UMASS FRESH 2026:
THANKSGIVING MADE EASY

Misty Knoll Vermont Roasted Turkey

Nutrition Facts

1 servings per container
Serving Size
3 oz

Calories per serving **122**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 4.8g	**6%**	**Total Carb.** 0.2g	**0%**
Saturated Fat 1.2g		Dietary Fiber 0g	**0%**
Trans Fat 0.1g		Total Sugars 0.1g	
Cholesterol 61.4mg		Includes 0g Added Sugars	
Sodium 183.3mg	**8%**	**Protein** 18.5g	

Calcium 10.2mg 1% Iron 0.8mg 4% Potassium 193.6mg 4%
Vitamin D - Mcg 0.3mcg 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 Roasted Turkey, Kosher Salt, Ground Black Pepper

ALLERGENS: None

Turkey Gravy

Nutrition Facts

1 servings per container
Serving Size
1 oz

Calories per serving **36**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 2.4g	**3%**	**Total Carb.** 2.8g	**2%**
Saturated Fat 1.5g		Dietary Fiber 0.1g	**0%**
Trans Fat 0g		Total Sugars 0g	
Cholesterol 6.6mg		Includes 0g Added Sugars	
Sodium 104.9mg	**5%**	**Protein** 0.5g	

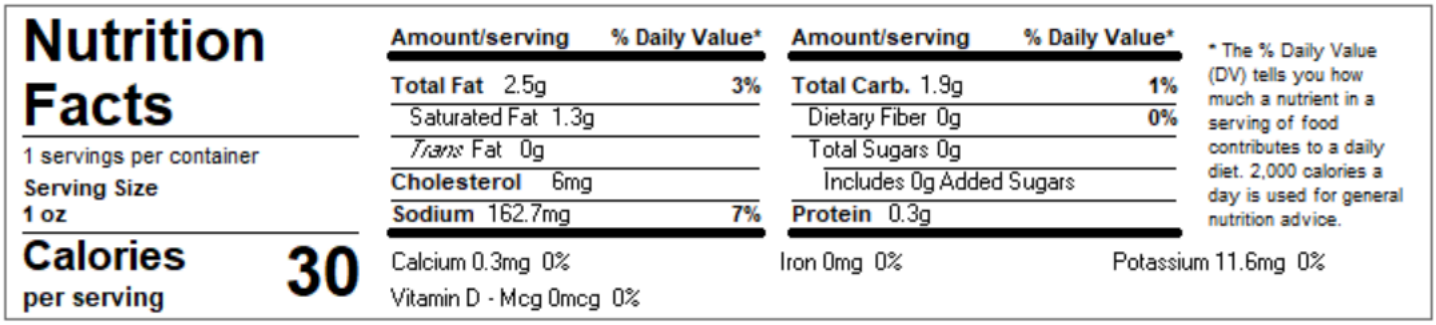
Calcium 0.9mg 0% Iron 0.1mg 1% Potassium 1.6mg 0%
Vitamin D - Mcg 0mcg 0%

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INGREDIENTS: Water, Local Unsalted Butter (Cream (Milk), Natural Flavoring), All Purpose Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Turkey Base (MINORS: Turkey and Natural Turkey Juices, Salt, Maltodextrin, Sugar, Hydrolyzed Soy and Corn Protein, Natural Flavors, Vegetable Oil (Corn and/or Canola Oil), Autolyzed Yeast Extract, 2% or less of Potato Starch, Disodium Inosinate, Caramel Color, Disodium Guanylate, Dried Turkey Broth, Lactic Acid. SUB (Gold Label): Roasted Turkey, Salt, Hydrolyzed Corn Protein, Sugar, Maltodextrin, Turkey Broth, Turkey Fat, Yeast Extract, Flavors, Contains 2% or less of Food Starch - Modified, Torula Yeast, Caramel Color, Disodium Inosinate, Disodium Guanylate), Browning Seasoning Sauce (Caramel, Vegetable Base (Water, Carrots, Onions, Celery, Parsnips, Turnips, Salt, Parsley, Spices), Sodium Benzoate, Sulfiting Agents), Gluten Free Chicken Stock (Chicken Stock, Chicken Fat, Maltodextrin, Modified Cornstarch, Salt, Sugar, 2% or less of Corn and/or Canola Oil, Natural Flavors), Kosher Salt (Sea Salt), Ground Black Pepper

