UMass Holiday Meal: December 2026

MASHED POTATOES AND CHIVES

Nutrition Facts

1 servings per container
Serving Size
3 oz

Calories per serving **126**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 7.4g	**9%**	**Total Carb.** 12.8g	**10%**
Saturated Fat 4.7g		Dietary Fiber 0g	**0%**
Trans Fat 0g		Total Sugars 0.2g	
Cholesterol 20.5mg		Includes 0g Added Sugars	
Sodium 60.9mg	**3%**	**Protein** 1.6g	

Calcium 5.8mg 0% Iron 0.5mg 3% Potassium 312.2mg 7%
Vitamin D - Mcg 0mcg 0%

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

ALLERGENS: Milk

QUEEN'S FARMER CHEESE & POTATO PIEROGI WITH LOCAL SAUERKRAUT

Nutrition Facts

8 servings per container
Serving Size
1 each

Calories per serving **159**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 7.1g	**9%**	**Total Carb.** 16.1g	**12%**
Saturated Fat 4.4g		Dietary Fiber 1.5g	**4%**
Trans Fat 0g		Total Sugars 1.7g	
Cholesterol 23.5mg		Includes 0g Added Sugars	
Sodium 205.1mg	**9%**	**Protein** 3.5g	

Calcium 21mg 2% Iron 0.2mg 1% Potassium 44.4mg 1%
Vitamin D - Mcg 0mcg 0%

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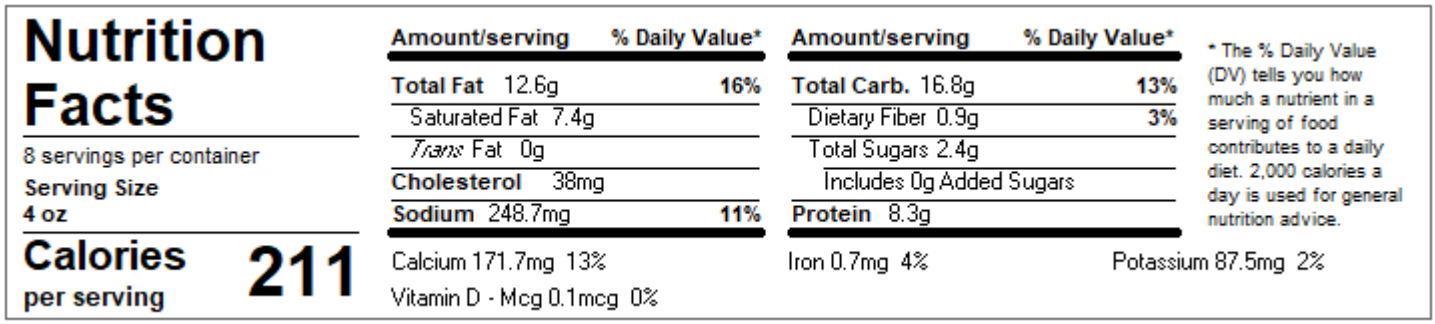
INGREDIENTS: QUEEN'S Farmer Cheese & Potato Pierogi (Potatoes, Enriched Wheat Flour [Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Farmer Cheese [Cultured Low Fat Milk, Salt], Butter [Pasteurized Cream], Cream Cheese [Pasteurized Milk and Cream, Cheese Culture, 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

Pierogi Queen (860) 654-0008
112 Prospect Hill Rd., East Windsor, CT 06088

Sauerkraut from **Real Pickles** (413) 744-2600
311 Wells St., Greenfield, MA 01301

CABOT VERMONT MACARONI & CHEESE



Nutrition Facts

8 servings per container
Serving Size
4 oz

Calories per serving 211

Amount/serving	% Daily Value*
Total Fat 12.6g	**16%**
Saturated Fat 7.4g	
Trans Fat 0g	
Cholesterol 38mg	
Sodium 248.7mg	**11%**

