

## Football Breakfast Club Instructions

Please ensure each athlete gets a shake and food item.

### Set up:

- Grab keys for the breakfast club cabinets from the hook just to the left of the cooler. (red lanyard)
- Grab cart (Should be in the football hallway or the laundry room.)
- The blender cups may be left on the cart to dry. The blender bases are stored in the laundry room cabinet labeled Breakfast club in the center island. Red cups will either be stored in the same cabinet or in the black cabinet in the hallway.
- Pull 8-9 gallons of milk from the cooler in the Football Laundry room. Please pull milk in order of expiration date.
- Take the supply cart to the end of the hall by the stairs and set up blenders. One on each table. There is an extension cord in the cabinet.
- Grab protein from black metal cabinet. If stock allows, grab one chocolate and one vanilla (Key with black plastic works for both black metal cabinets).
- Set out about 123 cups and split between the two flavors. An additional table can be set up for shake pick up.
- The third table is used for food items. Bars are also stored in black cabinet.
- Each day we serve **EITHER** a hot food item, protein/breakfast bars or PB&J sandwiches.
  - Hot food will be brought to the table area.

### How to make protein shakes:

- Count out 123 cups, start making the protein shakes around 7:55am
- Pour 40 oz. milk in a blender pitcher with 4 scoops of powder and blend, pour to about  $\frac{3}{4}$  full and set them on the pickup table. Shakes do settle in the cup so feel free to top off as you see fit.

**PLEASE MAKE SURE EACH PLAYER GETS ONE BURRITO OR SANDWICH UNTIL ALL PLAYERS HAVE COME THROUGH.**

### Cleanup:

- When done, wipe down tables with wipes or wet paper towels...whichever we have available (Stored in black metal cabinet).
- Store protein, bars and cups back in black metal cabinet. If cups don't fit in black metal cabinet, store them with blender bases in the laundry room cabinet. Please lock the metal cabinet.
- Wash the blenders (including blades) in the laundry room sink using the cleaning brushes. **Please be very careful with the blades, they WILL cut you!** Blender pitchers/lids may be left on the cart to dry.
- After wiping down bases, store them and extra cups in the laundry room cabinet.

- Store any leftover milk in the big cooler. **Give any remaining HOT food to the coaches. They really appreciate it!** 😊
- *If less than 8 gallons, please send message on SportsYou so Breakfast Club committee members are made aware.*
- Lock the cabinet when done and return the keys back to the hook to the left of the cooler.

**Thank you for volunteering for the Boyd Football Breakfast Club!**

**GO BRONCOS! #TPD**