UMass Holiday Meal: December 2025

MASHED POTATOES AND CHIVES

Nutrition	Amount/serving % [aily Value*	Amount/serving	% Daily Value*	* The % Daily Value
Facts	Total Fat 4.2g Saturated Fat 2.7g	5%	Total Carb. 13.2g Dietary Fiber 0g	10% 0%	(DV) tells you how much a nutrient in a serving of food
1 servings per container Serving Size 3 oz	Trans Fat Og Cholesterol 12mg Sodium 63.7mg	3%	Total Sugars 0.3g Includes 0g Added Protein 1.7g	Sugars	contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Calories 100	Calcium 7.7mg 1% Vitamin D - Mcg 0mcg 0%		ron 0.6mg 3%	Potassiun	n 323.7mg 7%

INGREDIENTS: Local Yukon Gold Potatoes, Half & Half (Milk, Cream, Disodium Phosphate, Sodium Citrate), Local Unsalted Butter (Cream (Milk), Natural Flavoring), Fresh Chives, Kosher Salt (Sea Salt), Garlic Powder

ALLERGENS: Milk

QUEEN'S FARMER CHEESE & POTATO PIEROGI WITH LOCAL SAUERKRAUT

Nutrition	Amount/serving % Daily Val	ue*	Amount/serving	% Daily Value*	* The % Daily Value
Facts	Total Fat 7.1g Saturated Fat 4.4g	9%	Total Carb. 16.1g Dietary Fiber 1.5g	12% 4%	(DV) tells you how much a nutrient in a serving of food
8 servings per container Serving Size 1 each	Trans Fat Og Cholesterol 23.5mg Sodium 205.1mg	9%	Total Sugars 1.7g Includes 0g Added : Protein 3.5g	Sugars	contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Calories 159	Calcium 21mg 2% Vitamin D - Mcg 0mcg 0%	_ _	ron 0.2mg 1%	Potassiu	um 44.4mg 1%

INGREDIENTS: QUEEN'S Farmer Cheese & Potato Pierogi (Potatoes, Enriched Wheat Flour [Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Farmer Cheese [Cultured Low Fat Milk, Salt], Butter [Pasteurized Cream], Cream Cheese [Pasteurized Milk and Cream, Cheese Culture, Salt, Guar Gum, Carob Bean Gum, Xanthan Gum], Ricotta Cheese [Pasteurized Whole Milk, Vinegar, Salt], Canola Oil, Corn Starch, Eggs, Sugar, Onions, Annatto Peppers Extract Color. May contain Soy), Local Sauerkraut (Organic Northeast-Grown Cabbage, Filtered Water, Unrefined Sea Salt, Organic Caraway Seed and Organic Dill Seed), Local Unsalted Butter (Cream (Milk), Natural Flavoring)

ALLERGENS: Milk, Eggs, Gluten, Soy, Corn, Wheat

CABOT VERMONT MACARONI & CHEESE

Nutrition	Amount/serving % Daily Valu	e*	Amount/serving	% Daily Value*	* The % Daily Value
Facts	Total Fat 12.6g 1 Saturated Fat 7.4g	6%	Total Carb. 17g Dietary Fiber 0.9g	13% 3%	(DV) tells you how much a nutrient in a
8 servings per container Serving Size	Trans Fat Og Cholesterol 38mg	<u> </u>	Total Sugars 2.4g Includes 0g Added		serving of food contributes to a daily diet. 2,000 calories a day is used for general
Calories 213		1%	Protein 8.3g	Potass	nutrition advice.
per serving ZI3	Vitamin D - Mcg 0.1mcg 0%		non-on-ing the		22.2

INGREDIENTS: Mapleline Whole Milk, Elbow Macaroni (Semolina (Wheat), Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, and Folic Acid), CABOT Local Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Microbial Enzymes, Potato Starch, Corn Starch, Calcium Sulfate), Local Unsalted Butter (Cream (Milk), Natural Flavoring), PHILADELPHIA Cream Cheese (Pasteurized Milk and Cream, Salt, Carob Bean Gum, Cheese Culture. SUB (Natures Best): Pasteurized Milk and Cream, Cheese Culture, Salt, Guar Gum, Carbon Bean Gum, Xanthan Gum), Sliced American Cheese (Milk, Cream, Water, Sodium Citrate, Salt, Cheese Culture, Sorbic Acid, Animal Enzymes, Citric Acid, Soy Lecithin), All Purpose Flour (GOLD MEDAL: Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Yellow Mustard (Distilled Vinegar, Water, #1 Grade Mustard Seed, Salt, Turmeric, Paprika, Spice, Natural Flavor, Garlic Powder), Garlic Cloves, Kosher Salt (Sea Salt), White Ground Pepper

