

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 OR ham, cheese, egg scramble	Individual pan pizzas OR tacos OR sandwiches OR hot dogs	lasagna with meat sauce OR garlic chicken pasta with veg, 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/KOSHER	pancakes, cold cereal, fruit, juice	Cheese pizza OR vegetarian refried bean tacos OR grilled cheese sandwich	Spaghetti with meatless marinara sauce, vegetarian lasagna, soy patty, veg stir fry with rice	
VEGAN – very limited choices	Cold cereal with soy milk, fruit, pancakes	Refried bean tacos, soy patty sandwich	Spaghetti with meatless marinara sauce, soy patty	
LACTOSE-INTOLERANT	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	
GLUTEN-INTOLERANT	scrambled eggs & bacon, ham, cheese, egg scramble, gluten-free cereal	Sandwich on gluten-free bread; taco shells are 100% corn, unflavored meat or beans	Gluten-free pasta on spaghetti night; grilled chicken breast; beef stew (gluten-free); chicken and rice	<i>Bring gluten-free snacks to supplement, as our snack machine does not provide such items.</i>
DIABETIC	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>