ALLERGENS: Milk, Gluten, Soy, Corn, Wheat

Gluten Free Turkey Gravy



Nutrition Facts

1 servings per container
Serving Size
1 oz

Calories per serving 30

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 2.5g	**3%**	**Total Carb.** 1.9g	**1%**
Saturated Fat 1.3g		Dietary Fiber 0g	**0%**
Trans Fat 0g		Total Sugars 0g	
Cholesterol 6mg		Includes 0g Added Sugars	
Sodium 162.7mg	**7%**	**Protein** 0.3g	

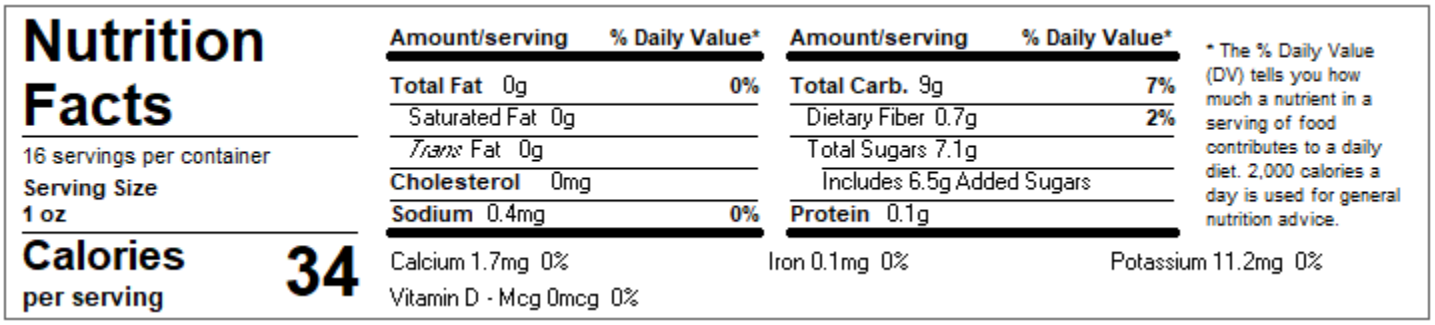
Calcium 0.3mg 0% Iron 0mg 0% Potassium 11.6mg 0%
Vitamin D - Mcg 0mcg 0%

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INGREDIENTS: Water, 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 Unsalted Butter (Cream (Milk), Natural Flavoring), Corn Starch, Turkey Base (MINORS: Turkey and Natural Turkey Juices, Salt, Maltodextrin, Sugar, Hydrolyzed Soy and Corn Protein, Natural Flavors, Vegetable Oil (Corn and/or Canola Oil), Autolyzed Yeast Extract, 2% or less of Potato Starch, Disodium Inosinate, Caramel Color, Disodium Guanylate, Dried Turkey Broth, Lactic Acid. SUB (Gold Label): Roasted Turkey, Salt, Hydrolyzed Corn Protein, Sugar, Maltodextrin, Turkey Broth, Turkey Fat, Yeast Extract, Flavors, Contains 2% or less of Food Starch - Modified, Torula Yeast, Caramel Color, Disodium Inosinate, Disodium Guanylate), Browning Seasoning Sauce (Caramel, Vegetable Base (Water, Carrots, Onions, Celery, Parsnips, Turnips, Salt, Parsley, Spices), Sodium Benzoate, Sulfiting Agents), Kosher Salt (Sea Salt), Ground Black Pepper