Amount/serving	% Daily Value*
Total Carb. 16.8g	**13%**
Dietary Fiber 0.9g	**3%**
Total Sugars 2.4g	
Includes 0g Added Sugars	
Protein 8.3g	

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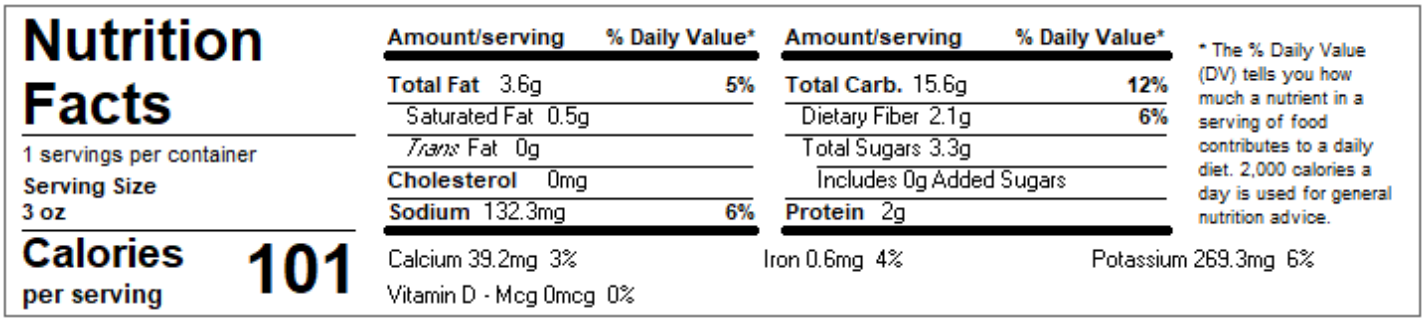
Calcium 171.7mg 13% | Iron 0.7mg 4% | Potassium 87.5mg 2%
Vitamin D - Mcg 0.1mcg 0%

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, Natamycin), 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 (American Cheese (Milk, Cheese Culture, Salt, Animal Enzymes), Water, Cream, Sodium Citrate, Salt, Sorbic Acid, Sunflower Lecithin), All Purpose Flour (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, Corn, Wheat

ROASTED SWEET POTATOES W/SAGE & PEPITAS



Nutrition Facts

1 servings per container
Serving Size
3 oz

Calories per serving 101

Amount/serving	% Daily Value*
Total Fat 3.6g	**5%**
Saturated Fat 0.5g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 132.3mg	**6%**

Amount/serving	% Daily Value*
Total Carb. 15.6g	**12%**
Dietary Fiber 2.1g	**6%**
Total Sugars 3.3g	
Includes 0g Added Sugars	
Protein 2g	

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Calcium 39.2mg 3% | Iron 0.6mg 4% | Potassium 269.3mg 6%
Vitamin D - Mcg 0mcg 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 Facts

8 servings per container
Serving Size
3 1/4 oz

Calories per serving **82**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 6.3g	**8%**	**Total Carb.** 6.1g	**5%**
Saturated Fat 3.2g		Dietary Fiber 2.3g	**7%**
Trans Fat 0g		Total Sugars 2.7g	
Cholesterol 12.5mg		Includes 0g Added Sugars	
Sodium 232.7mg	**10%**	**Protein** 1.6g	

Calcium 33.4mg 3% Iron 0.9mg 5% Potassium 182.6mg 4%
Vitamin D - Mcg 0mcg 0%

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

ALLERGENS: Milk

BUTTERNUT SQUASH AGRODOLCE

Nutrition Facts

1 servings per container
Serving Size
3 oz

Calories per serving **67**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 0.7g	**1%**	**Total Carb.** 16.3g	**13%**
Saturated Fat 0.1g		Dietary Fiber 1.9g	**6%**
Trans Fat 0g		Total Sugars 8.6g	
Cholesterol 0mg		Includes 2.3g Added Sugars	
Sodium 62.5mg	**3%**	**Protein** 0.8g	