ALLERGENS: Milk, Gluten, Soy, Corn, Wheat

ROASTED SWEET POTATOES W/SAGE & PEPITAS

Nutrition	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The % Daily Value
Footo	Total Fat 3.6g	5%	Total Carb. 15.6g	12%	(DV) tells you how much a nutrient in a
Facts	Saturated Fat 0.5g		Dietary Fiber 2.1g	6%	serving of food
1 servings per container	<i>Trans</i> : Fat Og		Total Sugars 3.3g		contributes to a daily
Serving Size	Cholesterol Omg		Includes 0g Adde	d Sugars	diet. 2,000 calories a day is used for general
3 oz	Sodium 132.3mg	6%	Protein 2g		nutrition advice.
Calories 101	Calcium 39.2mg 3%		Iron 0.6mg 4%	Potassiun	n 269.3mg 6%
per serving	Vitamin D - Mcg Omcg	0%			

INGREDIENTS: Local Sweet Potatoes, Cipollini Onions, Pumpkin Seeds (Pepitas) (100% Pumpkin Seeds), Garlic Cloves, Extra Virgin Olive Oil, Fresh Sage, Kosher Salt (Sea Salt), Extra Virgin Olive Oil, Extra Virgin Olive Oil, Paprika (Paprika (Dried Ground Red Pepper) and Silicon Dioxide), Ground Black Pepper, Kosher Salt (Sea Salt), Ground Black Pepper

ALLERGENS: None

GREEN VEGETABLE W/GARLIC HERB BUTTER

Nutrition	Amount/serving % Daily Valu	e* Amount/serving %	Daily Value*	* The % Daily Value
Facts	Total Fat 6.3g & Saturated Fat 3.2g	% Total Carb. 6.1g Dietary Fiber 2.3g	5% 7%	(DV) tells you how much a nutrient in a serving of food
8 servings per container Serving Size 3 1/4 oz	7/ans Fat 0g Cholesterol 12.5mg Sodium 232.7mg 10	Total Sugars 2.7g Includes 0g Added Sug Protein 1.6g	gars	contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Calories 82	Calcium 33.4mg 3% Vitamin D - Mcg 0mcg 0%	Iron 0.9mg 5%	Potassium	n 182.6mg 4%

INGREDIENTS: Green Vegetable, Herbed Garlic Butter (Local Unsalted Butter (Cream (Milk), Natural Flavoring), Garlic Cloves, Fresh Parsley, Kosher Salt, Fresh Thyme, Rosemary), Extra Virgin Olive Oil, Kosher Salt, Ground Black Pepper ALLERGENS: Milk

SPICED MAPLE & THYME ROASTED BUTTERNUT SQUASH

Nutrition	Amount/serving % Daily Val	ue*	Amount/serving	% Daily Value*	* The % Daily Value
Facts	Total Fat 0.9g Saturated Fat 0.1g	1%	Total Carb. 12.1g Dietary Fiber 1.7g	9% 5%	(DV) tells you how much a nutrient in a serving of food
1 servings per container Serving Size 3 oz	Trans Fat Og Cholesterol Omg Sodium 82.9mg	4%	Total Sugars 4g Includes 2.2g Added Protein 0.8g	d Sugars	contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Calories per serving 53	Calcium 44.9mg 3% Vitamin D - Mcg 0mcg 0%		Iron 0.7mg 4%	Potassiun	n 296.7mg 6%

INGREDIENTS: Diced Local Butternut Squash, Local Pure Maple Syrup, Extra Virgin Olive Oil, Fresh Thyme, Kosher Salt (Sea Salt), White Ground Pepper, Paprika (Paprika (Dried Ground Red Pepper) and Silicon Dioxide), Mild Chili Powder (Chili Pepper, Spices, Salt, Silicon Dioxide, Garlic), Ground Cinnamon, Ground Nutmeg (Nutmeg)