ALLERGENS: Milk, Soy, Corn

Cinnamon Orange Cranberry Sauce



Nutrition Facts

16 servings per container
Serving Size
1 oz

Calories per serving 34

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 0g	**0%**	**Total Carb.** 9g	**7%**
Saturated Fat 0g		Dietary Fiber 0.7g	**2%**
Trans Fat 0g		Total Sugars 7.1g	
Cholesterol 0mg		Includes 6.5g Added Sugars	
Sodium 0.4mg	**0%**	**Protein** 0.1g	

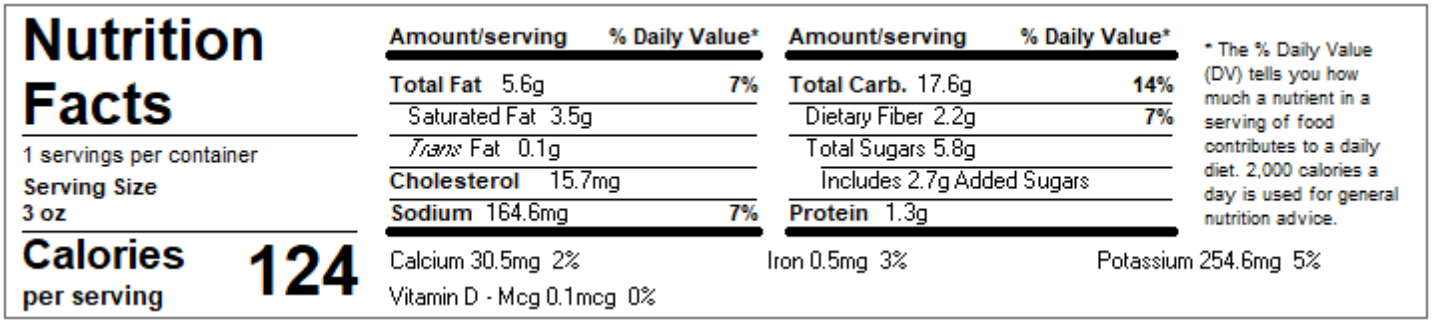
Calcium 1.7mg 0% Iron 0.1mg 0% Potassium 11.2mg 0%
Vitamin D - Mcg 0mcg 0%

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INGREDIENTS: Regionally Grown Fresh Cranberries, Granulated Sugar, Orange Juice (Orange Juice), Water, Corn Starch, Cinnamon Sticks

ALLERGENS: Corn

Maple Mashed Sweet Potatoes



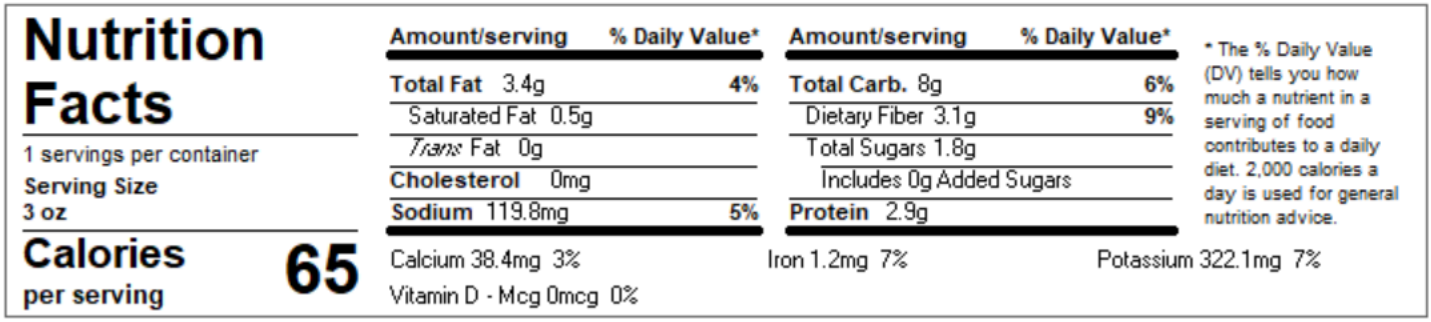
Nutrition Facts					
1 servings per container					
Serving Size 3 oz					
Calories per serving	124				
Amount/serving	% Daily Value*	Amount/serving	% Daily Value*		
Total Fat 5.6g	7%	Total Carb. 17.6g	14%		
Saturated Fat 3.5g		Dietary Fiber 2.2g	7%		
Trans Fat 0.1g		Total Sugars 5.8g			
Cholesterol 15.7mg		Includes 2.7g Added Sugars			
Sodium 164.6mg	7%	Protein 1.3g			
Calcium 30.5mg 2%		Iron 0.5mg 3%		Potassium 254.6mg 5%	
Vitamin D - Mcg 0.1mcg 0%					

