

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.


Please also note that we receive a variety of different juices from Tropicana and Copella therefore it is imperative that you check the label if you are worried about the presence of a particular allergen in our juices.

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)			
Ingredients	Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Spirit Vinegar, Yeast, Maize, Salt, Rapeseed Oil, Preservative (Calcium Propionate), Malted Barley Flour, Cultured Dextrose, Flour Treatment Agent (Ascorbic Acid).		
Allergens	Wheat flour (gluten), Malted Barley Flour (gluten)		
Advisory Note	May also contain traces of sesame. Contains yeast.		
Good to know	Suitable for Vegetarians. Free from artificial colours and flavours. Made on a nut-free site.		
Nutritional Information			
Typical values	Per 100g	Per 85g bagel (1 serving)	% of Reference Intake (RI) per serving
Energy	1021 kJ	953 kJ	11%
	254 Kcal	224 Kcal	11%
Fat of which saturates	1.4g	1.2g	2%
	0.3g	0.2g	1%
Carbohydrates of which sugars	51.6g	43.8g	-
	5.7g	4.9g	5%
Fibre	2.6g	2.2g	-
Protein	10.0g	8.5g	-
Salt	0.8g	0.7g	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.	
Good to know	Suitable for Vegetarians and Vegans. Free from artificial colours and flavours.	

Nutritional Information			
Typical values	Per 100g	Per 115g bagel (1 serving)	% of Reference Intake (RI) per serving
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%

Bagel Nash® Magic Bagels (Frozen)		
Ingredients	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 Information			
Typical values	Per 100g	Per 115g bagel (1 serving)	% of Reference Intake (RI) per serving
Energy	1142 kJ	1313 kJ	14%
	240 kcal	276 kcal	14%
Fat of which saturates	3.5g	4.0g	6%
	1.4g	1.6g	8%
Carbohydrates of which sugars	51.6g	59.3g	-
	9.6g	11.0g	12%
Fibre	4.1g	4.7g	-
Protein	10.1g	11.6g	-
Salt	1.0g	1.2g	20%

Quaker® Porridge Oats			
Ingredients	100% Wholegrain 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. Therefore, this product is <i>not</i> certified as gluten free.		
Nutritional Information			
Typical values	Per 100g	Per 40g serving	% of Reference Intake (RI) per serving
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%

Quaker® Oat So Simple (sachets)			
Ingredients	Wholegrain Rolled Oats, stabiliser: soya lecithin		
Allergens	Oats, Soya		
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. Therefore, this product is <i>not</i> certified as gluten free.		
Nutritional Information			
Typical values	Per 100g	Per 27g serving (sachet size)	% of Reference Intake (RI) per serving
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%

Nestlé® Harvest Home® CORN FLAKES



Ingredients	Maize, Sugar, Dextrose, Salt, Vitamins and Minerals (Niacin, Pantothenic Acid, Folic Acid, Vitamin B6, Riboflavin, 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	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)

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


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


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	<div></div> <div>Red tractor assured wheat. Suitable for Vegetarians and Vegans. Fortified with B vitamins and Iron.</div>		
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%

Nestlé® Shredded Wheat Bitesize			
Ingredients Whole Grain Wheat (100%).			
Allergens	Wheat (gluten). Manufactured in a facility that processes Nuts .		
Good to know	 Red tractor assured wheat. Suitable for Vegetarians and Vegans.		
Nutritional Information			
Typical Values	Per 100g	Per 40g serving	% of Reference Intake (RI) per serving
Energy	1551 kJ	620 kJ	7%
	367 kcal	147 kcal	7%
Fat of which saturates	2.2g	0.9g	1%
	0.5g	0.2g	1%
Carbohydrate of which sugars	69g	28g	-
	0.7g	0.3g	<1%
Fibre	13g	5g	-
Protein	12g	5g	-
Salt	0.05g	0.02g	<1%

