

## 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, Salt, Sugar, Yeast, Malt, Vitamin D supplement

Allergens: Wheat flour (gluten), Wholemeal flour (gluten)

Contains wheat gluten and yeast.

Advisory note: May also contain milk, sesame and egg – (Made in a factory which uses milk products, sesame and egg)

NUTRITIONAL INFO	Typical values	Per 100g	Per 115g bagel
	Energy		<b>1142kJ</b>
		<b>240kcal</b>	<b>276kcal</b>
Fat		3.5g	4.0g
of which saturates		1.4g	1.6g
Carbohydrates		51.6g	59.3g
of which sugars		9.6g	11.0g
Fibre		4.1g	4.7g
Protein		10.1g	11.6g
Salt		1.0g	1.2g



March 2019

**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)

**Oat So Simple** - Quaker Oats (12 sachets)

Ingredients: Quaker Wholegrain Rolled Oats

Allergens: None

Advisory note: May contain traces of wheat, barley and soya

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

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

## 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

NUTRITIONAL INFO	Typical values	Per 100g	Per 30g serving with 125ml semi-skimmed milk
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

### GOOD TO KNOW

Logos



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KOSHER