Calcium 35.2mg 3% Iron 0.5mg 3% Potassium 261.6mg 6%
Vitamin D - Mcg 0mcg 0%

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INGREDIENTS: Diced Local Butternut Squash, Red Wine Vinegar (Red Wine Vinegar), Dried Craisins (Cranberries, Sugar. Refined Sunflower Oil), Local Honey, Extra Virgin Olive Oil, Kosher Salt (Sea Salt), Aleppo Chili Pepper (Crushed Aleppo Peppers, Vegetable Oil, Salt), Kosher Salt (Sea Salt)

ALLERGENS: None

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

Nutrition Facts

8 servings per container
Serving Size
2 1/2 oz

Calories per serving **125**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 7.2g	**9%**	**Total Carb.** 12.5g	**10%**
Saturated Fat 1.5g		Dietary Fiber 4.7g	**14%**
Trans Fat 0g		Total Sugars 8.6g	
Cholesterol 4.3mg		Includes 0g Added Sugars	
Sodium 117.6mg	**5%**	**Protein** 4.2g	

Calcium 51.9mg 4% Iron 0.9mg 5% Potassium 100.1mg 2%
Vitamin D - Mcg 0mcg 0%

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

ALLERGENS: Milk, Tree Nuts

CIDER HONEY VINAIGRETTE

Nutrition Facts

1 servings per container
Serving Size
1/2 oz

Calories per serving **65**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 6.8g	**9%**	**Total Carb.** 1.5g	**1%**
Saturated Fat 0.7g		Dietary Fiber 0g	**0%**
Trans Fat 0g		Total Sugars 1.4g	
Cholesterol 0mg		Includes 1.3g Added Sugars	
Sodium 39.9mg	**2%**	**Protein** 0g	

Calcium 0.2mg 0%
Iron 0mg 0%
Potassium 5.3mg 0%
Vitamin D - Mcg 0mcg 0%

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

ALLERGENS: None

NY STYLE CHEESECAKE

Nutrition Facts

8 servings per container
Serving Size
1 each

Calories per serving **251**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 12.9g	**16%**	**Total Carb.** 31.2g	**24%**
Saturated Fat 6.5g		Dietary Fiber 0.9g	**3%**
Trans Fat 0.2g		Total Sugars 19.9g	
Cholesterol 29.8mg		Includes 19.4g Added Sugars	
Sodium 229.8mg	**10%**	**Protein** 2.6g	

Calcium 67.9mg 5%
Iron 0.3mg 2%
Potassium 79mg 2%
Vitamin D - Mcg 0.3mcg 0%

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INGREDIENTS: Cream Cheese (Pasteurized Milk and Cream, Salt, Carob Bean Gum, Cheese Culture), KEEBLER Graham Cracker Shell (Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Vitamin B1 , Vitamin B2 , Folic Acid], Palm and Palm Kernel Oil with TBHQ, Sugar, Graham Flour, Corn Syrup, Molasses, Contains 2% or less of Salt, Leavening [Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate], Malt Extract, Soy Lecithin), Granulated Sugar, CABOT Local Sour Cream (Cultured Milk, Cream, Modified Corn Starch, Guar Gum, Sodiumcitrate, Carrageenan, Locust Bean Gum), Fresh Cage Free Eggs, Egg Yolk (Egg Yolks, Sugar), Corn Starch, Imitation Vanilla Flavouring (Water, Vanillin, Caramel Color, Ehtyl Vanillin, Citric Acid, Sodium Benzoate)

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

CHERRY COMPOTE

Nutrition Facts

8 servings per container
Serving Size
8 oz

Calories per serving **294**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 0.7g	**1%**	**Total Carb.** 75.9g	**58%**
Saturated Fat 0.2g		Dietary Fiber 2.8g	**8%**
Trans Fat 0g		Total Sugars 64.8g	
Cholesterol 0mg		Includes 47.3g Added Sugars	
Sodium 22.6mg	**1%**	**Protein** 1.8g	