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INGREDIENTS: Diced Local Sweet Potatoes, Local Unsalted Butter (Cream (Milk), Natural Flavoring), Local Pure Maple Syrup, Heavy Cream, Kosher Salt (Sea Salt)

ALLERGENS: Milk

Brussels Sprouts with Garlic Confit



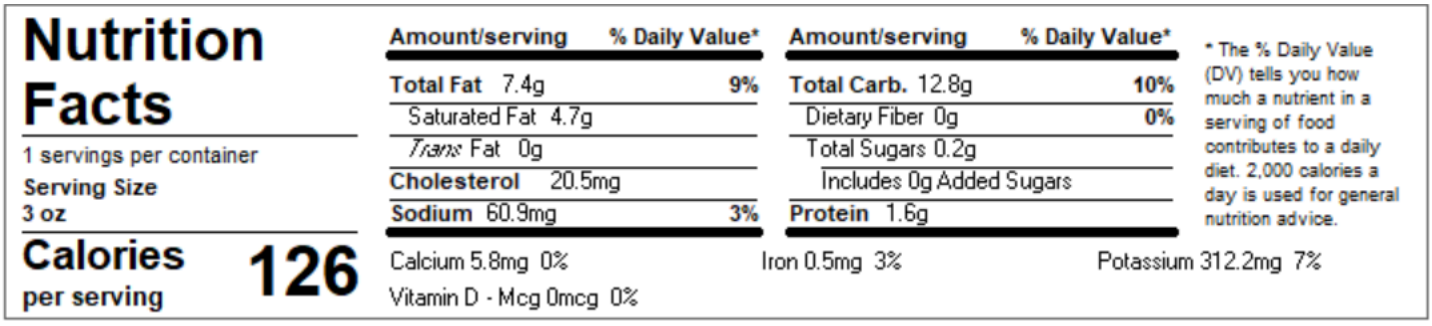
Nutrition Facts					
1 servings per container					
Serving Size 3 oz					
Calories per serving	65				
Amount/serving	% Daily Value*	Amount/serving	% Daily Value*		
Total Fat 3.4g	4%	Total Carb. 8g	6%		
Saturated Fat 0.5g		Dietary Fiber 3.1g	9%		
Trans Fat 0g		Total Sugars 1.8g			
Cholesterol 0mg		Includes 0g Added Sugars			
Sodium 119.8mg	5%	Protein 2.9g			
Calcium 38.4mg 3%		Iron 1.2mg 7%		Potassium 322.1mg 7%	
Vitamin D - Mcg 0mcg 0%					

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INGREDIENTS: Fresh Brussels Sprouts, Extra Virgin Olive Oil, Garlic Cloves, Kosher Salt (Sea Salt), Ground Black Pepper