Nestlé® Less Than 5% Sugar Oat Cheerios			
Ingredients Whole Grain Oat Flour (97.8%), Wheat Starch, Sugar, Salt, Acidity Regulator: Tripotassium Phosphate; Antioxidant: Tocopherols.			
Allergens	Oats, Wheat (gluten). Manufactured in a facility that processes Nuts .		
Nutritional Information			
Typical Values	Per 100g	Per 30g serving	% of Reference Intake (RI) per serving
Energy	1682 kJ	505 kJ	6%
	399 kcal	120 Kcal	6%
Fat of which saturates	7.9g	2.4g	3%
	1.4g	0.4g	2%
Carbohydrate of which sugars	66g	22g	-
	4.7g	1.4g	2%
Fibre	9g	3g	-
Protein	11g	4g	-
Salt	0.88g	0.26g	4%

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

Aldi Crisp Rice			
Ingredients	Rice, Sugar, Salt, Barley Malt Extract , Emulsifier (E471), Vitamins and Minerals (Niacin, Pantothenic Acid, Riboflavin (B2), Vitamin B6, Thiamin (B1), Folic Acid, Vitamin D, Vitamin B12, Iron).		
Allergens	Malted Barley Extract (gluten).		
Good to know	<p>Does not contain nuts - manufactured on a nut free line but made in factory where nuts are processed.</p> <p>E471 is a distilled monoglyceride made from edible, non-trans, non-hydrogenated palm based fat used to aid grain separation during cooking</p> <p>Finished product is below 20ppm as per the Coeliac UK standard</p>		
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	

Kellogg's © Cornflakes			
Ingredients	Maize, Sugar, Barley Malt Flavouring, Salt, Vitamins & Minerals: Niacin, Iron, Vitamin B6, Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin), Folic Acid, Vitamin D, Vitamin B12		
Allergens	Barley (gluten)		
Good to know	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 Krispies




Ingredients	Rice, Sugar, Salt, Barley Malt Flavouring, Vitamins & Minerals: Niacin, Iron, Vitamin B6, Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin), Folic Acid, Vitamin D, Vitamin B12
Allergens	Barley Malt (gluten)
Good to know	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%

Juice – Tropicana®, Copella® and Naked® Juice

Ingredients	100% pure and natural fruit juices
Allergens	N/A
Advisory note	Please check the ingredients list for specific ingredients and allergens as fruit mixtures vary from batch to batch.

Heinz No Added Sugar Beanz ®			
Ingredients		Beans (50%), Tomatoes (40%), Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener – Steviol Glycosides, Herb Extract.	
Allergens		N/A	
Good to know:		<ul style="list-style-type: none">• No artificial sweeteners, colours, flavours or preservatives.• Vegetarian & Vegan friendly.• Contains naturally occurring sugars.• 25% less salt than standard Heinz Beanz.• 1 of your 5 a day in ½ can when eaten as part of a balanced diet.	
Nutritional Information			
Typical values	Per 100g	Per ½ can (208g) serving	% of Reference Intake (RI) per serving
Energy	277 kJ	573 kJ	7%
	66 Kcal	136 Kcal	7%
Fat of which saturates	0.2g	0.4g	1%
	<0.1g	<0.1g	<1%
Carbohydrates of which sugars	9.5g	19.6g	8%
	1.9g	3.9g	4%
Fibre	3.6g	7.5g	-
Protein	4.6g	9.5g	19%
Salt	0.4g	0.9g	15%

Heinz Baked Beans ®			
Ingredients		Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract	
Allergens		N/A	
Good to know:		<ul style="list-style-type: none">• No artificial sweeteners, colours, flavours or preservatives.• Vegetarian & Vegan friendly.• Contains naturally occurring sugars.• 1 of your 5 a day in a portion when eaten as part of a balanced diet. 18 portions per can• Gluten free	
Nutritional Information			
Typical values	Per 100g	Per (145g) serving	% of Reference Intake (RI) per serving
Energy	311 kJ	451 kJ	
	74 kcal	107 kcal	5%
Fat of which saturates	0.2g	0.3g	<0.1g
	<0.1g	<0.1g	<0.1g
Carbohydrates of which sugars	11.9g	17.2g	7%
	4.8g	7g	8%
Fibre	3.5g	5g	
Protein	4.4g	6.4g	13%
Salt	0.6g	0.9g	15%