



Building stronger 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.

NUTRITIONAL INFO	Typical values	Per 100g	Per 115g bagel (1 serving)	% of Reference Intake (RI) per serving
	Energy		1142kJ 240kcal	1313kJ 276kcal
Fat		3.5g	4.0g	6%
of which saturates		1.4g	1.6g	8%
Carbohydrates		51.6g	59.3g	23%
of which sugars		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					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	Energy	8400kJ 2000kcal	486kJ 115kcal	6%
6%	<1%	1%	3%	5%	Fat	70g	0.3g	<1%
Of an adult's Reference Intake (RI)					Saturates	20g	0.1g	1%
Energy per 100g: 1621kJ/382kcal					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	740kJ 175kcal
	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					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	Energy	8400kJ 2000kcal	490kJ 116kcal	6%
6%	1%	1%	3%	3%	Fat	70g	0.4g	1%
Of an adult's Reference Intake (RI) Energy per 100g: 1635kJ/385kcal					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	744kJ 176kcal
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



CONTAINS FOLIC ACID



FORTIFIED WITH
VITAMINS & IRON



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 of which saturates	1.8g 0.3g	2.8g 1.3g	
	Carbohydrate of which sugars	70g 13g	34g 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					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)					Saturates	20g	0.4g	2%
Energy per 100g: 1682kJ/399kcal					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		