ALLERGENS: None

Local Chive Mashed Potato



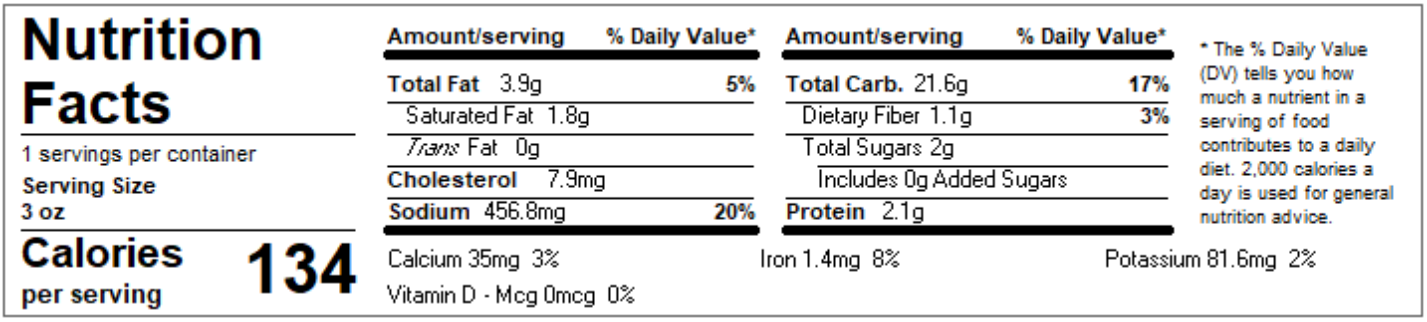
Nutrition Facts					
1 servings per container					
Serving Size 3 oz					
Calories per serving	126				
Amount/serving	% Daily Value*	Amount/serving	% Daily Value*		
Total Fat 7.4g	9%	Total Carb. 12.8g	10%		
Saturated Fat 4.7g		Dietary Fiber 0g	0%		
Trans Fat 0g		Total Sugars 0.2g			
Cholesterol 20.5mg		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%					

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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

Herbed Bread Dressing



Nutrition Facts

1 servings per container

Serving Size
3 oz

Calories per serving 134

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 3.9g	**5%**	**Total Carb.** 21.6g	**17%**
Saturated Fat 1.8g		Dietary Fiber 1.1g	**3%**
Trans Fat 0g		Total Sugars 2g	
Cholesterol 7.9mg		Includes 0g Added Sugars	
Sodium 456.8mg	**20%**	**Protein** 2.1g	

