




Ingredients, Allergens and Nutritional Information for Magic Breakfast Products

New York Bakery Co ® Original Bagels (Added Fibre)							
<p>Ingredients:</p> <p>Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Spirit Vinegar, Wheat Fibre, Maize, Salt, Rapeseed Oil, Preservative (Calcium Propionate), Malted Barley Flour, Cultured Dextrose, Flour Treatment Agent (Ascorbic Acid).</p> <p>Allergen Information:</p> <p>Contains Wheat flour (gluten), Malted Barley Flour (gluten).</p> <p>May contain Sesame (manufactured in a facility that handles Sesame).</p> <p>Additional Information:</p> <ul style="list-style-type: none">• Suitable for Vegetarians and Vegans.• Free from artificial colours and flavours.• Made on a nut-free site.							
Nutritional Profile	Per 100g	Per 85g serving (whole bagel)		% RI per serving			
Energy	259 Kcal	220 Kcal	11%				
Fat	1.2g	1g	1%				
Saturated Fat	0.2g	0.2g	1%				
Carbohydrates	50.2g	42.7g	-				
Sugar	5.3g	4.5g	5%				
Fibre	3.8g	3.3g	-				
Protein	9.8g	8.4g	-				
Salt	0.8g	0.7g	11%				
<p>*This is the manufacturer's suggested serving size.</p> <p>School Food Standards Recommended Portion Guide</p> <table><tr><th>Primary</th><th>Secondary</th></tr><tr><td>50 – 70g (between half and whole bagel)</td><td>80 – 100g (1 whole bagel)</td></tr></table>				Primary	Secondary	50 – 70g (between half and whole bagel)	80 – 100g (1 whole bagel)
Primary	Secondary						
50 – 70g (between half and whole bagel)	80 – 100g (1 whole bagel)						


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New York Bakery Co ® Bagels (Frozen, boxed, 85g servings)			
<p>Ingredients: Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Maize, Yeast, Rapeseed Oil, Salt, Wheat Gluten, Malted Barley Flour, Flour Treatment Agent (Ascorbic Acid).</p> <p>Allergen Information: Wheat flour (gluten), Wheat Gluten, Malted Barley Flour (gluten). May contain Sesame (manufactured in a facility that handles Sesame). Contains yeast.</p> <p>Additional Information:</p> <ul style="list-style-type: none"> • Suitable for Vegetarians and Vegans. • Halal & Kosher certified • Free from artificial colours and flavours. • Made on a nut-free site. 			
Nutritional Profile	Per 100g	Per 85g serving* (whole bagel)	
Energy	257 Kcal	221 Kcal	11%
Fat	1.6g	1.3g	2%
Saturated Fat	0.2g	0.2g	1%
Carbohydrates	50.0g	42.5g	-
Sugar	5.0g	4.0g	4%
Fibre	3.1g	2.6g	-
Protein	9.1g	7.7g	-
Salt	0.65g	0.58g	10%
<p>*This is the manufacturer's suggested serving size.</p> <p>School Food Standards Recommended Portion Guide</p>			
Primary		Secondary	
50 – 70g (between half and whole bagel)		80 – 100g (1 whole bagel)	


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Weetabix® Original			
<p>Ingredients:</p> <p>Wholegrain Wheat (95%), Malted Barley Extract, Sugar, Salt, Niacin (B3), Iron, Riboflavin (B2), Thiamin (B1), Folic Acid.</p> <p>Allergen Information:</p> <p>Wheat (gluten), Malted Barley Extract (gluten). Not suitable for Coeliacs</p> <p>Additional Information:</p> <ul style="list-style-type: none">• Red tractor assured wheat• Fortified with B vitamins and Iron• High in fibre• Suitable for Vegetarians and Vegans• Does not contain nuts – suitable for Peanut Allergy Sufferers			
Nutritional Profile	Per 100g	Per 38g serving* (2 biscuits)	% RI per serving
Energy	362 kcal	136 kcal	7%
Fat	2.0g	0.8g	1%
Saturated Fat	0.6g	0.2g	<1%
Carbohydrates	69.0g	26.0g	-
Sugar	4.2g	1.6g	2%
Fibre	10.0g	3.8g	-
Protein	12.0g	4.5g	-
Salt	0.28g	0.1g	2%
*This is the manufacturer's suggested serving size.			
Primary		Secondary	
30 – 40g (1 - 2 biscuits)		40g – 50g (2 – 3 biscuits)	

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Cornflakes ®			
<p>Ingredients:</p> <p>Maize, Barley, Malt extract, Sugar, Salt</p> <p>Allergen Information:</p> <p>Contains Barley (gluten). May contain gluten from other cereals.</p> <p>Additional Information:</p>			
Nutritional Profile	Per 100g	Per 30g serving*	% RI per serving
Energy	378 Kcal	113 Kcal	
Fat	0.9g	0.3g	
Saturated Fat	0.2g	0.1g	
Carbohydrates	84g	25g	
Sugar	8g	2.4g	
Fibre	3.0g	0.9g	
Protein	7.0g	2.1g	
Salt	1.1g	.34g	
*This is the manufacturer's suggested serving size.			
Primary		Secondary	
30 – 40g		40g – 50g	

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Rice Krispies ®			
<p>Ingredients:</p> <p>Rice, Sugar, Salt, Barley, Malt extrac, Vitamins and Minerals: Niacin, Iron, Riboflavin, Thiamin, Folic Acid, Vitamin D, Vitamin 12</p> <p>Allergen Information:</p> <p>Contains Barley (gluten). May contain gluten from other cereals.</p> <p>Additional Information:</p>			
Nutritional Profile	Per 100g	Per 30g serving*	% RI per serving
Energy	378 Kcal	85 Kcal	
Fat	1.2g	0.3g	
Saturated Fat	0.4g	0.1g	
Carbohydrates	86g	19g	
Sugar	7.9g	1.7g	
Fibre	2.0g	0.4g	
Protein	7.0g	1.5g	
Salt	1.0g	0.22g	
*This is the manufacturer's suggested serving size.			
Primary		Secondary	
30 – 40g		40g – 50g	