Calcium 24mg 2%
Iron 0.9mg 5%
Potassium 3.1mg 0%
Vitamin D - Mcg 0mcg 0%

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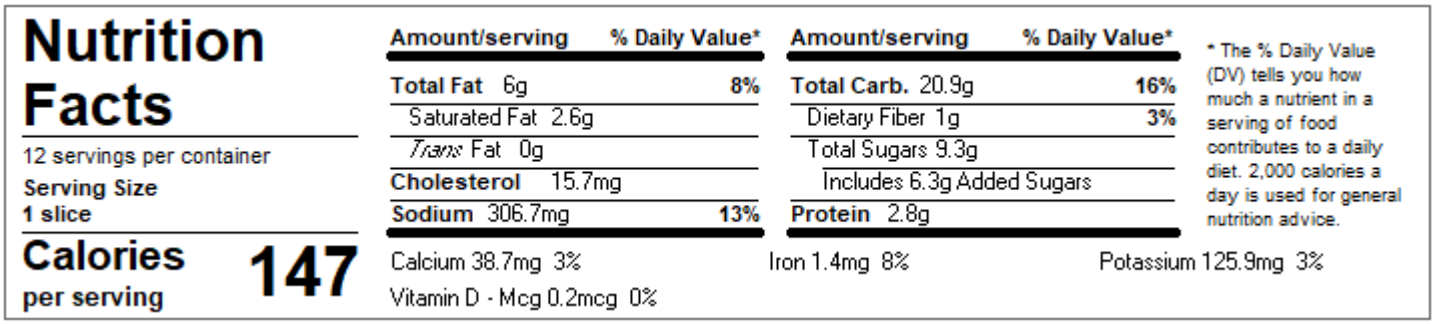
INGREDIENTS: Whole Cherries, Granulated Sugar, Corn Starch, Imitation Vanilla Flavouring (Water, Vanillin, Caramel Color, Ehtyl Vanillin, Citric Acid, Sodium Benzoate), Lemon Juice (Lemon Juice from Concentrate, Lemon Oil, less than 1/50 of Sodium Meta Bisulfate & Sodium Benzoate)

ALLERGENS: Corn

PUMPERNICKEL RAISIN BREAD (12 slices/Loaf)



Nutrition Facts

12 servings per container
Serving Size
1 slice

Calories per serving 147

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 6g	**8%**	**Total Carb.** 20.9g	**16%**
Saturated Fat 2.6g		Dietary Fiber 1g	**3%**
Trans Fat 0g		Total Sugars 9.3g	
Cholesterol 15.7mg		Includes 6.3g Added Sugars	
Sodium 306.7mg	**13%**	**Protein** 2.8g	

Calcium 38.7mg 3% Iron 1.4mg 8% Potassium 125.9mg 3%
Vitamin D - Mcg 0.2mcg 0%

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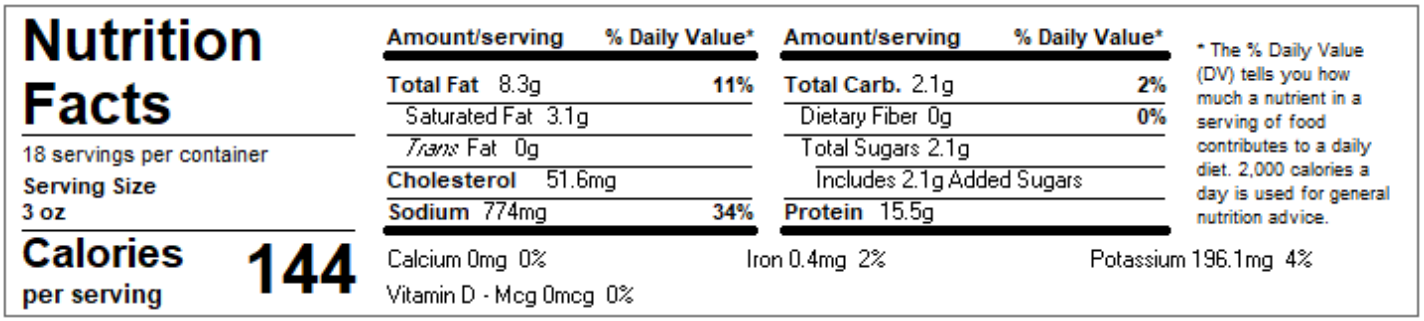
INGREDIENTS: Full Strength Bread Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Potassium Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Dark Raisins (Natural Seedless Raisins), Medium Rye Flour, Salt (Salt, Sodium Silicoaluminate, Sodium Thiosulfate, Potassium Iodide), Active Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), Dutch Cocoa Powder (High Fat Cocoa, Processed With Alkali, May Contains Soy), Golden Molasses (Cane Molasses), Coffee (PEET'S Decaf House Blend Coffee)

