

Issue	Barrier Island CAN provide	Barrier Island CANNOT	Comments
<b>Allergies</b>			
Nuts	nut free desserts		We do not serve anything with peanuts
Shellfish			We do not use shellfish in our menu
Eggs, wheat, gluten	ingredient information on items served and gluten free bread	provide an alternative menu	Food allergen breakdown charts available. We have limited Gluten Free options available (bread, muffins, pasta, snacks). We suggest you bring most of your own food items
<b>Dietary</b>			
Vegetarian lacto-ovo (eats milk, cheese, eggs)	meatless entrée, like a veggie burger, chicken alternative	provide an alternative menu	We have a large salad bar available at lunch and dinner
Vegetarian (doesn't eat milk, cheese, eggs)	meatless entrée, like a veggie burger, chicken alternative or veggie sausage patty	provide an alternative menu	We encourage you to bring some of your own food and have a large salad bar available at lunch and dinner
Vegan (no animal products)	meatless entrée, like a veggie burger,vegan protein alternatives	provide an alternative menu	We encourage you to bring some of your own food and have a large salad bar available at lunch and dinner
No pork	meatless entrée, like a veggie burger, vegan protein alternatives	guarantee no pork will be served during your stay	We have a large salad bar available at lunch and dinner
Gluten-free diet	limited gluten free options and gluten information on all menu items	provide a gluten-free menu	We have a large salad bar available at lunch and dinner
Low carb, low sodium, fat free	fresh fruit at breakfast and lunch and a varied menu	provide specialty items	We encourage you to bring some of your own food and have a large salad bar available at lunch and dinner
Organic	fresh fruit at breakfast and lunch and a varied menu	provide organics	We recognize organic foods are often healthier for people and the environment, but we cannot realistically provide them
Avoids hydrogenated oils, saturated fats, corn syrup	fresh fruit at breakfast and lunch and a varied menu	provide specialty items	We recognize these are good dietary practices, but we cannot realistically provide them for all of our meals
Picky eater	fresh fruit at breakfast and lunch and a varied menu and a microwave	provide alternate menu	We purposefully serve a wide variety of kid-friendly foods. Our strategy is to encourage the kids to eat the food being served
<b>** Please notify the lead teacher well in advance of the trip if you plan to bring/send food so that the teacher can let Barrier Island staff know and we can be prepared (we can provide storage space for items). <i>NO food is allowed to be stored in cabins!</i> **</b>			