

Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2022 To: 10/31/2022

Monday, October 3, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
304	Fresh Fruit	
392	Garlic Toast	Gluten, Wheat
334	Marinara Sauce 1/2 C	
228	MILK,1% Chocolate	Milk
352	Mixed Vegetables	
346	Rotini	Gluten

NOTICE: The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2022 To: 10/31/2022

Tuesday, October 4, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
310	Broccoli	
340	Brown Rice	
304	Fresh Fruit	
990073	MILK,CHOC,LOWFAT, 1%	Milk
640	Pork Eggroll	Wheat
372	Vegetable Eggroll	Soy, Wheat

NOTICE: The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2022 To: 10/31/2022

Thursday, October 6, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
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	

NOTICE: The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2022 To: 10/31/2022

Friday, October 7, 2022

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

NOTICE: The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2022 To: 10/31/2022

Monday, October 10, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
401	Meatball Sandwich 1-6	Gluten, Milk, Soy, Wheat
990073	MILK,CHOC,LOWFAT, 1%	Milk
82	Veggies	

NOTICE: The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2022 To: 10/31/2022

Tuesday, October 11, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
341	2 - Turkey Tacos	
340	Brown Rice	
411	Cheddar Cheese - Shredded	Milk
317	Corn	
304	Fresh Fruit	
990073	MILK,CHOC,LOWFAT, 1%	Milk

NOTICE: The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2022 To: 10/31/2022

Wednesday, October 12, 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

NOTICE: The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2022 To: 10/31/2022

Thursday, October 13, 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	

NOTICE: The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2022 To: 10/31/2022

Friday, October 14, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
783	BBQ Pulled Pork Sandwich	Gluten, Wheat
304	Fresh Fruit	
990073	MILK,CHOC,LOWFAT, 1%	Milk
802	Tater Tot's	Gluten, Wheat
82	Veggies	

NOTICE: The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2022 To: 10/31/2022

Monday, October 17, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
310	Broccoli	
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
392	Garlic Toast	Gluten, Wheat
334	Marinara Sauce 1/2 C	
578	Meatballs - 2	Gluten
228	MILK,1% Chocolate	Milk
346	Rotini	Gluten

NOTICE: The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2022 To: 10/31/2022

Tuesday, October 18, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
304	Fresh Fruit	
990073	MILK,CHOC,LOWFAT, 1%	Milk
990076	SYRUP CUP MAPLE	
300	Turkey Sausage	Soy
82	Veggies	
354	Waffles - Belchef	Egg, Milk, Soy, Wheat

NOTICE: The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2022 To: 10/31/2022

Wednesday, October 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
352	Mixed Vegetables	

NOTICE: The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2022 To: 10/31/2022

Thursday, October 20, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
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	

NOTICE: The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2022 To: 10/31/2022

Friday, October 21, 2022

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

NOTICE: The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2022 To: 10/31/2022

Monday, October 24, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
310	Broccoli	
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
839	Italian Sub on Wheat Roll	Milk, Soy, Wheat
34	LETTUCE & TOMATO:1 leaf,2 slice	
228	MILK,1% Chocolate	Milk

NOTICE: The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2022 To: 10/31/2022

Tuesday, October 25, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
310	Broccoli	
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
990073	MILK,CHOC,LOWFAT, 1%	Milk
384	Mini Turkey Corn Dogs	Gluten, Wheat
82	Veggies	

NOTICE: The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2022 To: 10/31/2022

Wednesday, October 26, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
712	French Toast Sticks	Soy, Wheat
304	Fresh Fruit	
990073	MILK,CHOC,LOWFAT, 1%	Milk
990075	SYRUP CUP MAPLE	
300	Turkey Sausage	Soy
82	Veggies	

NOTICE: The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2022 To: 10/31/2022

Thursday, October 27, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
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	

NOTICE: The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2022 To: 10/31/2022

Friday, October 28, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
304	Fresh Fruit	
348	Green Beans	
403	Hot Dog on a Wheat Bun	Gluten, Wheat
228	MILK,1% Chocolate	Milk
802	Tater Tot's	Gluten, Wheat

NOTICE: The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.