Calcium 35mg 3% Iron 1.4mg 8% Potassium 81.6mg 2%

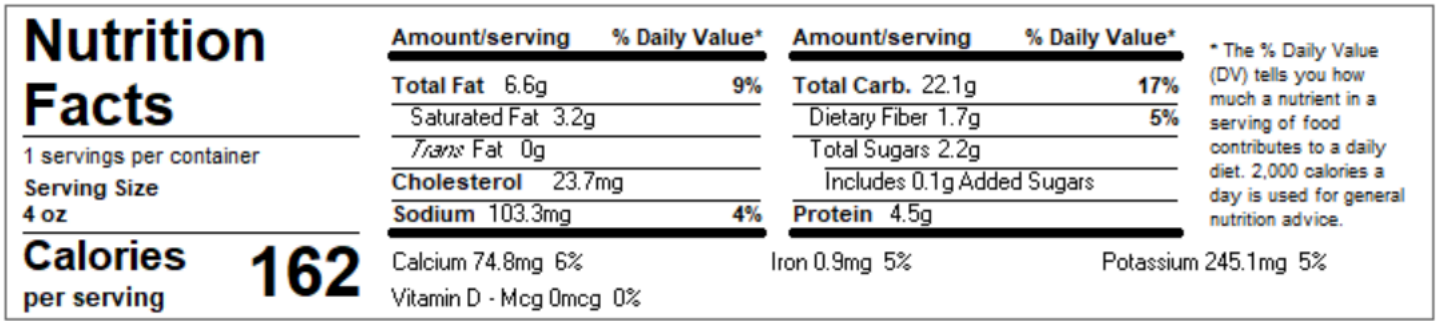
Vitamin D - Mcg 0mcg 0%

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INGREDIENTS: Water, Pepperidge Farms Herb Stuffing (Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Salt, Sugar, Yeast, Contains 2% or less of: Vegetable Oils (Canola and/or Sunflower and/or Palm), Molasses, Spices, Celery, Onion Powder, Calcium Propionate, Malted Barley Flour, Rosemary Extract, Ascorbic Acid, Soy Lecithin), Local Yellow Onions, Fresh Celery, Local Unsalted Butter (Cream (Milk), Natural Flavoring), Herb Blend (Italian Parsley, Fresh Chives, Fresh Thyme), Chicken Base (Chicken Meat, Salt, Chicken Broth, Chicken Fat, Sugar, Canola Oil, Corn Starch, Natural Flavors, Potato Starch, Turmeric), Kosher Salt (Sea Salt), Ground Black Pepper

ALLERGENS: Milk, Gluten, Soy, Corn, Wheat

Butternut Squash Lasagna w/Sage Cream



Nutrition Facts

1 servings per container

Serving Size
4 oz

Calories per serving 162

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 6.6g	**9%**	**Total Carb.** 22.1g	**17%**
Saturated Fat 3.2g		Dietary Fiber 1.7g	**5%**
Trans Fat 0g		Total Sugars 2.2g	
Cholesterol 23.7mg		Includes 0.1g Added Sugars	
Sodium 103.3mg	**4%**	**Protein** 4.5g	

Calcium 74.8mg 6% Iron 0.9mg 5% Potassium 245.1mg 5%

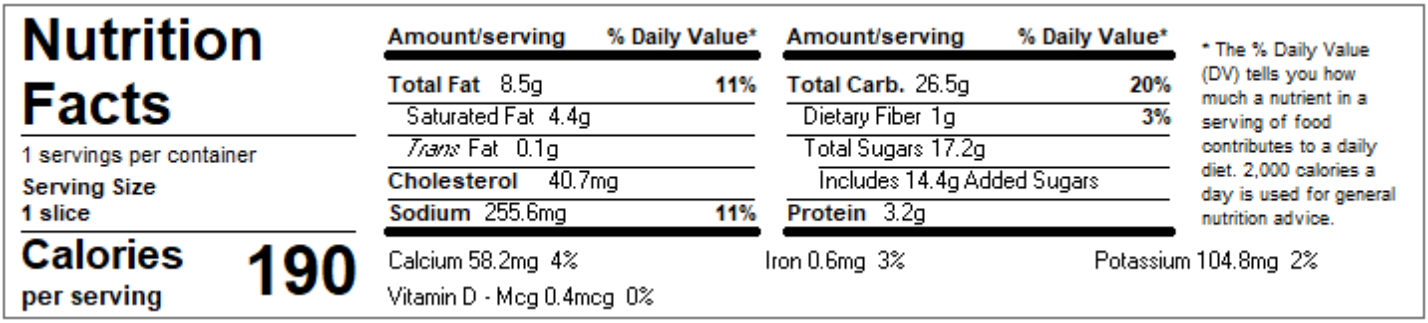
Vitamin D - Mcg 0mcg 0%

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INGREDIENTS: Diced Local Butternut Squash, Lasagna Noodles (Enriched Semolina Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Whole Eggs), Half & Half (Milk, Cream, Disodium Phosphate, Sodium Citrate), Mapleline Whole Milk, CABOT Local Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Microbial Enzymes, Potato Starch, Corn Starch, Calcium Sulfate, Natamycin), All Purpose Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Local Unsalted Butter (Cream (Milk), Natural Flavoring), Local Yellow Onions, Canola Oil, Canola Oil, Fresh Sage, Granulated Sugar, Kosher Salt (Sea Salt), Garlic Cloves, Kosher Salt (Sea Salt)

