



The leek has a sweet, mild, onion-like taste. It is rich source of dietary fibers, vitamins of the B-group, a good source of vitamin A (in the form of carotenoids), vitamins C and K and minerals such as potassium, iron, calcium, magnesium copper, and omega-3 fatty acid.

Compounds isolated from leek have an anti-bacterial (kill bacteria), anti-viral (kill viruses) and anti-fungal (kill fungi) properties. They also decrease blood cholesterol level, prevent formation of blood clots and development of cardiovascular disorders and strokes.

Leeks enjoy a long and rich history, one that can trace its heritage back through antiquity. Thought to be native to Central Asia, they have been cultivated in this region and in Europe for thousands of years.

The Greek philosopher Aristotle credited the clear voice of the partridge to a diet of leeks, while the Roman emperor Nero supposedly ate leeks every day to make his voice stronger. Dried specimens from archaeological sites in ancient Egypt, as well as wall carvings and drawings, indicate that the leek was a part of the Egyptian diet from at least the second millennium BCE.

The leek is one of the national emblems of Wales, worn along with the daffodil on St. David's Day. According to one legend, King Cadwaladr of Gwynedd ordered his soldiers to identify themselves by wearing the vegetable on their helmets in an ancient battle against the Saxons that took place in a leek field.

All Meals for All
Students are
Free

May 2023

Lunch Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Turkey Pepperoni or Four Cheese WGR Pizza	2 Soft Taco in a WG Tortilla	3 Baked Ravioli and a WG Breadstick	4 WG Biscuits with Sausage Gravy	5 No School
8 Turkey Pepperoni or Four Cheese WGR Pizza	9 Chicken Sand- wich on a WGR Bun With Chips	10 Pulled Pork Sand- wich on a WGR Bun	11 Bean and Cheese Burrito with a WG Churro	12 Oven Fried Chicken with a WGR Biscuit
15 Turkey Pepperoni or Four Cheese WGR Pizza	16 Soft Taco in a WG Tortilla	17 Baked Ravioli and a WG Breadstick	18 WG Biscuits with Sausage Gravy	19 Deli Sub on WG Bread with Chips
22 Turkey Pepperoni or Four Cheese WGR Pizza	23 Chicken Sand- wich on a WGR Bun With Chips	24 Pulled Pork Sand- wich on a WGR Bun	25 Bean and Cheese Burrito with a WG Churro	26 Oven Fried Chicken with a WGR Biscuit
29 No School	30 Turkey Pepperoni or Four Cheese WGR Pizza	31 WGR Uncrustable in Strawberry or Grape		
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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