

## 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 305-451-1139 or via email to [coordinator@marinelab.org](mailto:coordinator@marinelab.org).

|                                     | <b>BREAKFAST</b>   | <b>LUNCH</b>   | <b>SUPPER</b>  | <b>Recommendations</b>  |
|-------------------------------------|--|--|--|---|
| <b>TYPICAL MEALS</b>                | scrambled eggs & bacon OR French toast & sausage OR pancakes & ham                                     | Individual pan pizzas OR tacos OR sandwiches OR hot dogs OR burgers OR chicken sandwiches OR chicken nuggets | lasagna with meat sauce OR garlic chicken pasta with veg, OR chicken with rice & veg, OR spaghetti with meat sauce, dessert              |   |
| <b>ALWAYS AVAILABLE</b>             | Cold cereal, fruit, yogurt, granola bars, juice, regular milk & almond milk                            | Green salad, selection of cold salads such as macaroni, peanut butter & jelly, sliced bread and fruit        | Green salad, peanut butter (on request sometimes) & jelly, sliced bread  | <b>If your child has a peanut allergy, the peanut butter is removed from the dining room.</b> |
| <b>VEGETARIAN/KOSHER</b>            | pancakes, French toast, cold cereal, vegetarian sausage (Morningstar Farms), fruit, juice              | Cheese pizza OR vegetarian refried bean tacos OR grilled cheese sandwich                                     | Spaghetti with meatless marinara sauce, vegetarian lasagna, veg stir fry with rice   |   |
| <b>VEGAN – very limited choices</b> | Cold cereal with soy milk, fruit, pancakes   | Refried bean tacos, salad with beans   | Spaghetti with meatless marinara sauce, rice & vegetables,   |   |
| <b>LACTOSE-INTOLERANT</b>           | Can self-select  | Can self-select most meals; sandwich or hot dog on pizza day   | Spaghetti with meatball sauce on lasagna night, grilled chicken breast   |   |
| <b>GLUTEN-INTOLERANT</b>            | scrambled eggs & bacon, ham, cheese, egg scramble, gluten-free cereal; most of our menu is gluten-free | Sandwich on gluten-free bread; taco shells are 100% corn, beans; most of our menu is gluten-free             | Gluten-free pasta on spaghetti night; grilled chicken breast; beef stew (gluten-free); chicken and rice; most of our menu is gluten-free | <i>Bring gluten-free snacks to supplement</i>   |
| <b>DIABETIC</b>                     | Can self select  | Can self-select  | Can self-select  | <i>Bring whatever snacks or juices that are necessary to keep your blood sugar level</i>      |