ALLERGENS: Gluten, Soy, Wheat

OPTIONAL PURCHASES:

PECANWOOD SMOKED HAM



Nutrition Facts

18 servings per container
Serving Size
3 oz

Calories per serving 144

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 8.3g	**11%**	**Total Carb.** 2.1g	**2%**
Saturated Fat 3.1g		Dietary Fiber 0g	**0%**
Trans Fat 0g		Total Sugars 2.1g	
Cholesterol 51.6mg		Includes 2.1g Added Sugars	
Sodium 774mg	**34%**	**Protein** 15.5g	

Calcium 0mg 0% Iron 0.4mg 2% Potassium 196.1mg 4%
Vitamin D - Mcg 0mcg 0%

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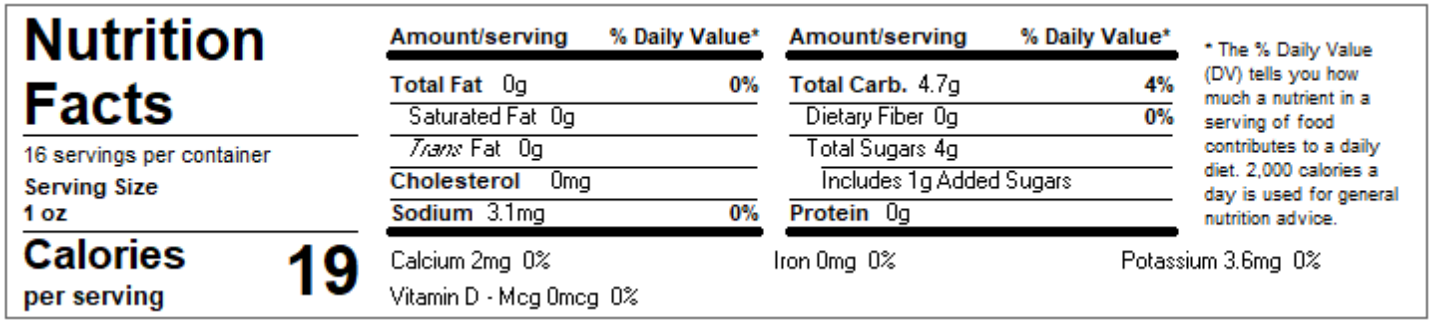
INGREDIENTS: HORMEL Pecanwood Smoked Ham (Ham in a 5% Solution of: Water, Salt, Turbinado Sugar, Cultured Celery Powder, Baking Soda, Cherry Powder, Sea Salt)

ALLERGENS: None

APPLE CIDER HAM GLAZE



Nutrition Facts

16 servings per container
Serving Size
1 oz

Calories per serving 19

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 0g	**0%**	**Total Carb.** 4.7g	**4%**
Saturated Fat 0g		Dietary Fiber 0g	**0%**
Trans Fat 0g		Total Sugars 4g	
Cholesterol 0mg		Includes 1g Added Sugars	
Sodium 3.1mg	**0%**	**Protein** 0g	