ALLERGENS: None

LITTLE LEAF SALAD WITH ALMONDS, BLUE CHEESE, CRAISINS & ROASTED PEARS

Nutrition	Amount/serving % Daily Value	e* Amount/serving	% Daily Value*	* The % Daily Value
Facts	Total Fat 7.2g 9 Saturated Fat 1.5g	% Total Carb. 12.5g Dietary Fiber 4.7g	10% 14%	(DV) tells you how much a nutrient in a
8 servings per container	7/an≥ Fat Og	Total Sugars 8.6g		serving of food contributes to a daily diet. 2,000 calories a
Serving Size 2 1/2 oz	Cholesterol 4.3mg Sodium 117.6mg 5	Includes 0g Adde Protein 4.2g	d Sugars	day is used for genera nutrition advice.
Calories 12	Calcium 51.9mg 4%	Iron 0.9mg 5%	Potassiur	m 100.1mg 2%
per serving	Vitamin D - Mcg Omcg 0%			

INGREDIENTS: Spring Mix (Keep Refrigerated) (LITTLE LEAF Local Spring Mix (Arugula, Green Leaf Lettuce, Multiblend Lettuce, Red Chard, Red Leaf Lettuce)), Craisins (Keep Refrigerated) (Dried Craisins (Cranberries, Sugar. Refined Sunflower Oil)), Almonds (Keep Refrigerated) (Sliced Almonds (Almonds, Blanched)), Beets (Keep Refrigerated) (Local Chioggia Beets, Canola Oil, Cracked Black Pepper, Kosher Salt (Sea Salt)), Blue Cheese (Keep Refrigerated) (Great Hill Blue Cheese (Raw Cow's Milk, Salt, Animal Enzymes, Cheese Cultures, Penicillium Roqueforti))

ALLERGENS: Milk, Tree Nuts

CIDER HONEY VINAIGRETTE

Nutrition	Amount/serving % Daily Value*	Amount/serving % Daily Value*	* The % Daily Value
Facts	Total Fat 7.9g 10%	Total Carb. 0.7g 1%	(DV) tells you how much a nutrient in a
racis	Saturated Fat 0.8g	Dietary Fiber 0.1g 0%	serving of food
16 servings per container	Trans Fat Og	Total Sugars 0.5g	contributes to a daily
Serving Size	Cholesterol Omg	Includes 0.4g Added Sugars	diet. 2,000 calories a day is used for genera
1 tbsp	Sodium 109.2mg 5%	Protein Og	nutrition advice.
Calories 72	2		

INGREDIENTS: Canola Oil, Local Apple Cider Vinegar, Extra Virgin Olive Oil, Local Honey, Ground Black Pepper, Kosher Salt (Sea Salt), Grey Poupon Dijon Mustard (Distilled White Vinegar, Mustard Seed, Water, Salt, White Wine, Citric Acid, Tartaric Acid, Fruit Pectin, Sugar, Spices), Shallots

ALLERGENS: None

DOUBLE CHOCOLATE MINT MOUSSE CAKE

Nutrition	Amount/serving %	Daily Value*	Amount/serving	% Daily Value*	* The % Daily Value
Facts	Total Fat 12.5g Saturated Fat 6.4g	16%	Total Carb. 25g Dietary Fiber · · · g	19%	(DV) tells you how much a nutrient in a serving of food
8 servings per container Serving Size 1 each	Trans Fat 0.3g Cholesterol 27.8mg Sodium 188.3mg	8%	Total Sugars 15.9g Includes 0.4g Adda Protein 2.5g	ed Sugars	contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Calories per serving 224			Iron Omg 0%	Potassiu	im 16.3mg 0%

INGREDIENTS: PILLSBURY Devil's Chocolate Cake Mix (Sugar, Enriched Flour Bleached (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cocoa Processed with Alkali, Soybean Oil, Palm Oil, Egg White, Eggs With Sodium Silicoaluminate, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Carob Powder, Dextrose, Modified Corn Starch, Rice Starch, Propylene Glycol Mono & Diesters, Salt, Dicalcium Phosphate, Polyglycerol Esters of Fatty Acids, Mono &

