

## **Magic Breakfast Ingredients, Allergens and Nutritional Information for breakfast products**

Magic Breakfast 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 Magic Breakfast food. We will regularly update this document with any changes so please familiarise yourself with the information provided.

The 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.**

We would like to draw your attention in particular to the two versions of Harvest Home Corn Flakes and Crisp Rice, as there are two versions of each in very similar boxes - one with barley and one without. Please read individual packets carefully and do not assume that the Corn Flakes and Crisp Rice provided will always contain the same allergens.

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)


**New York Bakery® Bagels  
(Fresher for Longer Added  
Fibre)**



<b>Ingredients</b>	<b>WHEAT Flour (WHEAT Flour</b> , Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Spirit Vinegar, <b>WHEAT Fibre</b> , Maize, Salt, Rapeseed Oil, Preservative (Calcium Propionate), <b>Malted BARLEY Flour</b> , Cultured Dextrose, 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 <b>sesame</b> . Contains yeast.
<b>Good to know</b>	Suitable for Vegetarians. Free from artificial colours and flavours. Made on a nut-free site.

**Nutritional Information**

<b>Typical values</b>	<b>Per 100g</b>	<b>Per 85g bagel (1 serving)</b>	<b>% of Reference Intake (RI) per serving</b>
Energy	1097 kJ	933 kJ	11%
	259 Kcal	220 Kcal	11%
Fat of which saturates	1.2g	1g	1%
	0.2g	0.2g	1%
Carbohydrates of which sugars	50.2g	42.7g	-
	5.3g	4.5g	5%
Fibre	3.8g	3.3g	-
Protein	9.8g	8.4g	-
Salt	0.8g	0.7g	11%


<b>New York Bakery ® Bagels (Frozen)</b>		
<b>Ingredients</b>	<b>Wheat</b> Flour (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.	
<b>Good to know</b>	Suitable for Vegetarians and Vegans. Free from artificial colours and flavours.	

<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	1090kJ	1254kJ	15%
	258Kcal	296Kcal	15%
Fat of which saturates	1.5g	1.7g	3%
	0.2g	0.2g	1%
Carbohydrates of which sugars	50.0g	57.5g	-
	4.9g	5.6g	7%
Fibre	3.2g	3.7g	-
Protein	9.2g	10.6g	-
Salt	0.63g	0.72g	12%

## Quaker® Porridge Oats



<b>Ingredients</b>	100% Wholegrain Quaker Rolled <b>Oats</b>		
<b>Allergens</b>	<b>Oats</b>		
<b>Advisory Note</b>	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. Therefore, this product is <i>not</i> certified as gluten free.		
<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	1564 kJ	626 kJ	8%
	374 Kcal	150 Kcal	8%
Fat of which saturates	8g	3.2g	5%
	1.5g	0.6g	3%
Carbohydrates of which sugars	60g	24g	-
	1.1g	0.4g	<1%
Fibre	9g	3.6g	-
Protein	11g	4.4g	-
Salt	0g	0g	<1%

<b>Quaker® Oat So Simple (sachets)</b>			
<b>Ingredients</b>	Wholegrain Rolled <b>Oats</b> , stabiliser: <b>soya lecithin</b>		
<b>Allergens</b>	<b>Oats, Soya</b>		
<b>Advisory Note</b>	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. Therefore, this product is <i>not</i> certified as gluten free.		
<b>Nutritional Information</b>			
<b>Typical values</b>	<b>Per 100g</b>	<b>Per 27g serving (sachet size)</b>	<b>% of Reference Intake (RI) per serving</b>
Energy	1557 kJ	420 kJ	5%
	370 Kcal	100 Kcal	5%
Fat of which saturates	7.7g	2.1g	3%
	1.3g	0.3g	1%
Carbohydrates of which sugars	59g	16g	-
	1g	0.3g	<1%
Fibre	10.5g	2.8g	-
Protein	11g	3g	-
Salt	0g	0g	<1%

