

# Emmett School Board Report

**June 2025**

# Lunch Lady Signing Off!

## **From the Heart of the Lunch Lady,**

They say if you love what you do, you'll never work a day in your life. Well... *most days* it didn't feel like work — unless, of course, the freezer was on the fritz, we were short on pizza, and it was chicken nugget and mash potato day (you know the chaos).

After stepping back into the workforce once our three sons were in school, I found my second home in the Emmett School District. For the past 33 years, I've had the absolute honor of serving the students of Gem County, armed with monthly menus, a cookie scoop, and a deep belief in the power of a good meal (and a warm smile).

I've worked under at least six Superintendents — and probably cooked for all of them at one point or another — and while some things have changed, one thing has remained steady: this district's commitment to our students.

It's been a true joy to be part of a team that understands that educating a child takes *everyone* — not just teachers, but the bus drivers who greet students in the early morning fog, the custodians who clean up things they definitely didn't sign up for, our maintenance team who are there early to clear sidewalks and stay later to fix broken pipes and of course, the food service staff who know that lunch isn't just about calories... it's about connection. It's about chatter and laughter and a social break from reading, writing and arithmetic.

We've seen spilled milk, forgotten lunch numbers, and that one kid who always asks, "Is there any more pizza?" (Bless them.) But more importantly, we've seen kids grow, laugh, find friends at their lunch tables, and come back years later taller than us, still remembering their favorite meal.

I am incredibly grateful to have shared kitchens, offices, and countless cups of coffee with some of the most dedicated, kind-hearted folks you'll ever meet. Thank you for the memories, the laughter, and yes — even the early mornings spent trying to line up a last minute sub.

It's time to hang up the apron and retire my last lunch menu. No more menus to plan, no more freezer alarms going off in the middle of the night, and yes — someone else gets to answer the eternal question: "Is this ketchup or salsa?"

Thank you, Emmett School District and Emmett community. You've fed my heart as much as I've fed your kids.

With love and the utmost admiration for the Lunch Ladies of Emmett School District.

**Your Lunch Lady, Signing Off**  
**Tyree White**

# MAY HIGHLIGHT FRUITS & VEGGIES

Feijoa (Pineapple Guava)

Persian cucumbers

Rainbow carrots

Broccoli, Cauliflower, Sugar Snap Peas, Grape Tomatoes

Gold Kiwi

Red Kiwi

Lychees

Candy Heart Grapes

Cotton Candy Grapes

Cantaloupe

Dragon Fruit

Jazz Apples

Pink Lady Apples

Strawberries

\*Shadow Butte, Carberry, Butte View and Sweet schools all qualified for fresh fruits and veggies. Students enjoy a variety of snacks daily.

# FFV Treats

## Dragon Fruit, Candy Heart Grapes, Lychee



**HEALTHY SOLUTIONS 4 KIDS** **DRAGON FRUIT**

Dragon Fruit is grown all year in Southeast Asia, and available seasonally in California, Florida, and Hawaii.



It has a mildly sweet flavor often described as a blend of pear and kiwi, and a soft texture like a ripe kiwi.

**Nutrition & Fun Facts**

Dragon Fruit is a good source of VITAMIN C which helps strengthen your immune system, IRON which helps carry oxygen from your lungs to the rest of your body, and MAGNESIUM which helps your muscles and nerves function properly.

- The name 'dragon fruit' is derived from its unique appearance, where the spikes resemble fire, and the scales resemble that of a dragon!
- Dragon fruit grows on the Hylocereus cactus, which only blooms at night, attracting moths and bats for pollination!

Dragon Fruit is harvested by picking them off the cactus vines they grow on.

Then they arrive at a sorting facility to pick out the bad ones and get the good ones ready to be shipped.

Then they ride in a truck for hours or sometimes days to get to your school!






**HEALTHY SOLUTIONS 4 KIDS** **CANDY HEART GRAPES**

Candy Heart Grapes are mainly grown in California in the early summer.



They have very sweet taste with notes of strawberries, raspberries, and other tropical fruits!

**Nutrition & Fun Facts**

Candy Heart Grapes are a good source of VITAMIN C to help strengthen your immune system, VITAMIN A to help maintain healthy organ functioning, and VITAMIN K to help your body heal wounds faster.

- These grapes grow in "bunches" on a vine!
- Each "bunch" or "cluster" will have 70-100 grapes.
- This variety of grapes was created to act as an alternative to eating candy!

Candy Heart Grapes are harvested using a hook knife to pick the grapes.

Then they arrive at a sorting facility to pick out the bad ones and get the good ones ready to be shipped.


Then they ride in a truck for hours or sometimes days to get to your school!






**HEALTHY SOLUTIONS 4 KIDS** **LYCHEE**

Lychee is grown seasonally mainly in Southeast Asia, Australia, and Hawaii.



Lychee has a very sweet flavor. Some say it tastes like a strawberry or pear with a hint of citrus!

**Nutrition & Fun Facts**


Lychee is a good source of VITAMIN C which helps keep your immune system strong, POTASSIUM to help balance fluid levels in your body, and FIBER which helps your body digest the food you eat.

- Lychee is also known as "alligator strawberry" or "litchi"!
- Lychee is part of the soapberry family, which includes fruits like rambutan and longan!
- Lychee trees can live for over 1,000 years!

Lychee is harvested by cutting it off the tree it grows on.

Then they arrive at a sorting facility to pick out the bad ones and get the good ones ready to be shipped.

Then they ride in a truck for hours or sometimes days to get to your school!




# MEAL SERVICE IN MAY

Number of Serving Days May: 16

Breakfasts Served: Avg. 6099 Daily 381

Lunches Served: Avg. 15,750 Daily 984

Total Meals Served: 21,849

# STUDENT FAVORITES

Galaxy Pizza

Mega Mini Chicken/ Mash Potatoes

Italian Pull Apart Breadsticks/Marinara Sauce

Beef Nachos/ Salsa

Hamburger/Tots

All meals served with choice of;

Fresh/canned fruit

Fresh/hot vegetables

Milk in a variety of flavors, white, chocolate, strawberry

# Eligibility Data

Oct District-Wide Free/Reduced 48.49%

Jan District-Wide Free/Reduced 51.41%

Feb District-Wide Free/Reduced 52.48%

Mar District-Wide Free/Reduced 52.44%

April District-Wide Free/Reduced 52.49%

May District-Wide Free/Reduced 53.24 %



# Free Summer Meals

- Come join us for summer meals
- Emmett High School, 721 W 12<sup>th</sup> St.
- 06/09/25 – 07/03/25
- Breakfast: 8:30 am – 9:30 am
- Lunch: 10:45 am – 12:15 pm
- Ages 1-18
- All meals must be eaten on site, food cannot be taken out of cafeteria





# FUN FOOD FACTS

## **FUN FOOD FACTS**

Broccoli contains twice  
the amount of Vitamin C  
than an orange.