



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

June 2023

Lunch Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken Strips and WG Garlic Bread	2 Baked Ravioli and a WG Breadstick
5 Turkey Pepperoni or Four Cheese WGR Pizza	6 Soft Taco in a WG Tortilla	7 Meatball Sub w/ Mozzarella Cheese	8 All Beef Burger on a WG Bun with Oven Fries	9 Deli Sub on WG Bread with Chips
12 Turkey Pepperoni or Four Cheese WGR Pizza	13 WGR Uncrustable in Strawberry or Grape	14 Zenner's Hot Dog on a WG Bun with Chips	15 Chef's Choice	
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				

This institution is an equal opportunity provider.