ALLERGENS: Milk, Eggs, Gluten, Corn, Wheat

Pumpkin Pie Slice (10 portions/pie)



Nutrition Facts

1 servings per container

Serving Size
1 slice

Calories per serving **190**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 8.5g	**11%**	**Total Carb.** 26.5g	**20%**
Saturated Fat 4.4g		Dietary Fiber 1g	**3%**
Trans Fat 0.1g		Total Sugars 17.2g	
Cholesterol 40.7mg		Includes 14.4g Added Sugars	
Sodium 255.6mg	**11%**	**Protein** 3.2g	

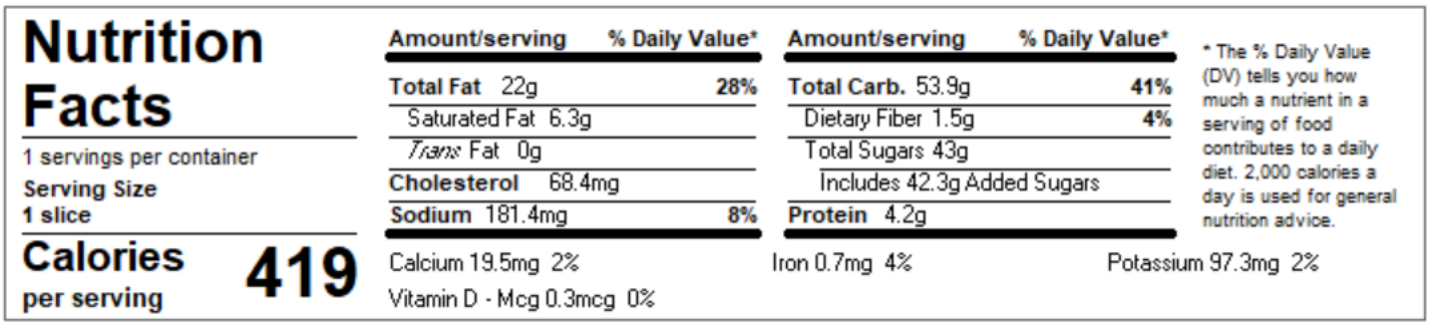
Calcium 58.2mg 4% Iron 0.6mg 3% Potassium 104.8mg 2%
Vitamin D - Mcg 0.4mcg 0%

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INGREDIENTS: Pumpkin Pie (Canned Pumpkin (100% Pure Pumpkin), Pie Shells (Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Interesterified Soybean Oil, Water, Hydrogenated Cottonseed Oil, High Fructose Corn Syrup, Salt), Evaporated Milk (Milk, Dipotassium Phosphate, Carrageenan, Vitamin D3), Granulated Sugar, Fresh Cage Free Eggs, Heavy Cream (Cream, Carrageenan, Mono and Diglycerides, Polysorbate 80), Local Whole Milk, Golden Brown Sugar, Salt (Salt, Sodium Silicoaluminate, Sodium Thiosulfate, Potassium Iodide), Ground Cinnamon, Ground Ginger (Ginger, Sulfur Dioxide), Ground Cloves)

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

Pecan Pie (10 portions/pie)



Nutrition Facts

1 servings per container

Serving Size
1 slice

Calories per serving **419**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 22g	**28%**	**Total Carb.** 53.9g	**41%**
Saturated Fat 6.3g		Dietary Fiber 1.5g	**4%**
Trans Fat 0g		Total Sugars 43g	
Cholesterol 68.4mg		Includes 42.3g Added Sugars	
Sodium 181.4mg	**8%**	**Protein** 4.2g	

