



Do

you recognize this vegetable? There are three types of this unusual vegetable. It is **Endive**.

A Belgian farmer had "discovered" Belgian endive in 1830 when he found that roots of chicory can sprout and produce creamy-colored leafy heads when stored in wet, dark conditions.

The Belgian endive is a small, cylindrical head of lettuce whose pale yellow leaves feature slightly curly edges. It is moderately bitter and grown just beneath the soil in dark rooms, much like mushrooms, to keep it pale and preserve its delicate flavor. It can be used in salads and also braised or baked as a side dish. The leaves can be separated and used for small appetizers or as dippers. The compact heads of endive can be brushed with a vinaigrette and grilled, a good accompaniment for grilled fish.

A red-hued variety of Belgian endive is known as red endive or radicchio. Radicchio is the same species as Belgian endive but has red or variegated leaves, which makes it a favorite in salads to add color and flavor.

Curly endive, sometimes called frisée or simply chicory, comprises a bushy head of curly greens with leaves of a lacy texture. The slightly bitter flavor is more intense in the leaves that are a darker shade of green. It is often used in salads to add texture as well as flavor.

Broad-leafed endive is in the same genus and species as curly endive, but is a different variant, and sometimes called escarole. It is less bitter than the other two, and the inner, lighter colored leaves can be used in salads. The outer, darker leaves are more bitter and can be tougher, but are good to use chopped in soup and cooked dishes. Endive is good source of vitamins A, K and vitamins of the B group and minerals such as manganese, copper, iron and potassium. Endive has crunchy texture and robust, slightly bitter flavor.

All Meals For All
Students
Are Free

April 2023

Lunch Menu

Breakfast Options Daily:
Yogurt, Cereal, Bagel, or
Muffin with Fruit and Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Turkey Pepperoni or Four Cheese WGR Pizza	4 Painted Hills All Beef Hamburger on a WGR Bun With Oven Fries	5 Meatball Sub with Mozzarella Cheese	6 Crispy Chicken Sandwich on a WGR Bun	7 All Beef Hot Dog on a WGR Bun with Chips
10 Turkey Pepperoni or Four Cheese WGR Pizza	11 Popcorn Chicken Rice Bowls	12 Grilled Cheese on WG Bread With Tomato Soup	13 Fried Rice and a WG Egg Roll	14 No School
17 Turkey Pepperoni or Four Cheese WGR Pizza	18 Painted Hills All Beef Hamburger on a WGR Bun With Oven Fries	19 Meatball Sub with Mozzarella Cheese	20 Crispy Chicken Sandwich on a WGR Bun	21 Oven Fried Fish and Chips
24 Turkey Pepperoni or Four Cheese WGR Pizza	25 Popcorn Chicken Rice Bowls	26 Grilled Cheese on WG Bread With Tomato Soup	27 Fried Rice and a WG Egg Roll	28 All Beef Hot Dog on a WGR Bun with Chips
Salad Bar Including Fresh Fruits and Vegetables Prepared Daily All milk served is 1% or non-fat milk. *Lactose Free Milk Available WG — whole grain, WGR — whole grain-rich, WW — whole wheat				

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