

## Misty Knoll Vermont Roasted Turkey

<b>Nutrition Facts</b>		<b>Amount/Serving</b>	<b>% DV*</b>	<b>Amount/Serving</b>	<b>% DV*</b>
<b>Serving Size</b>	<b>3 oz</b>	<b>Total Fat</b>	4.8g	<b>Total Carb.</b>	0.2g
<b>Calories</b>	<b>122</b>	Sat. Fat	1.2g	Dietary Fiber	0g
<b>Calories from Fat</b>	<b>43</b>	Trans Fat	0.1g	Sugars	0.1g
		<b>Cholest.</b>	61.4mg	<b>Protein</b>	18.5g
		<b>Sodium</b>	185.6mg		

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS:** MISTY KNOLL Roasted Turkey, Kosher Salt, Ground Black Pepper

## Turkey Gravy

<b>Nutrition Facts</b>		<b>Amount/Serving</b>	<b>% DV*</b>	<b>Amount/Serving</b>	<b>% DV*</b>
<b>Serving Size</b>	<b>1 oz</b>	<b>Total Fat</b>	2.9g	<b>Total Carb.</b>	7.9g
<b>Calories</b>	<b>62</b>	Sat. Fat	0.3g	Dietary Fiber	0.3g
<b>Calories from Fat</b>	<b>26</b>	Trans Fat	0g	Sugars	0g
		<b>Cholest.</b>	0.3mg	<b>Protein</b>	1.1g
		<b>Sodium</b>	117.6mg		

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS:** Low Sodium Chicken Broth (Chicken Broth, Less than 2% of: Salt, Sea Salt, Chicken Fat, Sugar, Yeast Extract, Maltodextrin [Corn], Flavorings, Canola Oil, Dextrose [Corn], Disodium Inosinate, Disodium Guanylate, Onion Powder, Oleoresin Turmeric), All Purpose Flour (Bleached Wheat Flour, Malted Barley Flour (Contains Wheat, May Contain Corn), Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Canola Oil, Turkey Base (Turkey and Natural Turkey Juices, Juices, Salt, Maltodextrin (Corn and/or Wheat), Sugar, Hydrolyzed Soy and Corn Protein, Natural Flavors, Corn Oil, Seasoning (Autolyzed Yeast Extract, Salt), 2% or Less of Potato Starch, Turkey Broth, Disodium Inosinate, Disodium Guanylate, Caramel Color (May Contain Corn), Lactic Acid, Contains: Soy Ingredients), Local Unsalted Butter (Cream (Milk), Natural Flavoring), Kosher Salt, Ground Black Pepper

**ALLERGENS:** Milk, Gluten, Soy, Corn

## Cinnamon Orange Cranberry Sauce

<b>Nutrition Facts</b>		<b>Amount/Serving</b>	<b>% DV*</b>	<b>Amount/Serving</b>	<b>% DV*</b>
<b>Serving Size</b>	<b>1 oz</b>	<b>Total Fat</b>	0g	<b>Total Carb.</b>	9.2g
<b>Calories</b>	<b>35</b>	Sat. Fat	0g	Dietary Fiber	0.6g
<b>Calories from Fat</b>	<b>0</b>	Trans Fat	0g	Sugars	7.7g
		<b>Cholest.</b>	0mg	<b>Protein</b>	0.1g
		<b>Sodium</b>	0.6mg		

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS:** Fresh Cranberries, Orange Juice (100% Pure Orange Juice From Concentrate (Pure Filtered Water, Concentrated Orange Juice), Ascorbic Acid (Vitamin C)), Granulated Sugar, Water, Corn Starch, Cinnamon Sticks

**ALLERGENS:** Corn

## Garlic Chive Mashed Potato

<b>Nutrition Facts</b>		<b>Amount/Serving</b>	<b>% DV*</b>	<b>Amount/Serving</b>	<b>% DV*</b>
<b>Serving Size</b>	<b>3 oz</b>	<b>Total Fat</b>	3.8g	<b>Total Carb.</b>	13.2g
<b>Calories</b>	<b>96</b>	Sat. Fat	2.4g	Dietary Fiber	1g
<b>Calories from Fat</b>	<b>34</b>	Trans Fat	0g	Sugars	0.3g
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		<b>Cholest.</b>	10.9mg	<b>Protein</b>	1.8g
		<b>Sodium</b>	66mg		

