

Wilmette Public Schools District 39

Allergen List - for menu 'Highcrest Middle School' From: 5/1/2024 To: 5/31/2024

Wednesday, May 1, 2024

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
66	Chicken Pasta Caesar Salad	Egg, Gluten, Milk, Wheat
778	Cream of Broccoli Soup	
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: 5/1/2024 To: 5/31/2024

Thursday, May 2, 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: 5/1/2024 To: 5/31/2024

Friday, May 3, 2024

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
387	Baked Fries	
304	Fresh Fruit	
403	Hot Dog on a Wheat Bun	Gluten, Wheat
990073	MILK,CHOC,LOWFAT, 1%	Milk
82	Veggies	

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Allergen List - for menu 'Highcrest Middle School' From: 5/1/2024 To: 5/31/2024

Monday, May 6, 2024

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
315	Baked Chips-Selection Varies	
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 'Highcrest Middle School' From: 5/1/2024 To: 5/31/2024

Tuesday, May 7, 2024

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
315	Baked Chips-Selection Varies	
304	Fresh Fruit	
606	Grilled Chicken on a Wheat Bun	Gluten, Wheat
990073	MILK,CHOC,LOWFAT, 1%	Milk
352	Seasonal Vegetables	Milk

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Allergen List - for menu 'Highcrest Middle School' From: 5/1/2024 To: 5/31/2024

Wednesday, May 8, 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: 5/1/2024 To: 5/31/2024

Thursday, May 9, 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: 5/1/2024 To: 5/31/2024

Friday, May 10, 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: 5/1/2024 To: 5/31/2024

Monday, May 13, 2024

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
387	Baked Fries	
304	Fresh Fruit	
753	Italian Chicken Tenders, Barbe	Gluten, Milk
990073	MILK,CHOC,LOWFAT, 1%	Milk
990028	Mixed Vegetable California	

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Allergen List - for menu 'Highcrest Middle School' From: 5/1/2024 To: 5/31/2024

Tuesday, May 14, 2024

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
304	Fresh Fruit	
990073	MILK,CHOC,LOWFAT, 1%	Milk
352	Seasonal Vegetables	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: 5/1/2024 To: 5/31/2024

Wednesday, May 15, 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
776	Old Fashion Chicken Noodle	Egg, Gluten
314	Whole Wheat Roll	Gluten, Wheat

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Allergen List - for menu 'Highcrest Middle School' From: 5/1/2024 To: 5/31/2024

Thursday, May 16, 2024

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
837	1% Low Fat Milk	Milk
340	Brown Rice	Milk, Sesame, Soy
990083	Cheese Pizza Slice	Gluten, Milk, Soy, Wheat
396	Chicken Fajita's - Soft Shell	Gluten, Wheat
317	Corn	Milk
304	Fresh Fruit	
304	Fresh Fruit	
990073	MILK,CHOC,LOWFAT, 1%	Milk
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: 5/1/2024 To: 5/31/2024

Friday, May 17, 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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Allergen List - for menu 'Highcrest Middle School' From: 5/1/2024 To: 5/31/2024

Monday, May 20, 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: 5/1/2024 To: 5/31/2024

Tuesday, May 21, 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: 5/1/2024 To: 5/31/2024

Wednesday, May 22, 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: 5/1/2024 To: 5/31/2024

Thursday, May 23, 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: 5/1/2024 To: 5/31/2024

Friday, May 24, 2024

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
524	BBQ Sauce	
304	Fresh Fruit	
348	Green Beans	Milk
673	Grilled Chicken Breast	
509	Mashed Potatoes	Milk
990073	MILK,CHOC,LOWFAT, 1%	Milk

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Allergen List - for menu 'Highcrest Middle School' From: 5/1/2024 To: 5/31/2024

Tuesday, May 28, 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: 5/1/2024 To: 5/31/2024

Wednesday, May 29, 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: 5/1/2024 To: 5/31/2024

Thursday, May 30, 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: 5/1/2024 To: 5/31/2024

Friday, May 31, 2024

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

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