Diglycerides, Tetrasodium Pyrophosphate, Xanthan Gum, Calcium Acetate, Guar Gum, Cellulose Gum, Polysorbate 80, Natural & Artificial Flavor, Red 40, Soy Flour, Nonfat Milk), Heavy Cream (Cream, Carrageenan, Mono and Diglycerides, Polysorbate 80), White Chocolate Mousse Mix (Sugar, Glucose Syrup, Palm Fat, Acetic Acid Esters of Mono and Diglycerides, Modified Starch, Cocoa Butter, Milk Protein, Locust Bean Gum, Skimmed Milk Powder, Calcium Alginate, Diphosphates and Sodium Phosphates, Flavor, Riboflavin), Water, Water, Water, Canola Oil, Cocoa Powder (Alkalized Cocoa Powder, May contain traces of Soy), Pan Grease (Cake Flour (Bleached Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Canola Oil, CRISCO Shortening (Soybean Oil, Fully Hydrogenated Palm Oil, Palm Oil, Mono and Diglycerides [Corn], TBHQ and Citric Acid)), Peppermint Extract (Ethyl Alcohol, Water, Peppermint Oil)

ALLERGENS: Milk, Eggs, Gluten, Soy, Corn, Wheat

SWEDISH LIMPA RYE BREAD (15/LOAF)

Nutrition	Amount/serving % Daily Valu	e*	Amount/serving	% Daily Value*	* The % Daily Value
Facts	Total Fat 6.8g S	1%	Total Carb. 22.8g Dietary Fiber 0.8g	18% 2%	(DV) tells you how much a nutrient in a serving of food
1 servings per container Serving Size 1 piece	7/ans Fat 0g Cholesterol 13.1mg Sodium 262.2mg 11	<u>%</u>	Total Sugars 10.5g Includes 10.5g Add Protein 3.1g	ed Sugars	contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Calories 163	Calcium 37.7mg 3% Vitamin D - Mcg 0.2mcg 0%	<u> </u>	ron 1.2mg 7%	Potassiun	n 121.5mg 3%

INGREDIENTS: Full Strength Bread Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Potassium Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Local Whole Grain Flour (Milled Wheat Berries), Golden Brown Sugar, Golden Molasses (Cane Molasses), Canola Oil, Active Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), Salt (Salt, Sodium Silicoaluminate, Sodium Thiosulfate, Potassium Iodide), Orange Zest (Chopped Orange Peels, Cane Sugar, Natural Orange Flavor), Whole Caraway Seed (Caraway Seed), Whole Fennel Seed

ALLERGENS: Gluten, Wheat

OPTIONAL PURCHASES:

PECANWOOD SMOKED HAM

Nutrition	Amount/serving % Daily V	alue*	Amount/serving % [aily Value*	* The % Daily Value
Facts	Total Fat 8.3g Saturated Fat 3.1g	11%	Total Carb. 2.1g Dietary Fiber 0g	2% 0%	(DV) tells you how much a nutrient in a serving of food
18 servings per container Serving Size 3 oz	Trans Fat Og Cholesterol 51.6mg Sodium 774mg	34%	Total Sugars 2.1g Includes 2.1g Added Sug Protein 15.5g	gars	contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Calories per serving 144	Calcium 0mg 0% Vitamin D - Meg 0meg 0%	Ir	on 0.4mg 2%	Potassiun	m 196.1mg 4%

INGREDIENTS: HORMEL Pecanwood Smoked Ham (Ham in a 5% Solution of: Water, Salt, Turbinado Sugar, Cultured Celery

Powder, Baking Soda, Cherry Powder, Sea Salt)

ALLERGENS: None

COLD SPRING ORCHARD APPLE CIDER GLAZE

Nutrition	Amount/serving % I	Daily Value*	Amount/serving	% Daily Value*	* The % Daily Value
Facts	Total Fat Og Saturated Fat Og	0%	Total Carb. 4.7g Dietary Fiber 0g	4% 0%	(DV) tells you how much a nutrient in a serving of food
16 servings per container Serving Size 1 oz	Trans Fat Og Cholesterol Omg Sodium 3.1mg	0%	Total Sugars 4g Includes 1g Added Protein Og	d Sugars	contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Calories 19	Calcium 2mg 0% Vitamin D - Mcg 0mcg 0%		Iron Omg 0%	Potass	ium 3.6mg 0%

INGREDIENTS: Local Apple Cider (Apples), Local Pure Maple Syrup, Water, Corn Starch, Cinnamon Sticks

ALLERGENS: Corn

REED FARM ROASTED DUCK

Nutrition	Amount/serving % Daily Va	lue*	Amount/serving %	Daily Value*	* The % Daily Value		
Facts	Total Fat 14.4g Saturated Fat 4.8g	18%	Total Carb. 0.5g Dietary Fiber 0.2g	0% 1%	(DV) tells you how much a nutrient in a serving of food		
1 servings per container Serving Size 3 oz	7/ans Fat 0g Cholesterol 75.6mg Sodium 325.8mg	14%	Total Sugars Og Includes Og Added Sug Protein 16.6g	jars	contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Calories 201	Calcium 10.8mg 1% Ir Vitamin D - Mcg 0mcg 0%		ron 4.2mg 23%	Potassiun	Potassium 246.4mg 5%		

