

INFORMATION FOR STUDENTS WITH SPECIAL DIETARY NEEDS

MarineLab makes every effort to accommodate students' special dietary needs. However, due to our small size, we are limited in what we can do. Listed below are a few of the most common dietary restrictions and what we do to accommodate these students, along with recommendations for parents.

Please note that we must be notified in advance in order to accommodate any dietary restrictions, as they are prepared to order for the students involved and not generally available. The meals listed below are the ones most commonly served; please be assured that there will be an appropriate alternative on days with other types of meals offered.

Also, remember that your student will be eating these meals for just a few days. We're not home cooking, but no one has gone away hungry, either! If you have any questions, please feel free to contact the office at 800-741-1139 or via email to coordinator@marinelab.org.

	BREAKFAST	LUNCH	SUPPER	Recommendations
TYPICAL MEALS	scrambled eggs & bacon OR French toast & sausage	Pizza OR tacos OR sandwiches OR hot dogs	Spaghetti with meat sauce OR lasagna with meat sauce OR chicken with rice & veg, OR beef stew in bread bowl, dessert	
ALWAYS AVAILABLE	Cold cereal, fruit, juice & milk	Green salad, selection of cold salads such as macaroni, peanut butter & jelly, sliced bread and fruit	Green salad and rolls, peanut butter & jelly, sliced bread	
VEGETARIAN	Cold cereal, fruit, juice	Cheese pizza OR vegetarian refried bean tacos OR grilled cheese sandwich	Spaghetti with meatless marinara sauce, vegetarian lasagna, soy chicken patty, veg stir fry with rice	
VEGAN – very limited choices	Cold cereal, fruit, juice	Refried bean tacos, salad	Spaghetti with meatless marinara sauce, soy chicken patty	<i>Bring your own soy milk</i>
LACTOSE- INTOLERANT	Can self-select	Can self-select most meals; sandwich or hot dog on pizza day	Spaghetti with meatless marinara sauce on lasagna night	
GLUTEN- INTOLERANT	Can self-select	Sandwich on your gluten- free bread; taco shells are 100% corn, unflavored meat or beans; chef's salad	Gluten-free pasta on spaghetti night; hamburger steak;	<i>Bring gluten-free cereals, bread, and snacks to supplement.</i>
DIABETIC	Can self select	Can self-select	Can self-select	