

Wilmette Public Schools District 39

Allergen List - for menu 'Highcrest Middle School' From: 11/1/2022 To: 11/30/2022

Tuesday, November 1, 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	

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Allergen List - for menu 'Highcrest Middle School' From: 11/1/2022 To: 11/30/2022

Wednesday, November 2, 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 'Highcrest Middle School' 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
485	Salad	Milk

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Allergen List - for menu 'Highcrest Middle School' From: 11/1/2022 To: 11/30/2022

Friday, November 4, 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

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Allergen List - for menu 'Highcrest Middle School' From: 11/1/2022 To: 11/30/2022

Monday, November 7, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
359	Breadstick	
304	Fresh Fruit	
334	Marinara Sauce 1/2 C	
228	MILK,1% Chocolate	Milk
346	Rotini	Gluten
352	Seasonal Vegetables	

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Allergen List - for menu 'Highcrest Middle School' From: 11/1/2022 To: 11/30/2022

Wednesday, November 9, 2022

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

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Allergen List - for menu 'Highcrest Middle School' 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
485	Salad	Milk

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Allergen List - for menu 'Highcrest Middle School' From: 11/1/2022 To: 11/30/2022

Friday, November 11, 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

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Allergen List - for menu 'Highcrest Middle School' From: 11/1/2022 To: 11/30/2022

Monday, November 14, 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 'Highcrest Middle School' 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
317	Corn	
304	Fresh Fruit	
990073	MILK,CHOC,LOWFAT, 1%	Milk
543	Spanish Rice	

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Allergen List - for menu 'Highcrest Middle School' From: 11/1/2022 To: 11/30/2022

Wednesday, November 16, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
557	Chicken Caesar Salad - HMS	Egg, Milk
304	Fresh Fruit	
392	Garlic Toast	Gluten, Soy, Wheat
990073	MILK,CHOC,LOWFAT, 1%	Milk
82	Veggies	

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Allergen List - for menu 'Highcrest Middle School' From: 11/1/2022 To: 11/30/2022

Monday, November 28, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
304	Fresh Fruit	
392	Garlic Toast	Gluten, Soy, Wheat
442	MEAT SAUCE	
228	MILK,1% Chocolate	Milk
336	Penne Pasta	Gluten, Wheat
352	Seasonal Vegetables	

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Allergen List - for menu 'Highcrest Middle School' From: 11/1/2022 To: 11/30/2022

Tuesday, November 29, 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

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Allergen List - for menu 'Highcrest Middle School' From: 11/1/2022 To: 11/30/2022

Wednesday, November 30, 2022

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
788	Buffalo Chicken Salad - HMS	Milk, Soy
304	Fresh Fruit	
228	MILK,1% Chocolate	Milk
314	Whole Wheat Roll	Gluten, Wheat

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