

Wilmette Public Schools District 39

Allergen List - for menu 'Highcrest Middle School' From: 4/1/2024 To: 4/30/2024

Monday, April 1, 2024

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
494	Chicken Gravy	Milk, Soy, Wheat
402	Chicken Nuggets - R	
317	Corn	Milk
304	Fresh Fruit	
509	Mashed Potatoes	Milk
990073	MILK,CHOC,LOWFAT, 1%	Milk

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Allergen List - for menu 'Highcrest Middle School' From: 4/1/2024 To: 4/30/2024

Tuesday, April 2, 2024

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	Milk

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Allergen List - for menu 'Highcrest Middle School' From: 4/1/2024 To: 4/30/2024

Wednesday, April 3, 2024

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
660	American Panini	
105	CHICKEN NOODLE SOUP: scratch	
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
990073	MILK,CHOC,LOWFAT, 1%	Milk
352	Seasonal Vegetables	Milk

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Allergen List - for menu 'Highcrest Middle School' From: 4/1/2024 To: 4/30/2024

Thursday, April 4, 2024

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
990083	Cheese Pizza Slice	Gluten, Milk, Soy, Wheat
304	Fresh Fruit	
990073	MILK,CHOC,LOWFAT, 1%	Milk
990082	Pepperoni Pizza Slice	Gluten, Milk, Soy, Wheat
485	Salad	Milk

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Allergen List - for menu 'Highcrest Middle School' From: 4/1/2024 To: 4/30/2024

Friday, April 5, 2024

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
304	Fresh Fruit	
606	Grilled Chicken on a Wheat Bun	Gluten, Wheat
990073	MILK,CHOC,LOWFAT, 1%	Milk
352	Seasonal Vegetables	Milk
802	Tater Tot's	Gluten, Wheat

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Allergen List - for menu 'Highcrest Middle School' From: 4/1/2024 To: 4/30/2024

Monday, April 8, 2024

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

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Allergen List - for menu 'Highcrest Middle School' From: 4/1/2024 To: 4/30/2024

Tuesday, April 9, 2024

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
354	Waffles - Belchef	Egg, Milk, Soy, Wheat

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Allergen List - for menu 'Highcrest Middle School' From: 4/1/2024 To: 4/30/2024

Wednesday, April 10, 2024

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
359	Breadstick	Gluten, Wheat
304	Fresh Fruit	
334	Marinara Sauce 1/2 C	
990086	Meatballs Romona	Gluten, Milk, Soy
990073	MILK,CHOC,LOWFAT, 1%	Milk
346	Rotini	Gluten, Milk
352	Seasonal Vegetables	Milk

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Allergen List - for menu 'Highcrest Middle School' From: 4/1/2024 To: 4/30/2024

Thursday, April 11, 2024

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: 4/1/2024 To: 4/30/2024

Friday, April 12, 2024

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

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Allergen List - for menu 'Highcrest Middle School' From: 4/1/2024 To: 4/30/2024

Monday, April 15, 2024

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

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Allergen List - for menu 'Highcrest Middle School' From: 4/1/2024 To: 4/30/2024

Tuesday, April 16, 2024

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
304	Fresh Fruit	
348	Green Beans	Milk
614	Macaroni and Cheese	Egg, Milk, Wheat
228	MILK,1% Chocolate	Milk

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Allergen List - for menu 'Highcrest Middle School' From: 4/1/2024 To: 4/30/2024

Wednesday, April 17, 2024

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
66	Chicken Pasta Caesar Salad	Egg, Gluten, Milk, Wheat
304	Fresh Fruit	
990073	MILK,CHOC,LOWFAT, 1%	Milk
314	Whole Wheat Roll	Gluten, Wheat

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Allergen List - for menu 'Highcrest Middle School' From: 4/1/2024 To: 4/30/2024

Thursday, April 18, 2024

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
990083	Cheese Pizza Slice	Gluten, Milk, Soy, Wheat
304	Fresh Fruit	
990073	MILK,CHOC,LOWFAT, 1%	Milk
485	Salad	Milk
990085	Sausage Slice	Gluten, Milk, Soy, Wheat

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Allergen List - for menu 'Highcrest Middle School' From: 4/1/2024 To: 4/30/2024

Friday, April 19, 2024

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
304	Fresh Fruit	
990073	MILK,CHOC,LOWFAT, 1%	Milk
485	Salad	Milk
140	TACO SALAD	

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Allergen List - for menu 'Highcrest Middle School' From: 4/1/2024 To: 4/30/2024

Tuesday, April 23, 2024

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
105	CHICKEN NOODLE SOUP: scratch	
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
990073	MILK,CHOC,LOWFAT, 1%	Milk
352	Seasonal Vegetables	Milk
414	Turkey Sandwich on Wheat	Gluten, May Contain Sesame, Milk, Soy, Wheat

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Allergen List - for menu 'Highcrest Middle School' From: 4/1/2024 To: 4/30/2024

Wednesday, April 24, 2024

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	Milk

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Allergen List - for menu 'Highcrest Middle School' From: 4/1/2024 To: 4/30/2024

Thursday, April 25, 2024

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: 4/1/2024 To: 4/30/2024

Friday, April 26, 2024

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
387	Baked Fries	
783	BBQ Pulled Pork Sandwich	Gluten, Wheat
304	Fresh Fruit	
348	Green Beans	Milk
990073	MILK,CHOC,LOWFAT, 1%	Milk

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Allergen List - for menu 'Highcrest Middle School' From: 4/1/2024 To: 4/30/2024

Monday, April 29, 2024

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
990084	CHICKEN & VEGETABLE DUMPLINGS	Sesame, Soy, Wheat
304	Fresh Fruit	
990073	MILK,CHOC,LOWFAT, 1%	Milk
352	Seasonal Vegetables	Milk
5046	TERIYAKI SAUCE	Soy, Wheat
777	Vegetable Brown Rice	Sesame, Soy

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Allergen List - for menu 'Highcrest Middle School' From: 4/1/2024 To: 4/30/2024

Tuesday, April 30, 2024

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
315	Baked Chips-Selection Varies	
463	BBQ Chicken Wings	
304	Fresh Fruit	
990073	MILK,CHOC,LOWFAT, 1%	Milk
352	Seasonal Vegetables	Milk

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