

Emmett Food Service

Monthly Board Report

Michelle Daisson
Child Nutrition Director
June 2026

FRUITS & VEGGIES HIGHLIGHT

In May we offered:

Pink Pineapple
Honeydew Melon
Raspberries
Blueberries
Kiwi
Cocktail Cumbers
Rainbow Carrots
Sugar Snap Peas

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

FFV Treats

RASPBERRIES

Raspberries contain high levels of ellagic and antioxidant, being studied in the fight against cancer. Raspberries are rich in anthocyanins, and rich in vitamin C, manganese, and dietary fiber.

Nutrition Information

Raspberries, fresh	
One cup serving	
Calories (kcal)	64
Protein (g)	1
Carbohydrates (g)	15
Dietary Fiber (g)	8
Total Sugars (g)	5
Fat (g)	1
Vitamin C (mg)	32
Magnesium (mg)	27
Sodium (mg)	1



COCKTAIL CUCUMBER

Cocktail Cucumbers are grown seasonally mainly in California, Michigan, and Mexico.



They have a mild, sweet, and refreshing taste, similar to a full size cucumber.

Nutrition & Fun Facts

Cocktail Cucumbers are a good source of VITAMIN C which helps keep your immune system strong, FIBER to help with digestion, and VITAMIN K which helps your wounds heal faster.

- They are also known as mini or snacking cucumbers !
- Cocktail Cucumbers are about 95% water, making them a great way to stay hydrated!
- They are parthenocarpic, meaning the vines can produce without the need for pollination!

Cocktail Cucumbers are harvested by picking them off the 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!



MEAL SERVICE IN May

Number of Serving Days: 15

Breakfasts Served: 4,505 Avg. Daily: 300

Lunches Served: 13,822 Avg. Daily: 921

Total Meals Served: 18,799

STUDENT FAVORITES

- Mini Corn Dogs
- Chicken Nuggets w/Mashed Potatoes & Gravy
- Orange Chicken w/Eggroll
- Pepperoni Rippers
- Italian Pull Apart
- Mini Pepperoni Calzones

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%

February District-Wide Free/Reduced: 50.61%

March District-Wide Free/Reduced: 50.94%

April District-Wide Free/Reduced: 51.05%

May District-Wide Free/Reduced: 51.17%

FUN FOOD FACTS



Cucumbers

Made up of about 95% water, cucumbers naturally hydrate the body.

Because of their high water content and antioxidants, cucumbers naturally support the body's detoxification process.

Cucumbers contain flavonoids and tannins, both known for their anti-inflammatory properties.