

Emmett Food Service

Monthly Board Report

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Child Nutrition Director
January 2026**

DECEMBER HIGHLIGHT FRUITS & VEGGIES

In December we offered:

Pomegranate Seeds

Lemonade Apples

Honey Tangerines

Dried Black Mission Figs

Dragon Apples

Mini Red Pointy Peppers

Cocktail Cucumbers

Watermelon Radish

Snipped Green Beans

***Shadow Butte, Carberry, Butte View and Sweet schools all qualified for fresh fruits and vegetables.**

Students enjoy a variety of snacks daily.

FFV Treats



Healthy Solutions 4 Kids
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GREEN DRAGON APPLE
Gnamick PRODUCE

Green Dragon apples are grown in October through January in Oregon.



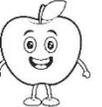
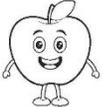
They have a very sweet flavor with hints of pineapple and pear.

Nutrition & Fun Facts

Green Dragon apples are a good source of VITAMIN C which helps strengthen your immune system and FIBER which helps with digestion and supports your gut health.

- Green Dragon apples are a cross between a Golden Delicious apple and a Indo apple!
- Green Dragon apples are named after the Chinese symbol for royalty, the dragon!

What lives in apples and is an avid reader?
A bookworm!



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POMEGRANATE ARILS
Gnamick PRODUCE

Pomegranates are grown in the fall through winter mainly in California, Texas, and Arizona.



Pomegranate arils "seeds" have a very sweet and tart flavor, that tastes like cranberries!

Nutrition & Fun Facts

Pomegranates are a good source of VITAMIN K which helps your wounds heal faster, VITAMIN C which helps strengthen your immune system, and FIBER which helps with your digestion.

- The name Pomegranate is derived from the Latin words "pomum granatum," meaning "apple with many seeds,".
- A pomegranate typically has between 200 and 1,400 seeds, also known as arils!
- Pomegranate trees can live for over 200 years!

Why did the pomegranate go to school?
It wanted to be well-rounded!



MEAL SERVICE IN DECEMBER

Number of Serving Days December: 12

Breakfasts Served: 3,855 Avg. Daily: 321

Lunches Served: 11,036 Avg. Daily: 920

Total Meals Served: 15,340

STUDENT FAVORITES

- Spaghetti w/Warm Garlic Bread
- Pepperoni Rippers
- Hamburger w/Crispy Gems
- Chicken Tenders w/Mashed Potatoes & Gravy

All meals served with choice of; fresh/canned fruit

Fresh/hot vegetables

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

Eligibility Data

August District-Wide Free/Reduced: 54.27 %
September District-Wide Free/Reduced: 55.57%
October District-Wide Free/Reduced: 49.00%
November District-Wide Free/Reduced: 49.56%
December District-Wide Free/Reduced: 49.56%

FUN FOOD FACTS



**Figs aren't fruits,
they are flowers.**

Follow for more interesting facts...