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

## Herbed Bread Dressing

<b>Nutrition Facts</b>		<b>Amount/Serving</b>	<b>% DV*</b>	<b>Amount/Serving</b>	<b>% DV*</b>
<b>Serving Size</b>	<b>3 oz</b>	<b>Total Fat</b>	0.9g	<b>Total Carb.</b>	16.5g
<b>Calories</b>	<b>87</b>	Sat. Fat	0.1g	Dietary Fiber	0.7g
<b>Calories from Fat</b>	<b>8</b>	Trans Fat	0g	Sugars	1.6g
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		<b>Cholest.</b>	0.7mg	<b>Protein</b>	1.6g
		<b>Sodium</b>	353.8mg		

**INGREDIENTS:** Water, Pepperidge Farms Herb Stuffing (Unbromated Unbleached Enriched Wheat Flour [Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Whole Wheat Flour, Salt, Sugar, Contains 2% or Less of: Yeast, Canola Oil, Unsulphured Molasses, Spices (Contains Celery), Onion Powder, Calcium Propionate (to retard spoilage), Malted Barley Flour, Soy Lecithin.), Fresh Celery, Local Yellow Onions, Chicken Stock (Chicken Meat Including Natural Chicken Juices, Salt, Sugar, Chicken Fat, Hydrolyzed Protein [Corn, Wheat Gluten, Soy], Dried Whey [Milk], Maltodextrin [Corn and/or Wheat], Less than 2% of Natural Flavors, Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Autolyzed Yeast Extract, Lactic Acid, Dextrose [Corn], Natural Extractives of Turmeric and Annatto), Local Unsalted Butter (Cream (Milk), Natural Flavoring), Poultry Seasoning (Thyme, Sage, Marjoram, Rosemary, Black Pepper and Nutmeg), Ground Black Pepper  
**ALLERGENS:** Milk, Gluten, Soy, Corn

## Maple Mashed Sweet Potatoes w/Walnuts

<b>Nutrition Facts</b>		<b>Amount/Serving</b>	<b>% DV*</b>	<b>Amount/Serving</b>	<b>% DV*</b>
<b>Serving Size</b>	<b>3 oz</b>	<b>Total Fat</b>	8g	<b>Total Carb.</b>	17.2g
<b>Calories</b>	<b>144</b>	Sat. Fat	3.5g	Dietary Fiber	2.5g
<b>Calories from Fat</b>	<b>72</b>	Trans Fat	0.1g	Sugars	5.2g
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		<b>Cholest.</b>	14.5mg	<b>Protein</b>	1.9g
		<b>Sodium</b>	164.3mg		

**INGREDIENTS:** Diced Local Sweet Potatoes, Heavy Cream, Local Unsalted Butter (Cream (Milk), Natural Flavoring), Walnut Pieces, Pure Maple Syrup, Pure Maple Syrup, Kosher Salt, Ground Cinnamon  
**ALLERGENS:** Milk, Tree Nuts

## Sauteed Brussels Sprout Tops

<b>Nutrition Facts</b>		<b>Amount/Serving</b>	<b>% DV*</b>	<b>Amount/Serving</b>	<b>% DV*</b>
<b>Serving Size</b>	<b>3 oz</b>	<b>Total Fat</b>	1.5g	<b>2%</b>	<b>Total Carb.</b> 7.7g
<b>Calories</b>	<b>48</b>	Sat. Fat	0.1g	<b>1%</b>	Dietary Fiber 3.3g
<b>Calories from Fat</b>	<b>14</b>	Trans Fat	0g		Sugars 1.9g
		<b>Cholest.</b>	0mg	<b>0%</b>	<b>Protein</b> 2.9g
		<b>Sodium</b>	68.2mg	<b>3%</b>	

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS:** Local Brussel Sprout Tops, Canola Oil, Kosher Salt, Ground Black Pepper

## Butternut Squash Lasagna w/Sage Cream

<b>Nutrition Facts</b>		<b>Amount/Serving</b>	<b>% DV*</b>	<b>Amount/Serving</b>	<b>% DV*</b>
<b>Serving Size</b>	<b>4 oz</b>	<b>Total Fat</b>	6.1g	<b>9%</b>	<b>Total Carb.</b> 20.9g
<b>Calories</b>	<b>152</b>	Sat. Fat	3.1g	<b>15%</b>	Dietary Fiber 1.6g
<b>Calories from Fat</b>	<b>55</b>	Trans Fat	0.1g		Sugars 2.4g
		<b>Cholest.</b>	14.3mg	<b>5%</b>	<b>Protein</b> 4.2g
		<b>Sodium</b>	91.8mg	<b>4%</b>	

