

# Cafeteria Connection

Connecting you to your child's school lunchroom

## FUELING STUDENT ATHLETES: How School Meals Support Peak Performance

For our student athletes, proper nutrition is just as important as practice. Whether they're sprinting on the track, hitting the field, or perfecting their basketball shots, the food they eat plays a critical role in their performance, recovery, and overall health. **School meals are designed to fuel not only their academic success but also their athletic achievements**, providing the nutrients they need to excel both in the classroom and in sports.

### BALANCED NUTRITION FOR OPTIMAL PERFORMANCE

Our school meals offer a carefully balanced mix of carbohydrates, proteins, healthy fats, vitamins, and minerals — all essential for fueling young athletes.

- **Carbohydrates**, found in whole grains, fruits, and vegetables, are the body's main source of energy.
- **Protein**, from options like lean meats, beans, cheese, and yogurt, helps repair and build muscles.
- **Healthy fats**, found in foods like nut butters and dairy, provide long-lasting energy.

### HYDRATION

Good hydration is vital for athletic performance. Our school meals offer milk, a great source of calcium and vitamin D, which supports bone health and muscle function — especially important for growing athletes, while keeping the body hydrated. Good hydration helps regulate body temperature, support digestion, and ensure that the brain and muscles are working at their best.

### MEETING USDA STANDARDS

All our school meals adhere to USDA nutritional standards, ensuring that every meal is balanced and nutrient-rich. This means student athletes can rely on our breakfasts and lunches to meet their daily energy needs, both for rigorous sports and academic performance.

Encouraging your student athlete to take advantage of school meals is an easy way to ensure they are fueled for success, both on the field and off. Together, let's support their health, well-being, and peak performance!