

## Wilmette Public Schools District 39

Allergen List - for menu 'Wilmette Junior High School' From: 1/1/2024 To: 1/31/2024

Monday, January 8, 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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## Wilmette Public Schools District 39

Allergen List - for menu 'Wilmette Junior High School' From: 1/1/2024 To: 1/31/2024

Tuesday, January 9, 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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## Wilmette Public Schools District 39

Allergen List - for menu 'Wilmette Junior High School' From: 1/1/2024 To: 1/31/2024

Wednesday, January 10, 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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## Wilmette Public Schools District 39

Allergen List - for menu 'Wilmette Junior High School' From: 1/1/2024 To: 1/31/2024

Thursday, January 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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## Wilmette Public Schools District 39

Allergen List - for menu 'Wilmette Junior High School' From: 1/1/2024 To: 1/31/2024

Friday, January 12, 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: 1/1/2024 To: 1/31/2024

Tuesday, January 16, 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: 1/1/2024 To: 1/31/2024

Wednesday, January 17, 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: 1/1/2024 To: 1/31/2024

Thursday, January 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
990082	Pepperoni Pizza Slice	Gluten, Milk, Soy, Wheat
485	Salad	Milk

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## Wilmette Public Schools District 39

Allergen List - for menu 'Wilmette Junior High School' From: 1/1/2024 To: 1/31/2024

Friday, January 19, 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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## Wilmette Public Schools District 39

Allergen List - for menu 'Wilmette Junior High School' From: 1/1/2024 To: 1/31/2024

Monday, January 22, 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 'Wilmette Junior High School' From: 1/1/2024 To: 1/31/2024

Tuesday, January 23, 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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## Wilmette Public Schools District 39

Allergen List - for menu 'Wilmette Junior High School' From: 1/1/2024 To: 1/31/2024

Wednesday, January 24, 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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## Wilmette Public Schools District 39

Allergen List - for menu 'Wilmette Junior High School' From: 1/1/2024 To: 1/31/2024

Thursday, January 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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## Wilmette Public Schools District 39

Allergen List - for menu 'Wilmette Junior High School' From: 1/1/2024 To: 1/31/2024

Monday, January 29, 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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## Wilmette Public Schools District 39

Allergen List - for menu 'Wilmette Junior High School' From: 1/1/2024 To: 1/31/2024

Tuesday, January 30, 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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## Wilmette Public Schools District 39

Allergen List - for menu 'Wilmette Junior High School' From: 1/1/2024 To: 1/31/2024

Wednesday, January 31, 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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