

Emmett Food Service

Monthly Board Report

**Michelle Daisson
Child Nutrition Director
February 2026**

JANUARY HIGHLIGHT FRUITS & VEGGIES

In January we offered:

Star Fruit

Pink Lemons

Sugarbee Apples

Red Dragon Fruit

Ugli Fruit

Cherimoya

Mandarinquats

Broccoli Florets

Cocktail Cucumbers

Purple Sweet Potatoes

***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 **STARFRUIT**

Starfruit is grown in the spring and fall mainly in Florida, Hawaii, Philippines, and Taiwan.



It has a slightly sweet-sour flavor, somewhat like a mix between a pear, green grape, and orange.



Nutrition & Fun Facts

Starfruit is a good source of VITAMIN C which helps keep your immune system strong, FIBER to help your body digest the food you eat, and it is over 91% water to help keep you hydrated.

- Another name for Starfruit is Carambola!
- Starfruit has been used to treat sore throat, fevers, and coughs!
- They grow on trees called Carambola trees!
- One tree can grow about 200-400 pounds of fruit a year!


Starfruit is harvested by picking them off the trees 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 **MANDARINQUAT**

Mandarinquats are mainly grown in California in January through March.



Mandarinquats taste like a sweet, tart, and juicy citrus fruit.




Nutrition & Fun Facts


Mandarinquats are an excellent source of FIBER to help with digestion, VITAMIN C to strengthen your immune system, VITAMIN A to maintain healthy organ functioning, and CALCIUM to protect your bones and teeth.

- They are a cross between a Mandarin and a Kumquat.
- You can eat them whole!
- It is also referred to as an Indio Mandarinquat because it originated in the 1970s in Indio, CA!


Mandarinquats are harvested by cutting or picking them off the trees 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!



MEAL SERVICE IN DECEMBER

Number of Serving Days in January: 15

Breakfasts Served: 4,945 Avg. Daily: 330

Lunches Served: 14,089 Avg. Daily: 939

Total Meals Served: 19,489

STUDENT FAVORITES

- Orange Chicken with Eggroll
- Crispito
- Italian Pull Apart
- Popcorn Chicken 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%

January District-Wide Free/Reduced: 50.57%

FUN FOOD FACTS

Cherimoya



The creamy texture of the flesh gives the fruit its secondary name:
Custard Apple

They are egg-shaped, globe shaped, or heart-shaped and their unusually velvety thin skin is light green in color.

Cherimoya is an ideal fruit for those who want to control their appetite because it is filling, nutritious, and protein rich!