## Kellogg's © Cornflakes



<b>Ingredients</b>	Maize, Sugar, <b>Barley</b> Malt Flavouring, Salt, Vitamins & Minerals: Niacin, Iron, Vitamin B6, Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin), Folic Acid, Vitamin D, Vitamin B12
<b>Allergens</b>	<b>Barley (gluten)</b>
<b>Good to know</b>	Free from artificial colours or flavours Suitable for vegetarians Halal approved Kosher Responsibly sourced corn Source of vitamin D, B1, B3, B6, B9 & B12 and iron 50% of your daily Vitamin D

### Nutritional Information

Typical values	Per 100g	Per 30g serving	% of Reference Intake (RI) per serving
Energy	1604 kJ	481 kJ	6%
	378 kcal	113 kcal	6%
Fat of which saturates	0.9g	0.3g	<1%
	0.2g	0.1g	<1%
Carbohydrates of which sugars	84g	25g	
	8g	2.4g	3%
Fibre	3g	0.9g	
Protein	7g	2.1g	
Salt	1.12g	0.34g	6%

## Kellogg's © Rice Crispies



<b>Ingredients</b>	Rice, Sugar, Salt, <b>Barley</b> Malt Flavouring, Vitamins & Minerals: Niacin, Iron, Vitamin B6, Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin), Folic Acid, Vitamin D, Vitamin B12
<b>Allergens</b>	<b>Barley Malt (gluten)</b>
<b>Good to know</b>	Free from artificial colours or flavours

### Nutritional Information


Typical values	Per 100g	Per 30g serving	% of Reference Intake (RI) per serving
Energy	1643 kJ	361 kJ	4%
	387 kcal	85 kcal	4%
Fat of which saturates	1.2g	0.3g	>1%
	0.4g	0.1g	>1%
Carbohydrates of which sugars	86g	19g	
	7.9g	1.7g	2%
Fibre	2g	0.4g	
Protein	7g	1.5g	
Salt	1g	0.22g	4%

## 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).**  
Manufactured in a facility that processes **Nuts**.

**Good to know** Red tractor assured wheat.   
Suitable for Vegetarians and Vegans.  
Fortified with B vitamins and Iron.

### Nutritional Information

Typical Values	Per 100g	Per 40g serving	% of Reference Intake (RI) per serving
Energy	1538 kJ	615 kJ	7%
	364 kcal	145 Kcal	7%
Fat of which saturates	1.8g	0.7g	1%
	0.3g	0.1g	1%
Carbohydrate of which sugars	70g	28g	-
	13g	6g	7%
Fibre	13g	5g	-
Protein	11g	4g	-
Salt	0.72g	0.28g	5%




## Weetabix® Wheat Biscuits



**Ingredients** Wholegrain Wheat (95%), Malted Barley Extract, Sugar, Salt, Niacin (B3), Iron, Riboflavin (B2), Thiamin (B1), Folic Acid.

**Allergens** Wheat (gluten), Malted Barley Extract (gluten).

### Good to know


Red tractor assured wheat.   
Fortified with B vitamins and Iron.  
Suitable for Vegetarians and Vegans.  
Does not contain nuts – suitable for Peanut Allergy Sufferers.

### Nutritional Information

Typical Values	Per 100g	Per 37g serving	% of Reference Intake (RI) per serving
Energy	1531 kJ	574 kJ	7%
	362 kcal	136 kcal	7%
Fat of which saturates	2.0g	0.8g	1%
	0.6g	0.2g	<1%
Carbohydrate of which sugars	69g	26g	-
	4.2g	1.6g	2%
Fibre	10g	3.8g	-
Protein	12g	4.5g	-
Salt	0.28g	0.1g	2%

## List of possible substitutions

There may be times when the products on offer may not be available and need to be substituted with another brand. Please find below a list of possible substitutions, that you may receive when the items above are not available.