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS:** Diced Local Butternut Squash, BARILLA Lasagna Noodles (Semolina [Wheat], Durum Flour, Niacin, Iron (Ferrous Sulfate), Thiamine Mononitrate, Riboflavin, Folic Acid. This Product is Manufactured on Equipment that Processes Products Containing Eggs), Half & Half (Milk, Cream, Disodium Phosphate, Sodium Citrate), Sharp White Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, and Annatto (Vegetable Color) if Colored), All Purpose Flour (Bleached Wheat Flour, Malted Barley Flour (Contains Wheat, May Contain Corn), Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Local Unsalted Butter (Cream (Milk), Natural Flavoring), Local Yellow Onions, Canola Oil, Canola Oil, Sage, Granulated Sugar, Kosher Salt, Garlic Cloves, Kosher Salt

**ALLERGENS:** Milk, Eggs, Gluten, Corn

## Apple Crumb Pie Slice (10/pie)

### Nutrition Facts

Serving Size 1 piece

Calories 527

Calories from Fat 246

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	% DV*	Amount/Serving	% DV*
<b>Total Fat</b> 27.3g	<b>42%</b>	<b>Total Carb.</b> 66.3g	
Sat. Fat 11.4g	<b>57%</b>	Dietary Fiber 3.9g	<b>16%</b>
Trans Fat 0.5g		Sugars 25.9g	
<b>Cholest.</b> 31.9mg	<b>11%</b>	<b>Protein</b> 5.2g	
<b>Sodium</b> 134.9mg	<b>6%</b>		

**INGREDIENTS:** Apple Crumb Pie (Pie Dough Ingredients (Pastry Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), CRISCO Shortening (Soybean Oil, Fully Hydrogenated Palm Oil, Mono and Diglycerides (Corn), TBHQ and Citric Acid (Antioxidants)), Water, Granulated Sugar (100% Cane Sugar), Salt), Granny Smith Apples, Golden Delicious Apples (peeled), All Purpose Flour (Wheat Flour, Malted Barley, Niacin, Iron, Thiamine, Riboflavin, Folic Acid), Unsalted Butter (Cream, Natural Flavorings), Golden Brown Sugar (Brown Sugar and Cane Caramel Color (May Contain Corn)), Granulated Sugar (100% Cane Sugar), White Whole Wheat Flour, Granulated Sugar (100% Cane Sugar), Full Strength Bread Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Potassium Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid), Ground Cinnamon, Ground Cardomom, Ground Nutmeg)

**ALLERGENS:** Milk, Gluten, Soy, Corn

## Cranberry Grain Bread (18 slices/loaf)

### Nutrition Facts

Serving Size 1 slice

Calories 92

Calories from Fat 9

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	% DV*	Amount/Serving	% DV*
<b>Total Fat</b> 1g	<b>1%</b>	<b>Total Carb.</b> 18.7g	
Sat. Fat 0.1g	<b>1%</b>	Dietary Fiber 1.2g	<b>5%</b>
Trans Fat 0g		Sugars 5.3g	
<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 3.1g	
<b>Sodium</b> 183.9mg	<b>8%</b>		

**INGREDIENTS:** Cranberry Grain Bread (Hi Gluten Bread Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Potassium Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Dried Craisins (Cranberries, Sugar, Citric Acid, Sunflower Oil, Elderberry Juice Concentrate (Color)), Sponge Starter (Full Strength Bread Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Potassium Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast), Cracked Wheat Base (Cracked Wheat, Dried Honey, Wheat Germ, Wheat Flour, Rye Malt, Manufactured in a Facility that also Processes Soy Ingredients), White Whole Wheat Flour, Whole Grain Blend (Sunflower Seeds, Pumpkin Seeds, Flaxseed, Whole Grain Rye Kernel, Wheat Berries, Malted Wheat Flakes, Millet, Pearled Barley, Organic Corn Grits, Cracked Buckwheat, Salt, Manufactured on a line that processes soy), Country French Base (Natural Wheat Sour, Salt, Rye Flour, Wheat Gluten, Malted Barley Flour, Sunflower Lecithin, Ascorbic Acid, Enzymes), Granulated Sugar (100% Cane Sugar), Local Honey, Yeast, Orange Zest (Chopped Orange Peels, Cane Sugar and Natural Orange Flavor))

**ALLERGENS:** Gluten, Soy, Corn

## 2018 UMass Fresh Thanksgiving Dinner

Item	Milk	Egg	Gluten	Soy	Corn	Peanut	Tree Nut	Fish	Shellfish	Sesame
Roasted Turkey										
Turkey Gravy	X		X	X	X					
Cinn Orange Cranberry Sauce					X					
Chive Mashed Potatoes	X									
Herbed Bread Dressing	X		X	X	X					
Sweet Potatoes w/Walnuts	X						X			
Brussel Sprout Tops										
Butternut Squash Lasagna	X	X	X		X					
Apple Crumb Pie	X		X	X	X					
Cranberry Grain Bread			X	X	X					

\*X indicates allergen is present in product