

# Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2021 To: 10/31/2021

Friday, October 1, 2021

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
306	Cream Cheese Cup	Milk
304	Fresh Fruit	
763	Jelly Cup	
305	Turkey Roll-Up	
82	Veggies	
814	Wheat Bagel	Gluten, Wheat

**NOTICE: The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.**

# Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2021 To: 10/31/2021

Monday, October 4, 2021

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
753	Italian Chicken Tenders, Barbe	Gluten, Milk
82	Veggies	

**NOTICE:** The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

## Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2021 To: 10/31/2021

Tuesday, October 5, 2021

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
366	BLT Sandwich on Wheat Bun	Gluten, Wheat
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
812	Ken's Ranch Dressing	Egg, Milk
82	Veggies	

**NOTICE:** The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

## Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2021 To: 10/31/2021

Wednesday, October 6, 2021

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
403	Hot Dog on a Wheat Bun	Gluten, Wheat
82	Veggies	

**NOTICE:** The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

## Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2021 To: 10/31/2021

Thursday, October 7, 2021

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
841	Dressing Ranch 1.5 oz Newmans	Egg, Milk
304	Fresh Fruit	
840	Pizza 5" Round Deep Dish Tonys	Gluten, Milk, Soy, Wheat
82	Veggies	

**NOTICE:** The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

## Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2021 To: 10/31/2021

Friday, October 8, 2021

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
386	American Cheese Slice	Milk, Soy
810	Chips-Selection Varies	Wheat
841	Dressing Ranch 1.5 oz Newmans	Egg, Milk
304	Fresh Fruit	
34	LETTUCE & TOMATO:1 leaf,2 slice	
816	Turkey Breast - Natural	
82	Veggies	
313	Wheat Bread	Gluten, Wheat

**NOTICE:** The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

## Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2021 To: 10/31/2021

Tuesday, October 12, 2021

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
386	American Cheese Slice	Milk, Soy
810	Chips-Selection Varies	Wheat
841	Dressing Ranch 1.5 oz Newmans	Egg, Milk
304	Fresh Fruit	
34	LETTUCE & TOMATO:1 leaf,2 slice	
816	Turkey Breast - Natural	
82	Veggies	
313	Wheat Bread	Gluten, Wheat

**NOTICE:** The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

## Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2021 To: 10/31/2021

Wednesday, October 13, 2021

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
401	Meatball Sandwich 1-6	Gluten, Milk, Soy, Wheat
82	Veggies	

**NOTICE: The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.**

## Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2021 To: 10/31/2021

Thursday, October 14, 2021

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
841	Dressing Ranch 1.5 oz Newmans	Egg, Milk
304	Fresh Fruit	
840	Pizza 5" Round Deep Dish Tonys	Gluten, Milk, Soy, Wheat
82	Veggies	

**NOTICE:** The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

## Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2021 To: 10/31/2021

Friday, October 15, 2021

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
306	Cream Cheese Cup	Milk
304	Fresh Fruit	
763	Jelly Cup	
305	Turkey Roll-Up	
82	Veggies	
814	Wheat Bagel	Gluten, Wheat

**NOTICE:** The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

## Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2021 To: 10/31/2021

Monday, October 18, 2021

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
753	Italian Chicken Tenders, Barbe	Gluten, Milk
82	Veggies	

**NOTICE: The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.**

## Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2021 To: 10/31/2021

Tuesday, October 19, 2021

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
366	BLT Sandwich on Wheat Bun	Gluten, Wheat
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
812	Ken's Ranch Dressing	Egg, Milk
82	Veggies	

**NOTICE:** The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

## Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2021 To: 10/31/2021

Wednesday, October 20, 2021

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
403	Hot Dog on a Wheat Bun	Gluten, Wheat
82	Veggies	

**NOTICE:** The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

## Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2021 To: 10/31/2021

Thursday, October 21, 2021

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
841	Dressing Ranch 1.5 oz Newmans	Egg, Milk
304	Fresh Fruit	
840	Pizza 5" Round Deep Dish Tonys	Gluten, Milk, Soy, Wheat
82	Veggies	

**NOTICE:** The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

## Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2021 To: 10/31/2021

Friday, October 22, 2021

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
386	American Cheese Slice	Milk, Soy
810	Chips-Selection Varies	Wheat
841	Dressing Ranch 1.5 oz Newmans	Egg, Milk
304	Fresh Fruit	
34	LETTUCE & TOMATO:1 leaf,2 slice	
816	Turkey Breast - Natural	
82	Veggies	
313	Wheat Bread	Gluten, Wheat

**NOTICE: The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.**

## Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2021 To: 10/31/2021

Monday, October 25, 2021

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
753	Italian Chicken Tenders, Barbe	Gluten, Milk
82	Veggies	

**NOTICE:** The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

## Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2021 To: 10/31/2021

Tuesday, October 26, 2021

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
386	American Cheese Slice	Milk, Soy
810	Chips-Selection Varies	Wheat
841	Dressing Ranch 1.5 oz Newmans	Egg, Milk
304	Fresh Fruit	
34	LETTUCE & TOMATO:1 leaf,2 slice	
816	Turkey Breast - Natural	
82	Veggies	
313	Wheat Bread	Gluten, Wheat

**NOTICE:** The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

## Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2021 To: 10/31/2021

Wednesday, October 27, 2021

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
401	Meatball Sandwich 1-6	Gluten, Milk, Soy, Wheat
82	Veggies	

**NOTICE:** The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

## Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 10/1/2021 To: 10/31/2021

Thursday, October 28, 2021

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
841	Dressing Ranch 1.5 oz Newmans	Egg, Milk
304	Fresh Fruit	
840	Pizza 5" Round Deep Dish Tonys	Gluten, Milk, Soy, Wheat
82	Veggies	

**NOTICE:** The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.