



## **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)			
<b>Ingredients</b>	<b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Maize, Salt, Rapeseed Oil, Spirit Vinegar, Sweet Potato Puree, Preservative (Calcium Propionate), Malted <b>BARLEY</b> Flour, Flour Treatment Agent (Ascorbic Acid).		
<b>Allergens</b>	<b>Wheat flour (gluten), Malted Barley Flour (gluten)</b>		
<b>Advisory Note</b>	May also contain traces of sesame. Contains yeast. Contains Maize Grits used as processing aid.		
<b>Good to know</b>	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%


<b>New York Bakery ® Bagels (Frozen)</b>			
<b>Ingredients</b>	<b>Wheat Flour</b> (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Maize, Rapeseed Oil, Yeast, Salt, <b>Wheat Gluten, Malted Barley Flour</b> , Flour Treatment Agent (Ascorbic Acid).		
<b>Allergens</b>	<b>Wheat flour (gluten), Wheat Gluten, Malted Barley Flour (gluten).</b>		
<b>Advisory note</b>	May also contain traces of <b>sesame</b> . Contains yeast. Contains maize.		
<b>Good to know</b>	Suitable for Vegetarians and Vegans. Product is Halal and Kosher certified. Free from artificial colours and flavours. Made on a nut-free site.		
<b>Nutritional Information</b>			
<b>Typical values</b>	<b>Per 100g</b>	<b>Per 115g bagel(1 serving)</b>	<b>% of Reference Intake(RI) per serving</b>
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%


<b>Go Free Nestle® Cornflakes</b>			
<b>Ingredients</b>	Maize grits, sugar, salt, invert sugar syrup, molasses, vitamin B3, B5, B9, B6, B2		
<b>Allergens</b>	Free From Gluten, please double check the ingredients on each cereal box. May contain <b>PEANUTS</b> and <b>NUTS</b> .		
<b>Good to know</b>	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%


<b>Nestlé®</b> <b>Harvest Home®</b> <b>CORNFLAKES</b>			
Ingredients	Maize Grits, Sugar, Salt, <b>Barley</b> Malt Extract, Iron, Vitamin B5, B3, B2, B12, D, B6, B1, B9.		
Allergens	Please note that there is a variation of this cereal which contains the allergen <b>Barley</b> , so if serving to children whoshouldn't eat barley, please double check the ingredients on each cereal box.		
Good to know	Low in Fat, Fortified with 8 Vitamins and Iron, Suitable for Vegetarians, Kosher.		
Nutritional Information			
Typical values	Per 100g	Per 30g serving	% of Reference Intake (RI) per serving
Energy	1629 kJ	489 KJ	6%
	384 kcal	115 Kcal	6%
Fat of which saturates	1.2g	0.4g	<1%
	0.3g	0.1g	<1%
Carbohydrates of which sugars	83.9g	25.2g	10%
	5.5g	1.7g	2%
Fibre	3.5g	1.1g	-
Protein	7.7g	2.3g	5%
Salt	0.60g	0.18g	3%


<b>Go Free Nestle<sup>®</sup> Rice Pops</b>			
<b>Ingredients</b>	Rice, sugar, salt, sugar syrup (sugar, invert sugar syrup, molasses), iron, vitamin B3, B5, B9, B6, B2.		
<b>Allergens</b>	For allergens see ingredients in <b>bold</b> .		
<b>Good to know</b>	Gluten free, Vegetarian, Vegan, Kosher.		
<b>Nutritional Information</b>			
<b>Typical Values</b>	<b>Per serving</b>	<b>Per 100g</b>	<b>% of Reference Intake (RI) per serving</b>
Energy	497kJ	1657kJ	6%
	117 kcal	390 Kcal	6%
Fat of which saturates	<b>0.4g</b>	1.2g	<1%
	<b>0.1g</b>	0.4g	<1%
Carbohydrate of which sugars	26.0g	86.0g	10%
	<b>2.9g</b>	9.5g	3%
Fibre	0.5g	1.6g	-
Protein	2.3g	7.6g	5%
Salt	<b>0.18g</b>	0.6g	3%