Calcium 2mg 0% Iron 0mg 0% Potassium 3.6mg 0%
Vitamin D - Mcg 0mcg 0%

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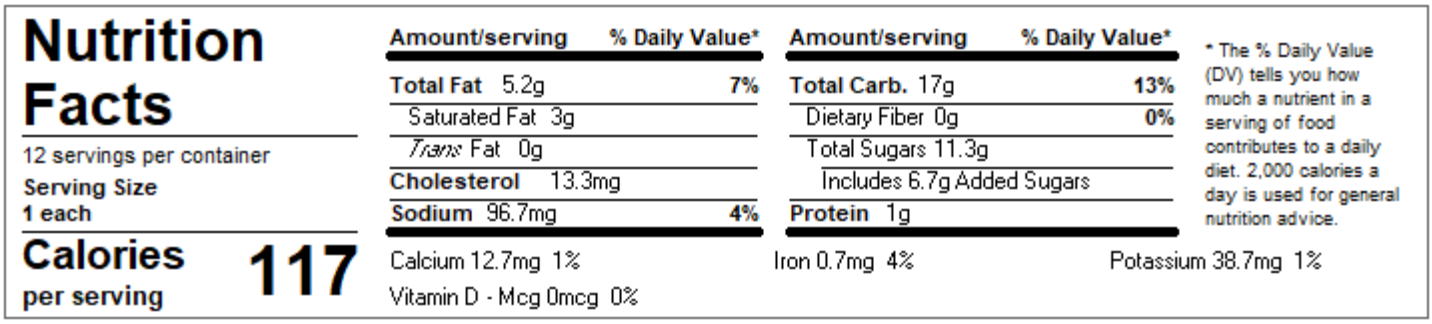
INGREDIENTS: Local Apple Cider (Apples), Gluten Free Chicken Stock (Chicken Stock, Chicken Fat, Maltodextrin, Modified Cornstarch, Salt, Sugar, 2% or less of Corn and/or Canola Oil, Natural Flavors), Local Pure Maple Syrup, Golden Brown Sugar (Brown Cane Sugar), Fresh Thyme, Grey Poupon Dijon Mustard (Distilled White Vinegar, Mustard Seed, Water, Salt, White Wine, Citric Acid, Tartaric Acid, Fruit Pectin, Sugar, Spices), Corn Starch, Cinnamon Sticks

ALLERGENS: Corn

UMASS PETITE COOKIES



Nutrition Facts

12 servings per container
Serving Size
1 each

Calories per serving **117**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 5.2g	**7%**	**Total Carb.** 17g	**13%**
Saturated Fat 3g		Dietary Fiber 0g	**0%**
Trans Fat 0g		Total Sugars 11.3g	
Cholesterol 13.3mg		Includes 6.7g Added Sugars	
Sodium 96.7mg	**4%**	**Protein** 1g	

Calcium 12.7mg 1% Iron 0.7mg 4% Potassium 38.7mg 1%
Vitamin D - Mcg 0mcg 0%

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INGREDIENTS: ***Shortbread Cookie*** (Enriched Wheat Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, And Folic Acid), Sugar, Butter, Eggs (Pasteurized), Nonfat Dry Milk, Whey Protein, Water, Modified Food Starch, Natural and Artificial Flavoring, Baking Soda, Salt, Soy Lecithin, Guar Gum), ***Gingerbread Cookie*** (Enriched Wheat Flour (Bleached and Unbleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin), Brown Sugar, Molasses, Butter, Eggs (Pasteurized), Spices, Baking Soda, Soy Lecithin, Salt), ***Triple Chocolate Cookie*** (Enriched Wheat Flour (Bleached and Unbleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Sugar, White Confectionery Chips (Sugar, Palm Kernel Oil, Nonfat Milk Powder, Whey Powder, Palm Oil, Soy Lecithin, and 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				
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									
NY Style Cheesecake	X	X	X	X	X				
Cherry Compote					X				
Pumpernickel Raisin Bread			X	X					
HORMEL Pecanwood Ham									
Apple Cider Ham Glaze					X				
UMass Petite Cookies	X	X	X	X	X				

*X indicates allergen is present in product