

UMass Holiday Meal: December 2025

MASHED POTATOES AND CHIVES

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

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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

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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

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

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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

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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 Facts	Amount/serving		% Daily Value*	Amount/serving		% Daily Value*
	Total Fat 7.2g		9%	Total Carb. 12.5g		10%
8 servings per container Serving Size 2 1/2 oz	Saturated Fat 1.5g			Dietary Fiber 4.7g		14%
	Trans Fat 0g			Total Sugars 8.6g		
Calories per serving	Cholesterol 4.3mg			Includes 0g Added Sugars		
	Sodium 117.6mg		5%	Protein 4.2g		
125		Calcium 51.9mg	4%	Iron 0.9mg	5%	Potassium 100.1mg 2%
		Vitamin D - Mcg 0mcg 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 Facts	Amount/serving		% Daily Value*	Amount/serving		% Daily Value*
	Total Fat 7.9g		10%	Total Carb. 0.7g		1%
16 servings per container Serving Size 1 tbsp	Saturated Fat 0.8g			Dietary Fiber 0.1g		0%
	Trans Fat 0g			Total Sugars 0.5g		
Calories per serving	Cholesterol 0mg			Includes 0.4g Added Sugars		
	Sodium 109.2mg		5%	Protein 0g		
72						

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 Facts	Amount/serving		% Daily Value*	Amount/serving		% Daily Value*
	Total Fat 12.5g		16%	Total Carb. 25g		19%
8 servings per container Serving Size 1 each	Saturated Fat 6.4g			Dietary Fiber --- g		
	Trans Fat 0.3g			Total Sugars 15.9g		
Calories per serving	Cholesterol 27.8mg			Includes 0.4g Added Sugars		
	Sodium 188.3mg		8%	Protein 2.5g		
224		Calcium 11.2mg	1%	Iron 0mg	0%	Potassium 16.3mg 0%
		Vitamin D - Mcg --- Mcg				

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, 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)

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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

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

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

ALLERGENS: Corn

REED FARM ROASTED DUCK

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

ALLERGENS: None

UMASS PETITE COOKIES

Nutrition Facts	Amount/serving		% Daily Value*	Amount/serving		% Daily Value*
	Total Fat 5.2g		7%	Total Carb. 17g		13%
12 servings per container	Saturated Fat 3g			Dietary Fiber 0g		0%
Serving Size 1 each	Trans Fat 0g			Total Sugars 11.3g		
Calories 117 per serving	Cholesterol 13.3mg			Includes 6.7g Added Sugars		
	Sodium 96.7mg		4%	Protein 1g		
	Calcium 12.7mg 1%			Iron 0.7mg 4%		
	Vitamin D - Mcg 0mcg 0%			Potassium 38.7mg 1%		

* 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.

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	X								
Queen's Pierogi w/Sauerkraut	X	X	X	X	X				
Homemade Macaroni & Cheese	X		X	X	X				
Roasted Sweet Potatoes w/Sage & Pepitas									
Green Vegetables w/Garlic Herb Butter	X								
Spiced Maple & Thyme Butternut Squash									
Salad w/Craisins, Almonds, Bleu Cheese	X						X		
Cider Honey Vinaigrette									
Double Choc Mint Mousse Cake	X	X	X	X	X				
Swedish Limpa Bread			X						
HORMEL Pecanwood Ham									
COLD SPRING ORCHARD Apple Cider Glaze					X				
REED FARM Roasted Duck									
UMass Petite Cookies	X	X	X	X	X				

*X indicates allergen is present in product