

Misty Knoll Vermont Roasted Turkey

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* 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.	
	1 servings per container					
Serving Size						
3 oz						
Calories	122					
per serving						
	Total Fat	4.8g	7%	Total Carb.	0.2g	0%
	Saturated Fat	1.2g	6%	Dietary Fiber	0g	0%
	<i>Trans</i> Fat	0.1g		Total Sugars	0.1g	
	Cholesterol	61.4mg	20%	Includes 0g Added Sugars		0%
	Sodium	185.6mg	8%	Protein	18.5g	

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

Turkey Gravy*

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* 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.	
	1 servings per container					
Serving Size						
1 oz						
Calories	51					
per serving						
	Total Fat	3.9g	6%	Total Carb.	2.9g	1%
	Saturated Fat	0.3g	1%	Dietary Fiber	0.1g	0%
	<i>Trans</i> Fat	0g		Total Sugars	0.1g	
	Cholesterol	0.4mg	0%	Includes 0g Added Sugars		0%
	Sodium	177.5mg	7%	Protein	0.6g	

INGREDIENTS: Water, Chicken Stock (Chicken Stock, Chicken Fat, Maltodextrin, Modified Cornstarch, Salt, Sugar, 2% or Less of Corn Oil, Flavor), Canola Oil, All Purpose Flour (Bleached Wheat Flour, Malted Barley Flour [Contains Wheat, May Contain Corn], Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Turkey Base (Turkey and Natural Turkey Juices, Juices, Salt, Maltodextrin, 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), Kitchen Bouquet (Caramel Color [Sulfites-May Contain Corn], Water, Vegetable Base [Water, Carrots, Celery, Cabbage, Onions, Parsley, Turnips, Parsnips], Less than 2% of: Spices, Salt, Sodium Benzoate as a Preservative), Local Unsalted Butter (Cream (Milk), Natural Flavoring), Kosher Salt, Ground Black Pepper

ALLERGENS: Milk, Gluten, Soy, Corn, Wheat

Cinnamon Orange Cranberry Sauce

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* 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.	
	1 servings per container					
Serving Size						
1 oz						
Calories	35					
per serving						
	Total Fat	0g	0%	Total Carb.	9.2g	3%
	Saturated Fat	0g	0%	Dietary Fiber	0.6g	2%
	<i>Trans</i> Fat	0g		Total Sugars	7.7g	
	Cholesterol	0mg	0%	Includes 6.3g Added Sugars		134%
	Sodium	0.6mg	0%	Protein	0.1g	

INGREDIENTS: Fresh Cranberries, Orange Juice (100% Pure Orange Juice From Concentrate (Filtered Water, Concentrated Orange Juice), Ascorbic Acid (Vitamin C)* and Natural Flavors* [* Not found in regular orange juice]), Granulated Sugar, Water, Corn Starch, Cinnamon Sticks

ALLERGENS: Corn

Garlic Chive Mashed Potato

<h3 style="margin: 0;">Nutrition Facts</h3> <p style="margin: 0;">1 servings per container</p> <p style="margin: 0;">Serving Size 3 oz</p> <p style="margin: 0;">Calories 96 per serving</p>	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	<p>* 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.</p>
	Total Fat 3.8g	6%	Total Carb. 13.2g	4%	
	Saturated Fat 2.4g	12%	Dietary Fiber 1g	4%	
	<i>Trans</i> Fat 0g		Total Sugars 0.3g		
Cholesterol 10.9mg	4%	Includes 0g Added Sugars	0%		
Sodium 66mg	3%	Protein 1.8g			

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*

<h3 style="margin: 0;">Nutrition Facts</h3> <p style="margin: 0;">1 servings per container</p> <p style="margin: 0;">Serving Size 3 oz</p> <p style="margin: 0;">Calories 154 per serving</p>	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	<p>* 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.</p>
	Total Fat 4.5g	7%	Total Carb. 24.8g	8%	
	Saturated Fat 2.1g	11%	Dietary Fiber 1.1g	5%	
	<i>Trans</i> Fat 0g		Total Sugars 2.3g		
Cholesterol 9.4mg	3%	Includes 0g Added Sugars	0%		
Sodium 480.6mg	20%	Protein 2.4g			

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 Unsalted Butter (Cream (Milk), Natural Flavoring), Local Yellow Onions, Ground Black Pepper, Herb Blend (Italian Parsley, Fresh Chives, Fresh Thyme), Chicken Stock (Chicken Meat Including Natural Chicken Juices, Salt, Sugar, Chicken Fat, Hydrolyzed Protein [Corn, Wheat Gluten, Soy], Dried Whey [Milk], Maltodextrin [Corn], 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)
ALLERGENS: Milk, Gluten, Soy, Corn, Wheat

