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families



October 2019

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 Bagel: **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.

	Typical values	Per 100g	Per 115g bagel (1 serving)	% of Reference Intake (RI) per serving
NUTRITIONAL INFO	Energy	1142kJ	1313kJ	-
		240kcal	276kcal	14%
	Fat of which saturates	3.5g	4.0g	6%
		1.4g	1.6g	8%
	Carbohydrates of which sugars	51.6g	59.3g	23%
		9.6g	11.0g	12%
	Fibre	4.1g	4.7g	-
	Protein	10.1g	11.6g	23%
Salt	1.0g	1.2g	20%	



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Porridge Oats - Quaker Oats

Ingredients: 100% 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.

Oat So Simple - Quaker Oats (12 sachets)

Ingredients: Quaker Wholegrain 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



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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
Additional information	Advisory note from Nestle: Suitable for people following a gluten-free diet.

NUTRITIONAL INFO	Typical values	Per 100g	Per 30g serving with 125ml semi-skimmed milk
		Energy	1621kJ 382kcal
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



FORTIFIED WITH
VITAMINS & IRON



KOSHER



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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
Additional information	Advisory note from Nestle: Suitable for people following a gluten-free diet.

NUTRITIONAL INFO	Typical values	Per 100g	Per 30g serving with 125ml semi-skimmed milk
		Energy	1635kJ 385kcal
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			
Logos		SUITABLE FOR VEGETARIANS	
		FORTIFIED WITH VITAMINS & IRON	
			CONTAINS FOLIC ACID
			KOSHER



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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				
Per portion 30g				
Energy	Fat	Saturates	Sugars	Salt
505kJ 120kcal	2.4g	0.4g	1.4g	0.26g
6%	3%	2%	2%	4%
Of an adult's Reference Intake (RI) Energy per 100g: 1682kJ/399kcal				

Side Panel			
RI – Reference Intake for Adults*			
	Reference Intake	A 30g Serving Provides	% RIs
Energy	8400kJ 2000kcal	505kJ 120kcal	6%
Fat	70g	2.4g	3%
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:

INGREDIENTS (All allergen occurrences in bold)	Whole Grain Oat Flour (97.8%), Wheat Starch, Sugar, Salt, Acidity Regulator: Tripotassium Phosphate; Antioxidant: Tocopherols.
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 30g serving with 125ml semi-skimmed milk
	Energy	1682kJ 399kcal	758kJ 180kcal
Fat of which saturates	7.9g 1.4g	4.4g 1.6g	
Carbohydrate of which sugars	66g 4.7g	26g 7.3g	
Fibre	9.0g	2.7g	
Protein	11g	8g	
Salt	0.88g	0.41g	

GOOD TO KNOW	
Logos	 Suitable For Vegetarians.  Kosher