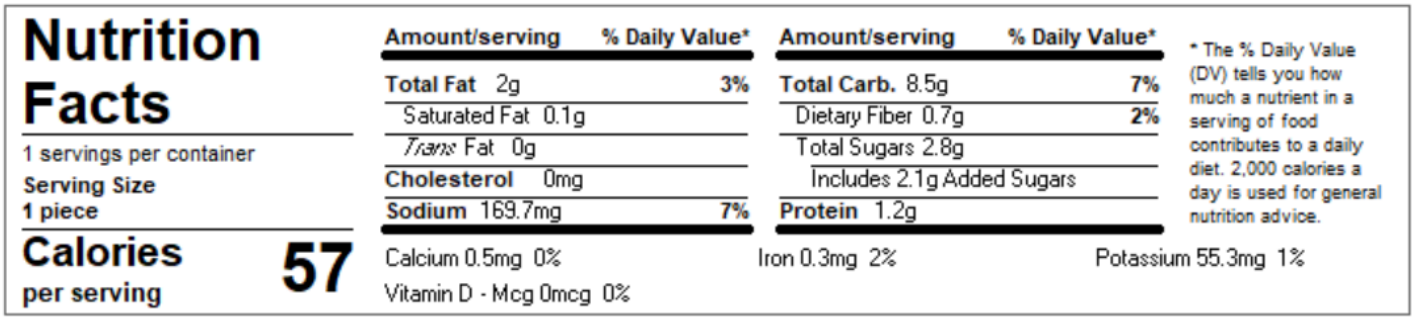
Calcium 19.5mg 2% Iron 0.7mg 4% Potassium 97.3mg 2%
Vitamin D - Mcg 0.3mcg 0%

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INGREDIENTS: Pecan Pie (Light Corn Syrup (Corn Syrup, High Fructose Corn Syrup, Water, Salt, Natural and Artificial Vanilla Flavor), Pie Shells (Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Interesterified Soybean Oil, Water, Hydrogenated Cottonseed Oil, High Fructose Corn Syrup, Salt), Chopped Pecans, Fresh Cage Free Eggs, Granulated Sugar, Golden Brown Sugar (Brown Cane Sugar), Local Unsalted Butter (Cream (Milk), Natural Flavoring)**)**

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

Local Whole Wheat Bread (18 slices/loaf)



Nutrition Facts

1 servings per container

Serving Size
1 piece

Calories per serving **57**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 2g	**3%**	**Total Carb.** 8.5g	**7%**
Saturated Fat 0.1g		Dietary Fiber 0.7g	**2%**
Trans Fat 0g		Total Sugars 2.8g	
Cholesterol 0mg		Includes 2.1g Added Sugars	
Sodium 169.7mg	**7%**	**Protein** 1.2g	

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Calcium 0.5mg 0% Iron 0.3mg 2% Potassium 55.3mg 1%
Vitamin D - Mcg 0mcg 0%

INGREDIENTS: Local Whole Wheat Bread (Bread Flour (Hard Red Spring Wheat (Glenn)), Water, Whole Wheat Flour (Hard Red Spring Wheat (Glenn), Soft Red Winter Wheat), Local Honey, Canola Oil, Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), Salt (Salt, Sodium Silicoaluminate, Sodium Thiosulfate, Potassium Iodide))

ALLERGENS: Gluten, Wheat

2026 UMass Fresh Thanksgiving Dinner Allergen List

Item	Milk	Egg	Gluten/ Wheat	Soy	Corn	Peanut	Tree Nuts	Fish/ Shellfish	Sesame
Roasted Turkey									
Turkey Gravy	X		X	X	X				
GF Turkey Gravy	X			X	X				
Cinnamon Orange Cranberry Sauce					X				
Chive Mashed Potatoes	X								
Herbed Bread Dressing	X		X	X	X				
Maple Sweet Potatoes	X								
Brussels Sprouts w/Garlic Confit									
Butternut Squash Lasagna	X	X	X		X				
Pumpkin Pie	X	X	X	X	X				
Pecan Pie	X	X	X	X	X		X		
Local Whole Wheat Bread			X		X				

*X indicates allergen is present in product