

Wilmette Public Schools District 39

Allergen List - for menu 'Highcrest Middle School' From: 12/1/2022 To: 12/31/2022

Thursday, December 1, 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
485	Salad	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 'Highcrest Middle School' From: 12/1/2022 To: 12/31/2022

Friday, December 2, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
387	Baked Fries	
783	BBQ Pulled Pork Sandwich	Gluten, Wheat
405	Broccoli	
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 'Highcrest Middle School' From: 12/1/2022 To: 12/31/2022

Monday, December 5, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
359	Breadstick	Gluten, Wheat
304	Fresh Fruit	
990077	LASAGNE ROLL UPS	Egg, Gluten, Milk, Wheat
990073	MILK,CHOC,LOWFAT, 1%	Milk
352	Seasonal 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 'Highcrest Middle School' From: 12/1/2022 To: 12/31/2022

Tuesday, December 6, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
396	Chicken Fajita's - Soft Shell	Gluten, Wheat
317	Corn	
304	Fresh Fruit	
990073	MILK,CHOC,LOWFAT, 1%	Milk
543	Spanish Rice	

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 'Highcrest Middle School' From: 12/1/2022 To: 12/31/2022

Wednesday, December 7, 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

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 'Highcrest Middle School' From: 12/1/2022 To: 12/31/2022

Thursday, December 8, 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
485	Salad	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 'Highcrest Middle School' From: 12/1/2022 To: 12/31/2022

Friday, December 9, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
660	American Pannini	
304	Fresh Fruit	
990073	MILK,CHOC,LOWFAT, 1%	Milk
352	Seasonal Vegetables	
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.

Wilmette Public Schools District 39

Allergen List - for menu 'Highcrest Middle School' From: 12/1/2022 To: 12/31/2022

Monday, December 12, 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

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 'Highcrest Middle School' From: 12/1/2022 To: 12/31/2022

Tuesday, December 13, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
728	Cheese Quesidilla	Gluten, Milk, Soy, Wheat
317	Corn	
304	Fresh Fruit	
990073	MILK,CHOC,LOWFAT, 1%	Milk
543	Spanish Rice	

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 'Highcrest Middle School' From: 12/1/2022 To: 12/31/2022

Wednesday, December 14, 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	

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 'Highcrest Middle School' From: 12/1/2022 To: 12/31/2022

Thursday, December 15, 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
485	Salad	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 'Highcrest Middle School' From: 12/1/2022 To: 12/31/2022

Friday, December 16, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
387	Baked Fries	
304	Fresh Fruit	
462	Italian Beef Sandwich	Gluten, Wheat
990073	MILK,CHOC,LOWFAT, 1%	Milk
352	Seasonal 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 'Highcrest Middle School' From: 12/1/2022 To: 12/31/2022

Monday, December 19, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
359	Breadstick	Gluten, Wheat
304	Fresh Fruit	
334	Marinara Sauce 1/2 C	
228	MILK,1% Chocolate	Milk
346	Rotini	Gluten
352	Seasonal 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 'Highcrest Middle School' From: 12/1/2022 To: 12/31/2022

Tuesday, December 20, 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 'Highcrest Middle School' From: 12/1/2022 To: 12/31/2022

Wednesday, December 21, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
228	MILK,1% Chocolate	Milk
610	Turkey Chili	
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 'Highcrest Middle School' From: 12/1/2022 To: 12/31/2022

Thursday, December 22, 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
393	Pepperoni - 3-4	
840	Pizza 5" Round Deep Dish Tonys	Gluten, Milk, Soy, Wheat
485	Salad	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.