

Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 11/1/2022 To: 11/30/2022

Tuesday, November 1, 2022

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

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Allergen List - for menu 'Elementary Lunch' From: 11/1/2022 To: 11/30/2022

Wednesday, November 2, 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
509	Mashed Potatoes - WJHS	Milk
990073	MILK,CHOC,LOWFAT, 1%	Milk
352	Seasonal Vegetables	

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Allergen List - for menu 'Elementary Lunch' From: 11/1/2022 To: 11/30/2022

Thursday, November 3, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
990073	MILK,CHOC,LOWFAT, 1%	Milk
840	Pizza 5" Round Deep Dish Tonys	Gluten, Milk, Soy, Wheat
352	Seasonal Vegetables	

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Allergen List - for menu 'Elementary Lunch' From: 11/1/2022 To: 11/30/2022

Friday, November 4, 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
352	Seasonal Vegetables	
990072	String Cheese	Milk

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Allergen List - for menu 'Elementary Lunch' From: 11/1/2022 To: 11/30/2022

Monday, November 7, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
463	BBQ Chicken Wings	
304	Fresh Fruit	
348	Green Beans	
509	Mashed Potatoes - WJHS	Milk
990073	MILK,CHOC,LOWFAT, 1%	Milk

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Allergen List - for menu 'Elementary Lunch' From: 11/1/2022 To: 11/30/2022

Wednesday, November 9, 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	

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Allergen List - for menu 'Elementary Lunch' From: 11/1/2022 To: 11/30/2022

Thursday, November 10, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	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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Friday, November 11, 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: 11/1/2022 To: 11/30/2022

Monday, November 14, 2022

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

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Allergen List - for menu 'Elementary Lunch' From: 11/1/2022 To: 11/30/2022

Tuesday, November 15, 2022

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

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Allergen List - for menu 'Elementary Lunch' From: 11/1/2022 To: 11/30/2022

Wednesday, November 16, 2022

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

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Allergen List - for menu 'Elementary Lunch' From: 11/1/2022 To: 11/30/2022

Monday, November 28, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
488	Cheese Tortellini	Egg, Gluten, Milk
304	Fresh Fruit	
392	Garlic Toast	Gluten, Soy, Wheat
990073	MILK,CHOC,LOWFAT, 1%	Milk
352	Seasonal Vegetables	

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Allergen List - for menu 'Elementary Lunch' From: 11/1/2022 To: 11/30/2022

Tuesday, November 29, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
387	Baked Fries	
304	Fresh Fruit	
990073	MILK,CHOC,LOWFAT, 1%	Milk
384	Mini Turkey Corn Dogs	Egg, Gluten, Soy, Wheat
352	Seasonal Vegetables	

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Allergen List - for menu 'Elementary Lunch' From: 11/1/2022 To: 11/30/2022

Wednesday, November 30, 2022

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

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