<b>Nestlé® Harvest Home® CRISP RICE</b>			
<b>Ingredients</b>	Rice, Sugar, <b>Barley</b> Malt Extract, Salt, Iron, Vitamin D, B3, B5, B12, B9, B6, B2, B1.		
<b>Allergens</b>	Please note that there is a variation of this cereal which contains the allergen <b>Barley</b> , so if serving to children who shouldn't eat barley, please double check the ingredients on each cereal box.		
<b>Good to know</b>	Low in fat, fortified with 8 vitamins & iron, suitable for vegetarians, KOSHER. Made on a nut-free site.		
<b>Nutritional Information</b>			
<b>Typical values</b>	<b>Per 100g</b>	<b>Per 30g serving</b>	<b>% of Reference Intake (RI) per serving</b>
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%


<b>Nestlé® Original Shreddies</b>			
<b>Ingredients</b>	<b>Whole Grain Wheat (96.1%), Sugar, Invert Sugar Syrup, Barley Malt Extract, Salt, Molasses, Iron, Vitamin B2,B3,B6,B9,B5.</b>		
<b>Allergens</b>	<b>Wheat (gluten), Barley (gluten). May also contain peanuts &amp; nuts.</b>		
<b>Good to know</b>	Suitable for Vegans. Whole Wheat Fortified Malted Cereal.		
<b>Nutritional Information</b>			
<b>Typical Values</b>	<b>Per 100g</b>	<b>Per 40g serving</b>	<b>% of Reference Intake (RI) per serving</b>
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%

<b>Moma® Porridge Sachets Plain (No added sugar, gluten free)</b>			
<b>Ingredients</b>	Wholegrain <b>gluten free oats</b> (79%), skimmed <b>milk powder</b> .		
<b>Allergens</b>	<b>Allergy Advice:</b> For allergens see ingredients in <b>bold</b> . Packed in a factory that handles peanuts, nuts and milk. Contains naturally occurring sugars. Suitable for vegetarians.		
<b>Good to know</b>	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	-


<b>Nestle ® Multigrain Cheerios</b>			
<b>Ingredients</b>	Whole grain <b>OAT</b> flour (31.9%), whole grain <b>WHEAT</b> flour (29.6%), whole grain <b>BARLEY</b> flour (18.2%), sugar, <b>WHEAT</b> 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.		
<b>Allergens</b>	For allergens see ingredients in <b>bold</b> .		
<b>Good to know</b>	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	<b>378 kcal</b>	6%
Fat of which saturates	1.4g	<b>4.8 g</b>	2%
	0.3g	<b>0.9g</b>	2%
Carbohydrate of which sugars	20.7g	<b>69.1g</b>	8%
	5.3g	<b>17.7 g</b>	6%
Fibre	2.9g	<b>9.6 g</b>	-
Protein	3g	<b>9.9 g</b>	6%
Salt	0.24g	<b>0.8g</b>	4%

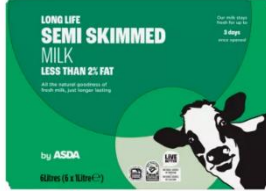
<b>Morrison's® Wheat Biscuits</b>			
<b>Ingredients</b>	<b>Wholewheat</b> (95%), Malted <b>Barley</b> extract, Sugar, Salt, Niacin, Iron, Riboflavin(B2), Thiamin (B1), Folic Acid.		
<b>Allergens</b>	For allergens see ingredients in <b>bold</b> .		
<b>Good to know</b>	Wholewheat cereal biscuits fortified with vitamins and iron and high in fibre.  Suitable for vegetarians and vegans.		
<b>Nutritional Information</b>			
<b>Typical Values</b>	<b>Per serving</b>	<b>Per 100g</b>	<b>% of Reference Intake (RI) per serving</b>
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%

<b>ASDA Smooth Milk Chocolate Flavour Spread 400g (May contain nuts)</b>			
<b>Ingredients</b>	Sugar, Vegetable Oils [Palm, Rapeseed], Maltodextrin, Fat-Reduced Cocoa Powder* (6%), Whole <b>Milk</b> Powder, Sweet Whey Powder ( <b>Milk</b> ), Unsalted Butter ( <b>Milk</b> ), Skimmed <b>Milk</b> Powder, Emulsifier (Lecithins), Flavouring, *Rainforest Alliance Certified		
<b>Allergens</b>	For allergens see ingredients in <b>bold</b> .		
<b>Good to know</b>	Free From: Artificial Colours Free From: Artificial Flavours  Suitable for Vegetarians		
<b>Nutritional Information</b>			
<b>Typical Values</b>	<b>Per serving 15g</b>	<b>Per 100g</b>	
Energy	85KJ	565	
	353kcal	2354kcal	
Fat of which saturates	5.5g	37g	
	1.6	11g	
Carbohydrate of which sugars	8.2g	55g	
	6.4g	43g	
Fibre	<0.5g	2.0g	
Protein	0.5g	3.4g	
Salt	0.03g	0.18g	

