Breakfast All Day

We have an assortment of bagels and breads. We usually offer English muffins, the white and whole wheat varieties. We also offer white, 10 grain, whole wheat and raisin bread. For bagels you will find plain, cinnamon-raisin, wheat and onion. Our waffle station is available for breakfast and lunch. The waffle station has syrup. Right next to the station folks will find butter, margarine, whipped topping and there is always at least one topping like sliced strawberries. We have 4 choices of cereal available all day. We try to have 2 options like raisin bran and rice krispies and 2 options like cocoa puffs or lucky charms (for examples). We offer whole, skim and chocolate milk. We offer soy milk from Vermont Soy in vanilla and chocolate. We also have lactaid. In the interest of space, we have not listed all the nutritional information for the above but you may gather that info at the following link:

http://www.balancemindbodysoul.com/balance/campus.asp

If you need help please ask we are here for you!

Below follows a list of condiments and their nutritional content:

**Peanut Butter**

Serving: 1 Pc  KCal: 120, Fat: 11g (83% Cal), SatFat: 2g, TransFat: 0g, Chol: 0mg, Sodium: 100mg, Carbs: 5g, Sugars: 2g, Protein: 5g, Fiber: 2g
Contains peanuts, soy beans

**Cream Cheese**

Serving: 1 Tbsp  KCal: 50, Fat: 5g (90% Cal), SatFat: 3g, TransFat: 0g, Chol: 15mg, Sodium: 55mg, Carbs: 0g, Sugars: 0g, Protein: 1g, Fiber: 0g
Contains milk

**Grape Jelly**

Serving: 1 Pc  KCal: 35, Fat: 0g (0% Cal), SatFat: 0g, TransFat: 0g, Chol: 0mg, Sodium: 0mg, Carbs: 9g, Sugars: 8g, Protein: 0g, Fiber: 0g

**Orange Marmalade**
**Butter**

**Serving: 1 Tbsp**  
KCal: 50, Fat: 0g (0% Cal), SatFat: 0g, TransFat: 0g, Chol: 0mg, Sodium: 0mg, Carbs: 13g, Sugars: 12g, Protein: 0g, Fiber: 0g

**Contains milk**

**Margarine**

**Serving: 1 Tsp**  
KCal: 35, Fat: 4g (100% Cal), SatFat: 2.5g, TransFat: 0g, Chol: 10mg, Sodium: 30mg, Carbs: 0g, Sugars: 0g, Protein: 0g, Fiber: 0g

Contains milk, soy beans

**Whipped Topping**

**Serving: 1 Tbsp**  
KCal: 10, Fat: 1g (50% Cal), SatFat: 1g, TransFat: 0g, Chol: 0mg, Sodium: 0mg, Carbs: .9g, Sugars: .9g, Protein: 0g, Fiber: 0g

Contains soy beans