

Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 9/1/2022 To: 9/30/2022

Thursday, September 1, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
841	Dressing Ranch 1.5 oz Newmans	Egg, Milk
304	Fresh Fruit	
990073	MILK,CHOC,LOWFAT, 1%	Milk
840	Pizza 5" Round Deep Dish Tonys	Gluten, Milk, Soy, Wheat
82	Veggies	

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Allergen List - for menu 'Elementary Lunch' From: 9/1/2022 To: 9/30/2022

Friday, September 2, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
390	Bagel - McKenzie	
306	Cream Cheese Cup	Milk
304	Fresh Fruit	
763	Jelly Cup	
990073	MILK,CHOC,LOWFAT, 1%	Milk
990072	String Cheese	Milk
82	Veggies	

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Allergen List - for menu 'Elementary Lunch' From: 9/1/2022 To: 9/30/2022

Tuesday, September 6, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
728	Cheese Quesidilla	Gluten, Milk, Soy, Wheat
304	Fresh Fruit	
338	Tortilla Chips	
82	Veggies	

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Allergen List - for menu 'Elementary Lunch' From: 9/1/2022 To: 9/30/2022

Wednesday, September 7, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
403	Hot Dog on a Wheat Bun	Gluten, Wheat
228	MILK,1% Chocolate	Milk
82	Veggies	

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Allergen List - for menu 'Elementary Lunch' From: 9/1/2022 To: 9/30/2022

Thursday, September 8, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
841	Dressing Ranch 1.5 oz Newmans	Egg, Milk
304	Fresh Fruit	
990073	MILK,CHOC,LOWFAT, 1%	Milk
840	Pizza 5" Round Deep Dish Tonys	Gluten, Milk, Soy, Wheat
82	Veggies	

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Allergen List - for menu 'Elementary Lunch' From: 9/1/2022 To: 9/30/2022

Friday, September 9, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
386	American Cheese Slice	Milk, Soy
810	Chips-Selection Varies	Wheat
841	Dressing Ranch 1.5 oz Newmans	Egg, Milk
304	Fresh Fruit	
34	LETTUCE & TOMATO:1 leaf,2 slice	
990073	MILK,CHOC,LOWFAT, 1%	Milk
816	Turkey Breast - Natural	
82	Veggies	
313	Wheat Bread	Gluten, Wheat

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Allergen List - for menu 'Elementary Lunch' From: 9/1/2022 To: 9/30/2022

Monday, September 12, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
753	Italian Chicken Tenders, Barbe	Gluten, Milk
990073	MILK,CHOC,LOWFAT, 1%	Milk
82	Veggies	

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Allergen List - for menu 'Elementary Lunch' From: 9/1/2022 To: 9/30/2022

Tuesday, September 13, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
357	Grilled Cheese	Gluten, Milk, Soy, Wheat
990073	MILK,CHOC,LOWFAT, 1%	Milk
82	Veggies	

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Allergen List - for menu 'Elementary Lunch' From: 9/1/2022 To: 9/30/2022

Wednesday, September 14, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
386	American Cheese Slice	Milk, Soy
810	Chips-Selection Varies	Wheat
841	Dressing Ranch 1.5 oz Newmans	Egg, Milk
304	Fresh Fruit	
34	LETTUCE & TOMATO:1 leaf,2 slice	
990073	MILK,CHOC,LOWFAT, 1%	Milk
816	Turkey Breast - Natural	
82	Veggies	
313	Wheat Bread	Gluten, Wheat

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Allergen List - for menu 'Elementary Lunch' From: 9/1/2022 To: 9/30/2022

Thursday, September 15, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
841	Dressing Ranch 1.5 oz Newmans	Egg, Milk
304	Fresh Fruit	
990073	MILK,CHOC,LOWFAT, 1%	Milk
840	Pizza 5" Round Deep Dish Tonys	Gluten, Milk, Soy, Wheat
82	Veggies	

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Allergen List - for menu 'Elementary Lunch' From: 9/1/2022 To: 9/30/2022

Friday, September 16, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
390	Bagel - McKenzie	
306	Cream Cheese Cup	Milk
304	Fresh Fruit	
763	Jelly Cup	
990073	MILK,CHOC,LOWFAT, 1%	Milk
990072	String Cheese	Milk
82	Veggies	

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Allergen List - for menu 'Elementary Lunch' From: 9/1/2022 To: 9/30/2022

Monday, September 19, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
753	Italian Chicken Tenders, Barbe	Gluten, Milk
990073	MILK,CHOC,LOWFAT, 1%	Milk
82	Veggies	

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Allergen List - for menu 'Elementary Lunch' From: 9/1/2022 To: 9/30/2022

Tuesday, September 20, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
728	Cheese Quesidilla	Gluten, Milk, Soy, Wheat
304	Fresh Fruit	
338	Tortilla Chips	
82	Veggies	

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Allergen List - for menu 'Elementary Lunch' From: 9/1/2022 To: 9/30/2022

Wednesday, September 21, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
403	Hot Dog on a Wheat Bun	Gluten, Wheat
228	MILK,1% Chocolate	Milk
82	Veggies	

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Allergen List - for menu 'Elementary Lunch' From: 9/1/2022 To: 9/30/2022

Thursday, September 22, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
841	Dressing Ranch 1.5 oz Newmans	Egg, Milk
304	Fresh Fruit	
990073	MILK,CHOC,LOWFAT, 1%	Milk
840	Pizza 5" Round Deep Dish Tonys	Gluten, Milk, Soy, Wheat
82	Veggies	

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Allergen List - for menu 'Elementary Lunch' From: 9/1/2022 To: 9/30/2022

Tuesday, September 27, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
357	Grilled Cheese	Gluten, Milk, Soy, Wheat
990073	MILK,CHOC,LOWFAT, 1%	Milk
82	Veggies	

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Allergen List - for menu 'Elementary Lunch' From: 9/1/2022 To: 9/30/2022

Wednesday, September 28, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
386	American Cheese Slice	Milk, Soy
810	Chips-Selection Varies	Wheat
841	Dressing Ranch 1.5 oz Newmans	Egg, Milk
304	Fresh Fruit	
34	LETTUCE & TOMATO:1 leaf,2 slice	
990073	MILK,CHOC,LOWFAT, 1%	Milk
816	Turkey Breast - Natural	
82	Veggies	
313	Wheat Bread	Gluten, Wheat

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Allergen List - for menu 'Elementary Lunch' From: 9/1/2022 To: 9/30/2022

Thursday, September 29, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
841	Dressing Ranch 1.5 oz Newmans	Egg, Milk
304	Fresh Fruit	
990073	MILK,CHOC,LOWFAT, 1%	Milk
840	Pizza 5" Round Deep Dish Tonys	Gluten, Milk, Soy, Wheat
82	Veggies	

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Allergen List - for menu 'Elementary Lunch' From: 9/1/2022 To: 9/30/2022

Friday, September 30, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
390	Bagel - McKenzie	
306	Cream Cheese Cup	Milk
304	Fresh Fruit	
763	Jelly Cup	
990073	MILK,CHOC,LOWFAT, 1%	Milk
990072	String Cheese	Milk
82	Veggies	

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