

## 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

##### **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)



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## Nestlé ® Harvest Home ® CORN FLAKES 500g

### 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	
486kJ 115kcal	0.3g	0.1g	2.5g	0.29g	8400kJ 2000kcal	486kJ 115kcal	6%	
6%	<1%	1%	3%	5%	Fat	70g	0.3g	<1%
<b>Of an adult's Reference Intake (RI) Energy per 100g: 1621kJ/382kcal</b>					Saturates	20g	0.1g	1%
					Sugars	90g	2.5g	3%
					Salt	6g	0.29g	5%
					<b>*Reference Intake of an average adult (8400kJ/2000kcal)</b>			

### NESTLE COMPASS:

<b>INGREDIENTS</b> (All allergen occurrences in <b>bold</b> )	Maize, Sugar, Dextrose, Salt, Vitamins and Minerals (Niacin, Pantothenic Acid, Folic Acid, Vitamin B6, Riboflavin, Iron).		
<b>Allergen Warnings</b>	N/A		
<b>NUTRITIONAL INFO</b>	<b>Typical values</b>	<b>Per 100g</b>	<b>Per 30g serving with 125ml semi-skimmed milk</b>
	Energy	<b>1621kJ</b>	<b>740kJ</b>
		<b>382kcal</b>	<b>175kcal</b>
	Fat of which saturates	1.1g	2.4g
		0.3g	1.3g
	Carbohydrates of which sugars	84g	31g
		8.3g	8.4g
	Fibre	4.0g	1.2g
	Protein	7.4g	6.5g
Salt	0.97g	0.44g	
<b>GOOD TO KNOW</b>			
Logos	 <b>SUITABLE FOR VEGETARIANS</b>	 <b>CONTAINS FOLIC ACID</b>	
	 <b>FORTIFIED WITH VITAMINS &amp; IRON</b>	 <b>KOSHER</b>	



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## Nestlé ® Harvest Home ® CRISP RICE 550g

### 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	
490kJ 116kcal	0.4g	0.1g	2.8g	0.18g	8400kJ 2000kcal	490kJ 116kcal	6%	
6%	1%	1%	3%	3%	Fat	70g	0.4g	1%
Of an adult's Reference Intake (RI)					Saturates	20g	0.1g	1%
Energy per 100g: 1635kJ/385kcal					Sugars	90g	2.8g	3%
					Salt	6g	0.18g	3%
					*Reference Intake of an average adult (8400kJ/2000kcal)			

### NESTLE COMPASS:

<b>INGREDIENTS</b> (All allergen occurrences in <b>bold</b> )		Rice, Sugar, Salt, Partially Inverted Brown Sugar Syrup, Vitamins and Minerals (Niacin, Pantothenic Acid, Vitamin B6, Riboflavin, Folic Acid, Iron).	
<b>Allergen Warnings</b>		N/A	
<b>NUTRITIONAL INFO</b>	<b>Typical values</b>	<b>Per 100g</b>	<b>Per 30g serving with 125ml semi-skimmed milk</b>
	Energy	<b>1635kJ</b>	<b>744kJ</b>
		<b>385kcal</b>	<b>176kcal</b>
	Fat of which saturates	1.2g	2.4g
		0.4g	1.3g
	Carbohydrate of which sugars	85g	32g
		9.3g	8.7g
	Fibre	1.5g	0.5g
	Protein	7.5g	6.6g
Salt	0.59g	0.33g	
<b>GOOD TO KNOW</b>			
Logos	 SUITABLE FOR VEGETARIANS	 CONTAINS FOLIC ACID	
	 FORTIFIED WITH VITAMINS & IRON	 KOSHER	



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## Original Shreddies 675g

### REFERENCE INTAKE INFORMATION:

Front Panel					Side Panel			
Per portion 40g					RI – Reference Intake for Adults*			
Energy	Fat	Saturates	Sugars	Salt		Reference Intake	A 40g Serving Provides	% RIs
616kJ 146kcal	0.7g	0.1g	6g	0.28g	Energy	8400kJ 2000kcal	616kJ 146kcal	7%
7%	1%	1%	7%	5%	Fat	70g	0.7g	1%
Of an adult's Reference Intake (RI) Energy per 100g: 1540kJ/364kcal					Saturates	20g	0.1g	1%
					Sugars	90g	6g	7%
					Salt	6g	0.28g	5%
					*Reference Intake of an average adult (8400kJ/2000kcal)			

### NESTLE COMPASS:

<b>INGREDIENTS</b> (All allergen occurrences in <b>bold</b> )	Whole Grain <b>Wheat</b> (94.4%), Sugar, Invert Sugar Syrup, <b>Barley</b> Malt Extract, Salt, Molasses, Vitamins and Minerals (Niacin, Iron, Pantothenic Acid, Folic Acid, Vitamin B6, Riboflavin).		
<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 40g serving with 125ml semi-skimmed milk
	Energy	1540kJ 364kcal	870kJ 206kcal
	Fat	1.7g	2.7g
	of which saturates	0.3g	1.3g
	Carbohydrate	71g	34g
	of which sugars	15g	12g
	Fibre	12g	5g
	Protein	11g	9g
	Salt	0.71g	0.43g
<b>GOOD TO KNOW</b>			
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%
Of an adult's Reference Intake (RI) Energy per 100g: 1682kJ/399kcal					Saturates	20g	0.4g	2%
					Sugars	90g	1.4g	2%
					Salt	6g	0.26g	4%
					*Reference Intake of an average adult (8400kJ/2000kcal)			

### 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	758kJ 180kcal
	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	