Maple Mashed Sweet Potatoes w/Walnuts

<h3 style="margin: 0;">Nutrition Facts</h3> <p style="margin: 0;">1 servings per container</p> <p style="margin: 0;">Serving Size 3 oz</p> <p style="margin: 0;">Calories 144 per serving</p>	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	<p>* 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.</p>
	Total Fat 8g	12%	Total Carb. 17.2g	6%	
	Saturated Fat 3.5g	18%	Dietary Fiber 2.5g	10%	
	<i>Trans</i> Fat 0.1g		Total Sugars 5.2g		
Cholesterol 14.5mg	5%	Includes 2.1g Added Sugars	44%		
Sodium 164.3mg	7%	Protein 1.9g			

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

Sautéed Brussels Sprout Tops*

Nutrition Facts

1 servings per container

Serving Size
3 oz

Calories **51**
per serving

Amount/serving	% Daily Value*
Total Fat 1.4g	2%
Saturated Fat 0.1g	1%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 64.9mg	3%

Amount/serving	% Daily Value*
Total Carb. 8.6g	3%
Dietary Fiber 3.2g	13%
Total Sugars 1.8g	
Includes 0g Added Sugars	0%
Protein 3g	

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

Butternut Squash Lasagna w/Sage Cream*

Nutrition Facts

1 servings per container

Serving Size
4 oz

Calories **161**
per serving

Amount/serving	% Daily Value*
Total Fat 7g	11%
Saturated Fat 3.4g	17%
<i>Trans</i> Fat 0.1g	
Cholesterol 25.3mg	8%
Sodium 106.6mg	4%

Amount/serving	% Daily Value*
Total Carb. 21.1g	7%
Dietary Fiber 1.8g	7%
Total Sugars 2g	
Includes 0.1g Added Sugars	3%
Protein 4.6g	

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INGREDIENTS: Diced Local Butternut Squash, Lasagna Noodles (Enriched Durum Wheat Flour (Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Whole Eggs), Half & Half (Milk, Cream, Disodium Phosphate, Sodium Citrate), Sharp White Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto 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, Wheat

Apple Crumb Pie Slice (10/pie)

Nutrition Facts

1 servings per container

Serving Size
1 piece

Calories **527**
per serving

Amount/serving	% Daily Value*
Total Fat 27.3g	42%
Saturated Fat 11.4g	57%
<i>Trans</i> Fat 0.5g	
Cholesterol 31.9mg	11%
Sodium 134.9mg	6%

Amount/serving	% Daily Value*
Total Carb. 66.3g	22%
Dietary Fiber 3.9g	16%
Total Sugars 25.9g	
Includes 0g Added Sugars	0%
Protein 5.2g	

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INGREDIENTS: Apple Crumb Pie (Granny Smith Apples, Golden Delicious Apples (peeled), Homemade Pie Dough (Pastry Flour (Enriched Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), CRISCO Shortening (Soybean Oil, Fully Hydrogenated Palm Oil, Mono and Diglycerides [Corn], TBHQ and Citric Acid (Antioxidants)), Water, Granulated Sugar, Salt), 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), Golden Brown Sugar, Granulated Sugar, White Whole Wheat Flour, Granulated Sugar, Full Strength Bread Flour (Bleached Wheat Flour, Malted Barley Flour (may contain corn), Niacin, Iron, Potassium Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid), Ground Cinnamon, Ground Cardamom, Ground Nutmeg)

ALLERGENS: Milk, Gluten, Soy, Corn, Wheat

Cranberry Grain Bread (18 slices/loaf)

Nutrition Facts

1 servings per container

Serving Size
1 loaf

Calories **1583**
per serving

Amount/serving	% Daily Value*
Total Fat 13.6g	21%
Saturated Fat 1.8g	9%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 3007.3mg	125%

Amount/serving	% Daily Value*
Total Carb. 314g	105%
Dietary Fiber 28g	112%
Total Sugars 84.4g	
Includes 27.8g Added Sugars	591%
Protein 51.6g	

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INGREDIENTS: Hi Gluten Bread Flour (Bleached Wheat Flour, Malted Barley Flour (Contain Wheat, May Contain Corn), Niacin, Iron, Potassium, Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Dried Craisins (Cranberries, Sugar, Sunflower Oil), 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), Sponge Starter (Full Strength Bread Flour (Bleached Wheat Flour, Malted Barley Flour (may contain corn), 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, Country French Base (Natural Wheat Sour, Salt, Rye Flour, Wheat Gluten, Malted Barley Flour, Sunflower Lecithin, Ascorbic Acid, Enzymes), Granulated Sugar, Local Honey, Local Cornmeal, Yeast, Orange Zest (Chopped Orange Peels, Cane Sugar, Natural Orange Flavor)

ALLERGENS: Gluten, Soy, Corn, Wheat

2019 UMass Fresh Thanksgiving Dinner

Item	Milk	Egg	Gluten	Soy	Corn	Peanut	Tree Nut	Fish	Shellfish	Sesame	Wheat
Roasted Turkey											
Turkey Gravy	X		X	X	X						X
GF Turkey Gravy	X			X	X						
Cinn Orange Cranberry Sauce					X						
Chive Mashed Potatoes	X										
Herbed Bread Dressing	X		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						X
Cranberry Grain Bread			X	X	X						X

*X indicates allergen is present in product

Updated: November 12, 2019