dextrose, Flour Treatment Agent (Ascorbic Acid).		
Allergens	Wheat flour (gluten), Malted Barley Flour (gluten)		
Advisory Note	May also contain traces of sesame . Contains yeast.		
Good to know	Suitable for Vegetarians. Free from artificial colours and flavours. Made on a nut-free site.		
Nutritional Information			
Typical values	Per 100g	Per 85g bagel (1 serving)	% of Reference Intake (RI) per serving
Energy	1121 kJ	953 kJ	11%
	264 Kcal	224 Kcal	11%
Fat of which saturates	1.4g	1.2g	2%
	0.3g	0.2g	1%
Carbohydrates of which sugars	51.6g	43.8g	-
	5.7g	4.9g	5%
Fibre	2.6g	2.2g	-
Protein	10.0g	8.5g	-
Salt	0.8g	0.7g	12%

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. 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%

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

Nestlé® Harvest Home® CORN FLAKES			
Ingredients	Maize grits, Sugar, Salt, Vitamins and Minerals(Niacin, Pantothenic Acid, Folic Acid, Vitamin B6, Riboflavin, Iron).		
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	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	1.1g	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	2.5g	-
Salt	0.96g	0.29g	5%

Nestlé ® Harvest Home ® CORN FLAKES (containing Barley)	
Ingredients	Maize, Sugar, Salt, Barley Malt Extract , Vitamins and Minerals (Niacin, Pantothenic Acid, Vitamin B6, Riboflavin (B2), Thiamin (B1), Folic Acid, Vitamin D, Vitamin B12, Iron).
Allergens	This product contains Barley Malt Extract which is not suitable for people with an intolerance or allergy to barley. This product is suitable for people following a gluten-free diet as gluten content is below 20ppm as per the Coeliac UK standard.
Good to know	Suitable for Vegetarians and Vegans. Fortified with B vitamins, Vitamin D and Iron.
Nutritional Information	
Typical values	Per 100g
Energy	1641 kJ
	387 kcal
Fat of which saturates	1.2g
	0.3g
Carbohydrates of which sugars	85.2g
	6.1g
Fibre	2,5g
Protein	7.7g
Salt	0.59g

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	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	Suitable for Vegetarians, Vegans & Kosher. Fortified with B vitamins and Iron.		
Nutritional Information			
Typical values	Per 100g	Per 30g serving	% of Reference Intake (RI) per serving
Energy	1637 kJ	497 KJ	6%
	390 kcal	117 Kcal	6%
Fat of which saturates	1.2g	0.4g	1%
	0.4g	0.1g	1%
Carbohydrate of which sugars	86g	26g	-
	9.5g	2.9g	3%
Fibre	1.6g	0.5g	-
Protein	7.6g	2.3g	-
Salt	0.60g	0.18g	3%

Nestlé ® Harvest Home ® CRISP RICE (containing Barley)			
Ingredients	Rice, Sugar, Salt, Barley Malt Extract , Vitamins and Minerals (Niacin, Pantothenic Acid, Riboflavin (B2), Vitamin B6, Thiamin (B1), Folic Acid, Vitamin D, Vitamin B12, Iron).		
Allergens	This product contains Barley Malt Extract which is not suitable for people with an intolerance or allergy to barley. This product is suitable for people following a gluten-free diet as gluten content is below 20ppm as per the Coeliac UK standard.		
Good to know	Suitable for Vegetarians and Vegans. Fortified with B vitamins, Vitamin D and Iron.		
Nutritional Information			
Typical values	Per 100g	Per 30g serving	% of Reference Intake (RI) per serving
Energy	1632 kJ	490 kJ	5.8%
	385 kcal	116 kcal	5.8%
Fat of which saturates	1.2g	0.36g	0.5%
	0.4g	0.12g	0.6%
Carbohydrate of which sugars	85g	25.5g	-
	8.8g	2.64g	3%
Fibre	1.6g	0.48g	-
Protein	7.5g	2.25g	-
Salt	0.73g	0.22g	

Nestlé ® Original Shreddies			
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).		
Allergens	Wheat (gluten), Barley (gluten). Manufactured in a facility that processes Nuts .		
Good to know	 Red tractor assured wheat. Suitable for Vegetarians and Vegans. Fortified with B vitamins and Iron.		
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® Less Than 5% Sugar Oat Cheerios			
Ingredients	Whole Grain Oat Flour (97%), 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%