<b>Nestlé® Harvest Home® CORN FLAKES</b>			
<b>Ingredients</b>	Maize, Sugar, Dextrose, Salt, Vitamins and Minerals (Niacin, Pantothenic Acid, Folic Acid, Vitamin B6, Riboflavin, Iron).		
<b>Allergens</b>	N/A		
<b>Good to know</b>	Suitable for people following a gluten-free diet. Suitable for Vegetarians and Vegans. Fortified with B vitamins and Iron.		
<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	1621 kJ	486 KJ	6%
	382 kcal	115 Kcal	6%
Fat of which saturates	1.1g	0.3g	<1%
	0.3g	0.1g	1%
Carbohydrates of which sugars	84g	28g	-
	8.3g	2.5g	3%
Fibre	4.0g	1.3g	-
Protein	7.4g	2.5g	-
Salt	0.97g	0.29g	5%

**Nestlé® Harvest Home® CORN FLAKES  
(containing Barley)**

<b>Ingredients</b>	Maize, Sugar, Salt, <b>Barley Malt Extract</b> , Vitamins and Minerals (Niacin, Pantothenic Acid, Vitamin B6, Riboflavin (B2), Thiamin (B1), Folic Acid, Vitamin D, Vitamin B12, Iron).
<b>Allergens</b>	This product contains <b>Barley Malt Extract</b> which is not suitable for people with an intolerance or allergy to barley.  This product is suitable for people following a gluten-free diet as gluten content is below 20ppm as per the Coeliac UK standard.
<b>Good to know</b>	Suitable for Vegetarians and Vegans. Fortified with B vitamins, Vitamin D and Iron.

**Nutritional Information**

Typical values	Per 100g
Energy	1641 kJ
	387 kcal
Fat of which saturates	1.2g
	0.3g
Carbohydrates of which sugars	85.2g
	6.1g
Fibre	2.5g
Protein	7.7g
Salt	0.59g

**Nestlé® Harvest Home® CRISP RICE**

**Ingredients** Rice, Sugar, Salt, Partially Inverted Brown Sugar Syrup, Vitamins and Minerals (Niacin, Pantothenic Acid, Vitamin B6, Riboflavin, Folic Acid, Iron).

**Allergens** N/A

**Good to know** Suitable for people following a gluten-free diet.  
Suitable for Vegetarians and Vegans.  
Fortified with B vitamins and Iron.

### Nutritional Information

Typical values	Per 100g	Per 30g serving	% of Reference Intake (RI) per serving
Energy	1635 kJ	490 KJ	6%
	385 kcal	116 Kcal	6%
Fat of which saturates	1.2g	0.4g	1%
	0.4g	0.1g	1%
Carbohydrate of which sugars	85g	28g	-
	9.3g	2.8g	3%
Fibre	1.5g	0.5g	-
Protein	7.5g	2.5g	-
Salt	0.59g	0.18g	3%

**Nestlé® Harvest Home® CRISP RICE  
(containing Barley)**

<b>Ingredients</b>	Rice, Sugar, Salt, <b>Barley Malt Extract</b> , Vitamins and Minerals (Niacin, Pantothenic Acid, Riboflavin (B2), Vitamin B6, Thiamin (B1), Folic Acid, Vitamin D, Vitamin B12, Iron).
<b>Allergens</b>	This product contains <b>Barley Malt Extract</b> which is not suitable for people with an intolerance or allergy to barley.  This product is suitable for people following a gluten-free diet as gluten content is below 20ppm as per the Coeliac UK standard.
<b>Good to know</b>	Suitable for Vegetarians and Vegans. Fortified with B vitamins, Vitamin D and Iron.

**Nutritional Information**

Typical values	Per 100g	Per 30g serving	% of Reference Intake (RI) per serving
Energy	1632 kJ	490 kJ	5.8%
	385 kcal	116 kcal	5.8%
Fat of which saturates	1.2g	0.36g	0.5%
	0.4g	0.12g	0.6%
Carbohydrate of which sugars	85g	25.5g	-
	8.8g	2.64g	3%
Fibre	1.6g	0.48g	-
Protein	7.5g	2.25g	-
Salt	0.73g	0.22g	