

Wilmette Public Schools District 39

Allergen List - for menu 'Highcrest Middle School' From: 3/1/2024 To: 3/31/2024

Friday, March 1, 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: 3/1/2024 To: 3/31/2024

Monday, March 4, 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: 3/1/2024 To: 3/31/2024

Tuesday, March 5, 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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Wednesday, March 6, 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: 3/1/2024 To: 3/31/2024

Thursday, March 7, 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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Friday, March 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: 3/1/2024 To: 3/31/2024

Monday, March 11, 2024

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
315	Baked Chips-Selection Varies	
304	Fresh Fruit	
357	Grilled Cheese	Gluten, May Contain Sesame, Milk, Soy, Wheat
990073	MILK,CHOC,LOWFAT, 1%	Milk
352	Seasonal Vegetables	Milk
358	Tomato Soup	Milk

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Allergen List - for menu 'Highcrest Middle School' From: 3/1/2024 To: 3/31/2024

Tuesday, March 12, 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: 3/1/2024 To: 3/31/2024

Wednesday, March 13, 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: 3/1/2024 To: 3/31/2024

Thursday, March 14, 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: 3/1/2024 To: 3/31/2024

Friday, March 15, 2024

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
308	Baked Tilapia	
672	Bow Tie Pasta w/ Pesto	Gluten, Milk, 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: 3/1/2024 To: 3/31/2024

Monday, March 18, 2024

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
513	Buffalo Chicken Salad - WJHS	Milk
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: 3/1/2024 To: 3/31/2024

Tuesday, March 19, 2024

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
304	Fresh Fruit	
990073	MILK,CHOC,LOWFAT, 1%	Milk
822	Nacho Cheese - WJHS	Milk
496	Salsa - 1TBS	
352	Seasonal Vegetables	Milk
338	Tortilla Chips	
823	Turkey Taco Meat - WJHS	Milk

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Allergen List - for menu 'Highcrest Middle School' From: 3/1/2024 To: 3/31/2024

Wednesday, March 20, 2024

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 'Highcrest Middle School' From: 3/1/2024 To: 3/31/2024

Thursday, March 21, 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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