INGREDIENTS: Reed Farm Duck, Fresh Thyme, Kosher Salt (Sea Salt), Ground Black Pepper

ALLERGENS: None

UMASS PETITE COOKIES

Nutrition Facts

12 servings per container Serving Size 1 each

Calories 11

Amount/serving	% Daily Value*				
Total Fat 5.2g	7%				
Saturated Fat 3g					
<i>Trans</i> Fat Og					
Cholesterol 13.3	mg				
Sodium 96.7mg	4%				

Amount/serving	% Daily Value*				
Total Carb. 17g	13%				
Dietary Fiber Og	0%				
Total Sugars 11.3g					
Includes 6.7g Adde	ed Sugars				
Protein 1g					

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calcium 12.7mg 1% Vitamin D - Mcg 0mcg 0% Iron 0.7mg 4%

Potassium 38.7mg 1%

INGREDIENTS: White Chocolate Cranberry Cookie: Enriched Wheat Flour (Bleached and Unbleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), White Confectionery Chips (Sugar, Palm Kernel Oil, Nonfat Milk Powder, Whey Powder, Palm Oil, Soy Lecithin, Vanilla), Butter (Pasteurized Cream, Salt), Brown Sugar, Sugar, Sweet Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Eggs (Pasteurized), Water, Invert Sugar, Modified Food Starch, Salt, Natural Vanilla Flavor, Soy Lecithin, Baking Soda, Natural Flavor, Guar Gum; Red Velvet Cookie: Enriched Wheat Flour (Unbleached and Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Brown Sugar, White Confectionery Chips (Sugar, Palm Kernel Oil, Nonfat Milk Powder, Whey Powder, Palm Oil, Soy Lecithin, Vanilla), Cream Cheese (Pasteurized Cultured Milk and Cream, Salt, Stabilizers [Xanthan, Carob Bean, and/or Guar]), Canola Oil, Butter (Pasteurized Cream, Salt), Eggs (Pasteurized), Red Coloring (Water, Glycerin, FD&C Red #40, FD&C Blue #1, Citric Acid, Sodium Benzoate), Modified Food Starch, Distilled White Vinegar, Whey Protein, Cocoa (Alkalized), Vanilla Extract, Salt, Natural & Artificial Flavoring, Baking Soda, Guar Gum): Triple Chocolate Cookie:
Triple Chocolate Cookie (Enriched Wheat Flour (Bleached And Unbleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, White Confectionery Chips (Sugar, Palm Kernel Oil, Nonfat Milk Powder, Whey Powder, Palm Oil, Soy Lecithin, Vanilla), Butter, Chocolate Chips (Sugar, Chocolate, Cocoa Butter, Milkfat, Soy Lecithin, Natural Flavors), Eggs (Pasteurized), Cocoa (Alkalized), Water, Salt, Molasses, Baking Soda, Soy Lecithin, Vanilla)

ALLERGENS: Milk, Eggs, Gluten, Soy, Corn, Wheat

Allergens in December's Holiday Box Meal

Item	Milk	Egg	Gluten/ Wheat	Soy	Corn	Peanut	Tree Nuts	Fish/ Shellfish	Sesame
Mashed Potatoes and Chives	Х								
Queen's Pierogi w/Sauerkraut	Х	Х	Х	Χ	Х				
Homemade Macaroni & Cheese	Х		Х	Χ	Х				
Roasted Sweet Potatoes w/Sage & Pepitas									
Green Vegetables w/Garlic Herb Butter	Х								
Spiced Maple & Thyme Butternut Squash									
Salad w/Craisins, Almonds, Bleu Cheese	Х						Х		
Cider Honey Vinaigrette									
Double Choc Mint Mousse Cake	Х	Х	Х	Χ	Х				
Swediah Limpa Bread			Х						
HORMEL Pecanwood Ham									
COLD SPRING ORCHARD Apple Cider Glaze					Х				
REED FARM Roasted Duck									
UMass Petite Cookies	Х	Χ	Х	Χ	Х				

^{*}X indicates allergen is present in product