<b>Dairylea Cheese Spread</b>			
<b>Ingredients</b>	skimmed <b>MILK</b> (water, skimmed <b>MILK</b> powder), <b>CHEESE</b> , inulin, <b>MILK</b> fat, whey powder (from <b>MILK</b> ), skimmed <b>MILK</b> powder, emulsifying salts (triphosphate, polyphosphates), <b>MILK</b> protein, calcium phosphate, acidity regulator (citric acid)		
<b>Allergens</b>	For allergens see ingredients in <b>bold</b> .		
<b>Good to know</b>	A good source of calcium, Creamy Taste, No artificial colours, flavours or preservatives, Suitable for vegetarians		
Nutritional Information			
Typical Values	Per serving 25g	Per 100g	
Energy	50KJ	834KJ	
	209kcal	201Kcal	
Fat of which saturates	3.50g	14.0g	
	2.30g	9.20g	
Carbohydrate of which sugars	1.20g	4.80g	
	1.20g	4.80g	
Fibre	0.60g	2.30g	
Protein	3.10g	12.00g	
Salt	0.38g	1.52g	

<b>ASDA Fruity Seedless Strawberry Jam 454g</b>			
<b>Ingredients</b>	Sugar, Strawberries, Acidity Regulators (Citric Acid, Sodium Citrates), Gelling Agent (Pectins), Prepared with 45g of fruit per 100g, Total sugar content: 61g per 100g		
<b>Allergens</b>	For allergens see ingredients in <b>bold</b> .		
<b>Good to know</b>	Suitable for vegetarians		
<b>Nutritional Information</b>			
<b>Typical Values</b>		<b>Per 100g</b>	
Energy		1024KJ	
		241kCAL	
Fat of which saturates		<0.5g	
		0g	
Carbohydrate of which sugars		60g	
		60g	
Fibre		0.7g	
Protein		<0.5g	
Salt		0.07g	

<b>ASDA Brilliantly Butterly</b>			
<b>Ingredients</b>	Water, Vegetable Oils (45%) [Palm Oil, Rapeseed Oil], Reconstituted Buttermilk (3%), Salt (1.2%), Emulsifier (Mono- and Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Acidity Regulator (Lactic Acid), Vitamin E, Colour (Carotenes), Flavouring, Vitamin A, Vitamin D		
<b>Allergens</b>	For allergens see ingredients in <b>bold</b> .		
<b>Good to know</b>	70% less saturated fat than butter. With a delicious rich buttermilk taste. Suitable for vegetarians		
<b>Nutritional Information</b>			
<b>Typical Values</b>		<b>Per 100g</b>	
Energy		414kcal	
		1704KJ	
Fat of which saturates		45g	
		12g	
Carbohydrate of which sugars		1.0g	
		<0.5g	
Fibre		<0.5g	
Protein		<0.5g	
Salt		1.2g	

<b>ASDA Long Life Skimmed Milk</b>			
<b>Ingredients</b>			
<b>Allergens</b>			
<b>Good to know</b>	Less than 2% Fat. All the natural goodness of fresh milk, just longer lasting. Natural Source of Protein. Natural Source of Calcium. Suitable for vegetarians		
<b>Nutritional Information</b>			
<b>Typical Values</b>		<b>Per 100ml</b>	
Energy		50kcal	
		209KJ	
Fat of which saturates		1.8g	
		1.1g	
Carbohydrate of which sugars		4.8g	
		4.8g	
Fibre		0g	
Protein		3.6g	
Salt		0.11g	

# Quick Checklist

	Nut Free	Gluten Free	Vegan/ Dairy Free	Halal/ Kosher
	✓	✗	✓	✓
	✗	✓	✓	✓
	✗	✓	✓	✓
	✗	✗	✓	✓
	✓	✗	✗	✓
	✗	✗	✓	✗
	✗	✗	✓	✗
	✗	✗	✓	✗
	✗	✓	✗	✗
	✗	✗	✓	✗
	✓	✗	✓	✗
	✓	✗	✓	✗

	Nut Free	Gluten Free	Vegan/ Dairy Free	Halal/ Kosher
	✓	✗	✓	✗
	✓	✓	✓	✗