

Wilmette Public Schools District 39

Allergen List - for menu 'Wilmette Junior High School' From: 2/1/2024 To: 2/29/2024

Thursday, February 1, 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 'Wilmette Junior High School' From: 2/1/2024 To: 2/29/2024

Friday, February 2, 2024

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
387	Baked Fries	
1059	BBQ CHICKEN ON BUN	Gluten, Wheat
304	Fresh Fruit	
348	Green Beans	Milk
990073	MILK,CHOC,LOWFAT, 1%	Milk

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Wilmette Public Schools District 39

Allergen List - for menu 'Wilmette Junior High School' From: 2/1/2024 To: 2/29/2024

Monday, February 5, 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 'Wilmette Junior High School' From: 2/1/2024 To: 2/29/2024

Tuesday, February 6, 2024

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
550	Chicken Tenders	
304	Fresh Fruit	
990073	MILK,CHOC,LOWFAT, 1%	Milk
352	Seasonal Vegetables	Milk
990076	SYRUP CUP MAPLE	
354	Waffles - Belchef	Egg, Milk, Soy, Wheat

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Allergen List - for menu 'Wilmette Junior High School' From: 2/1/2024 To: 2/29/2024

Wednesday, February 7, 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 'Wilmette Junior High School' From: 2/1/2024 To: 2/29/2024

Thursday, February 8, 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 'Wilmette Junior High School' From: 2/1/2024 To: 2/29/2024

Friday, February 9, 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 'Wilmette Junior High School' From: 2/1/2024 To: 2/29/2024

Monday, February 12, 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 'Wilmette Junior High School' From: 2/1/2024 To: 2/29/2024

Tuesday, February 13, 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 'Wilmette Junior High School' From: 2/1/2024 To: 2/29/2024

Wednesday, February 14, 2024

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
362	Bacon	
375	Baked Potato	
360	Butter	Milk
409	Cheddar Cheese - Shredded	Milk
304	Fresh Fruit	
990073	MILK,CHOC,LOWFAT, 1%	Milk
352	Seasonal Vegetables	Milk
474	Sour Cream	

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Wilmette Public Schools District 39

Allergen List - for menu 'Wilmette Junior High School' From: 2/1/2024 To: 2/29/2024

Thursday, February 15, 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 'Wilmette Junior High School' From: 2/1/2024 To: 2/29/2024

Friday, February 16, 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 'Wilmette Junior High School' From: 2/1/2024 To: 2/29/2024

Wednesday, February 21, 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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Wilmette Public Schools District 39

Allergen List - for menu 'Wilmette Junior High School' From: 2/1/2024 To: 2/29/2024

Thursday, February 22, 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 'Wilmette Junior High School' From: 2/1/2024 To: 2/29/2024

Friday, February 23, 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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Wilmette Public Schools District 39

Allergen List - for menu 'Wilmette Junior High School' From: 2/1/2024 To: 2/29/2024

Monday, February 26, 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 'Wilmette Junior High School' From: 2/1/2024 To: 2/29/2024

Tuesday, February 27, 2024

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	Milk

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Allergen List - for menu 'Wilmette Junior High School' From: 2/1/2024 To: 2/29/2024

Wednesday, February 28, 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 'Wilmette Junior High School' From: 2/1/2024 To: 2/29/2024

Thursday, February 29, 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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