

# Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 9/1/2021 To: 9/30/2021

Wednesday, September 1, 2021

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
771	Caesar Dressing	Egg, Fish, Milk
557	Chicken Caesar Salad - HMS	Milk
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
585	Tortilla 8"	Gluten, Soy, Wheat
82	Veggies	

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# Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 9/1/2021 To: 9/30/2021

Thursday, September 2, 2021

Recipe #	Recipe Name	Allergen(s)
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
462	Italian Beef Sandwich	Wheat
230	MILK,1% Lowfat	Milk
82	Veggies	

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## Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 9/1/2021 To: 9/30/2021

Friday, September 3, 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

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## Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 9/1/2021 To: 9/30/2021

Wednesday, September 8, 2021

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
990071	Hummus	
585	Tortilla 8"	Gluten, Soy, Wheat
82	Veggies	

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# Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 9/1/2021 To: 9/30/2021

Thursday, September 9, 2021

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
710	Tuna Salad Sandwich	Egg, Fish, Gluten, Wheat
82	Veggies	

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# Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 9/1/2021 To: 9/30/2021

Friday, September 10, 2021

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

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# Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 9/1/2021 To: 9/30/2021

Monday, September 13, 2021

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
839	Italian Sub on Wheat Roll	Milk, Soy, Wheat
34	LETTUCE & TOMATO:1 leaf,2 slice	
82	Veggies	

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## Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 9/1/2021 To: 9/30/2021

Tuesday, September 14, 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	
398	Ham	
34	LETTUCE & TOMATO:1 leaf,2 slice	
82	Veggies	
313	Wheat Bread	Gluten, Wheat

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## Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 9/1/2021 To: 9/30/2021

Wednesday, September 15, 2021

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
771	Caesar Dressing	Egg, Fish, Milk
557	Chicken Caesar Salad - HMS	Milk
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
585	Tortilla 8"	Gluten, Soy, Wheat
82	Veggies	

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## Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 9/1/2021 To: 9/30/2021

Friday, September 17, 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

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## Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 9/1/2021 To: 9/30/2021

Monday, September 20, 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	
398	Ham	
34	LETTUCE & TOMATO:1 leaf,2 slice	
82	Veggies	
313	Wheat Bread	Gluten, Wheat

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## Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 9/1/2021 To: 9/30/2021

Tuesday, September 21, 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

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## Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 9/1/2021 To: 9/30/2021

Wednesday, September 22, 2021

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
990071	Hummus	
585	Tortilla 8"	Gluten, Soy, Wheat
82	Veggies	

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# Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 9/1/2021 To: 9/30/2021

Thursday, September 23, 2021

Recipe #	Recipe Name	Allergen(s)
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
462	Italian Beef Sandwich	Wheat
230	MILK,1% Lowfat	Milk
82	Veggies	

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# Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 9/1/2021 To: 9/30/2021

Friday, September 24, 2021

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

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## Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 9/1/2021 To: 9/30/2021

Monday, September 27, 2021

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
839	Italian Sub on Wheat Roll	Milk, Soy, Wheat
34	LETTUCE & TOMATO:1 leaf,2 slice	
82	Veggies	

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## Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 9/1/2021 To: 9/30/2021

Tuesday, September 28, 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	
398	Ham	
34	LETTUCE & TOMATO:1 leaf,2 slice	
82	Veggies	
313	Wheat Bread	Gluten, Wheat

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## Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 9/1/2021 To: 9/30/2021

Wednesday, September 29, 2021

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
771	Caesar Dressing	Egg, Fish, Milk
557	Chicken Caesar Salad - HMS	Milk
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
585	Tortilla 8"	Gluten, Soy, Wheat
82	Veggies	

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# Wilmette Public Schools District 39

Allergen List - for menu 'Elementary Lunch' From: 9/1/2021 To: 9/30/2021

Thursday, September 30, 2021

Recipe #	Recipe Name	Allergen(s)
837	1% Low Fat Milk	Milk
810	Chips-Selection Varies	Wheat
304	Fresh Fruit	
710	Tuna Salad Sandwich	Egg, Fish, Gluten, Wheat
82	Veggies	

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