



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 of which saturates	1.2 +/- 1.5g	1.0 +/- 1.5g	1%
	0.2 +/-0.8g	0.2 +/-0.8g	1%
Carbohydrates of which sugars	49.5 +/- 8g	42 +/- 8g	-
	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%

**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 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, 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 of which saturates	1.4g	0.4g	<1%
	0.5g	0.2g	1%
Carbohydrates of which sugars	82.9g	24.9g	10%
	8.8g	2.6g	3%
Fibre	4.2g	1.3g	-
Protein	7.4g	2.2g	-
Salt	1.33g	0.40g	7%

**Go Free
Nestle®
Rice Pops**

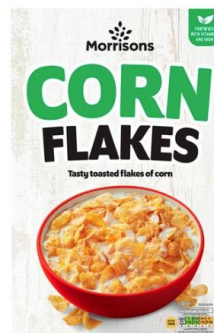


Ingredients	Rice, sugar, salt, sugar syrup (sugar, invert sugar syrup, molasses), iron, vitamin B3, B5, B9, B6, B2.
Allergens	For allergens see ingredients in bold .
Good to know	Gluten free, Vegetarian, Vegan, Kosher.

Nutritional Information

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

**Morrisons®
CORN FLAKES**



Ingredients	Maize, Sugar, Salt, Barley Malt Extract, Iron, Niacin, Pantothenic Acid (B5), Vitamin B6, Riboflavin (B2), Thiamin (B1), Folic Acid, Vitamin D, Vitamin B12		
Allergens	For allergens see ingredients in bold .		
Good to know	Fortified with Vitamins and Iron, High in Iron, No artificial colours or flavours, Suitable for vegetarians		
Nutritional Information			
Typical values	Per 100g	Per 30g serving	% of Reference Intake (RI) per serving
Energy	1641kJ	492 KJ	6%
	387 kcal	116 Kcal	6%
Fat of which saturates	1.2g	0.3g	<1%
	0.3g	0.1g	<1%
Carbohydrates of which sugars	85.2g	25.5g	
	6.1g	1.8g	2%
Fibre	2.5g	0.8g	-
Protein	7.7g	2.3g	5%
Salt	0.59g	0.18g	3%

Morrisons® Rice Crackles



Ingredients	Rice, Sugar, Barley Malt Extract, Salt, Iron, Niacin, Pantothenic Acid (B5), Riboflavin, Vitamin B6, Thiamin (B1), Folic Acid, Vitamin D, Vitamin B12
Allergens	For allergens see ingredients in bold .
Good to know	High in Vitamin D Folic Acid and Iron, No artificial colours or flavours, Suitable for vegetarians

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 of which saturates	1.3g	0.4g	1%
	0.4g	0.1g	1%
Carbohydrate of which sugars	84.8g	25.4g	-
	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%), 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). May also contain nuts.		
Good to know	 Red tractor assured wheat. Suitable for Vegetarians and Vegans. Whole Wheat Fortified Malted Cereal.		
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 of which saturates	1.8g	0.7g	1%
	0.3g	0.1g	<1%
Carbohydrate of which sugars	70.4g	28.2g	11%
	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 of which saturates	4.9g	3.2g	-
	1.2g	0.8g	-
Carbohydrate of which sugars	58.6g	38.1g	-
	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 of which saturates	1.4g	4.8 g	2%
	0.3g	0.9g	2%
Carbohydrate of which sugars	20.7g	69.1g	8%
	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 of which saturates	0.8g	2g	1%
	0.2g	0.6g	1%
Carbohydrate of which sugars	25.5g	68g	-
	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	Hala/ Kosher	Vegetarian
	✓	✗	✓	✓	✓
	✗	✓	✓	✓	✓
	✗	✓	✓	✓	✗
	✗	✗	✗	✗	✓
	✗	✗	✗	✗	✓
	✗	✗	✓	✗	✓
	✗	✗	✓	✗	✓
	✗	✗	✓	✗	✓
	✗	✓	✗	✗	✓