

Power Play Your Menu for Athletes



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Chef Brenda Wattles, RDN



- Chef & Registered Dietitian Nutritionist Owner at BLT Food & Nutrition, LLC
- Recipe Standardizer, Menu Developer and Speaker
- Over 13 years of practice in USDA child nutrition programs

Erin Green MS, RDN, LD

- Registered Dietitian Nutritionist and Chief Wellness Dynamo at Erin Green Racing and Nutrition, LLC
- Professional, sponsored triathlete for 7 years
- Over 12 years of practice in the field of sports nutrition for adults, teens and children



Let's Bridge the Gap

- Student athletes have high caloric and nutrient needs
- School meals can enhance performance
- Health benefits of your menus are undervalued



Elementary Menu Marketing Example



STRENGTH



STRENGTH +
ENDURANCE



POWER












ENDURANCE

Power School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Hamburger	Lasagna	Mac & Cheese	Chicken Sandwich	Spaghetti & Meatballs
Fruit	Fruit	Fruit	Fruit	Fruit
Vegetable	Vegetable	Vegetable	Vegetable	Vegetable
Milk	Milk	Milk	Milk	Milk

Secondary Menu Marketing Example

Monday	Tuesday
 Chicken Tacos	 Lasagna
 Corn or Flour Tortillas	 Fruit
 Fruit	 Vegetable
 Vegetable	 Milk
 Milk	



Icons Available To Use



How to Get Started



Step 1:

Choose the icons that best fit your students and create your menus.

ENDURANCE



Step 2:

Prepare and issue the offer vs. serve letter to parents.



Smart Snack On-the-Go Power Oats

(possible ala carte option)



1 ½ gal 1 cup rolled oats, quick
1 qt 2 ¼ cups peanut butter powder
2 qt 1 ¼ cup maple syrup

Place all ingredients into a standing mixer bowl using the paddle attachment. Mix until ingredients are combined. Serve ⅓ cup (#12 scoop).

58g per Serving: Calories 191; Total Fat 2g; Sat. Fat 0.2g; Trans Fat 0g; Sodium 80g; Carbohydrates 35g; Total Sugars 19



Thank you!



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