

Food Policy

Date: 1/30/2026

Food policies for LHSAA Wrestling Championships follow a standard guideline that has been in place for years to ensure safety of athletes and guests.

LHSAA met with several teams and coaches for recommendations on items that need to be offered, and at the request, we have enhanced our health-conscious options for athletes, including opening a brand new athlete-only market adjacent to the warm up area with these items:

- Powerade
- Powerade Zero
- Body Armor Flash IV
- Core Power Protein Shakes
- Milks including Chocolate Milk
- Mixed nuts
- Uncrustables (Grape and Strawberry)
- Grilled Chicken sandwiches
- Whole fruit
- Garden Salad with grilled chicken
- Veggie Box with hummus
- Chicken Salad Croissant
- Chicken Caesar Wrap
- Overnight Oats, provided by No Regrets Meal Prep
- Protein cookies, provided by No Regrets Meal Prep
- Greek yogurt, provided by No Regrets Meal Prep

Additionally, Brookshire Grocery Arena will be launching our new partnership with No Regrets Meal Prep, which will also be providing healthy food options for purchase.

If an athlete has specific dietary restrictions or medical needs, please reach out to your team coach for further instructions.

We appreciate your understanding and feedback as we work to support a positive experience for everyone.