UMASS FRESH 2024: THANKSGIVING MADE EASY



Misty Knoll Vermont Roasted Turkey

Amount/serving % Daily Value*	Amount/serving % Daily Value*	* The % Daily Value
Total Fat 4.8g 6%	Total Carb. 0.2g 0%	(DV) tells you how much a nutrient in a
Trans Fat 0.1g	Total Sugars 0.1g	serving of food contributes to a daily diet. 2.000 calories a
Cholesterol 61.4mg Sodium 185.6mg	Includes 0g Added Sugars Protein 18.5g	day is used for general nutrition advice.
	Saturated Fat 1.2g Trans Fat 0.1g Cholesterol 61.4mg	Saturated Fat 1.2g Dietary Fiber 0g 0% Trans Fat 0.1g Total Sugars 0.1g Cholesterol 61.4mg Includes 0g Added Sugars

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

Turkey Gravy

Nutrition	Amount/serving % Daily Value*	Amount/serving % Daily Value*	* The % Daily Value
Facts	Total Fat 3.9g 5% Saturated Fat 0.3g	Total Carb. 3.6g 3% Dietary Fiber 0g 0%	(DV) tells you how much a nutrient in a serving of food
1 servings per container Serving Size	Trans Fat Og Cholesterol 0.5mg	Total Sugars Og Includes Og Added Sugars	contributes to a daily diet. 2,000 calories a day is used for genera
1 oz	Sodium 173.2mg 8%	Protein 0.6g	nutrition advice.
Calories 5	0		

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), Canola Oil, All Purpose Flour (GOLD MEDAL: 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), Browning Seasoning Sauce (Caramel, Vegetable Base (Water, Carrots, Onions, Celery, Parsnips, Turnips, Salt, Parsley, Spices), Sodium Benzoate, Sulfiting Agents), Local Unsalted Butter (Cream (Milk), Natural Flavoring), Kosher Salt, Ground Black Pepper

ALLERGENS: Milk, Gluten, Soy, Corn, Wheat

Gluten Free Turkey Gravy

Nutrition	Amount/serving % Daily Value*	Amount/serving % Daily Value*	* The % Daily Value
Facts	Total Fat 4.1g 5% Saturated Fat 0.3g	Total Carb. 2.3g 2% Dietary Fiber 0g 0%	(DV) tells you how much a nutrient in a serving of food
1 servings per container Serving Size	Trans Fat Og Cholesterol 0.6mg	Total Sugars Og Includes Og Added Sugars	contributes to a daily diet. 2,000 calories a day is used for general
1 oz	Sodium 187mg 8%	Protein 0.4g	nutrition advice.
Calories per serving 46	3		

INGREDIENTS: Water, Gluten Free Chicken Stock (Chicken Stock, Chicken Fat, Maltodextrin, Modified Cornstarch, Salt, Sugar, 2% or Less of Corn Oil, Flavor), Canola Oil, 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), Browning Seasoning Sauce (Caramel, Vegetable Base (Water, Carrots, Onions, Celery, Parsnips, Turnips, Salt, Parsley, Spices), Sodium Benzoate, Sulfiting Agents), Local Unsalted Butter (Cream (Milk), Natural Flavoring), Kosher Salt, Ground Black Pepper

ALLERGENS: Milk, Soy, Corn

Nutrition	Amount/serving % Daily Value*	Amount/serving % Daily Value*	* The % Daily Value
Facts	Total Fat Og 0% Saturated Fat Og	Total Carb. 9g 7% Dietary Fiber 0.7g 2%	(DV) tells you how much a nutrient in a serving of food
16 servings per container Serving Size	Trans Fat Og Cholesterol Omg	Total Sugars 7.1g Includes 6.5g Added Sugars	contributes to a daily diet. 2,000 calories a day is used for general
1 oz	Sodium 0.4mg 0%	Protein 0.1g	nutrition advice.
Calories per serving 34			

INGREDIENTS: Fresh Cranberries, Granulated Sugar, Orange Juice (Orange Juice from Concentrate (Filtered Water, Concentrated Orange Juice), Ascorbic Acid (Vitamin C), Natural Flavors), Water, Corn Starch, Cinnamon Sticks

ALLERGENS: Corn

Cinnamon Maple Mashed Sweet Potatoes

Nutrition	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The % Daily Value
Facts	Total Fat 5.6g Saturated Fat 3.5g	7%	Total Carb. 17.6g Dietary Fiber 2.2g	14% 7%	(DV) tells you how much a nutrient in a serving of food
1 servings per container Serving Size	Trans Fat 0.1g Cholesterol 15.7n Sodium 167.8mg		Total Sugars 5.8g Includes 2.7g Add	ed Sugars	contributes to a daily diet. 2,000 calories a day is used for genera
Calories 124	Sodium 167.8mg	7%	Protein 1.3g		nutrition advice.

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

ALLERGENS: Milk

Brussels Sprouts with Garlic Confit

Nutrition	Amount/serving_	% Daily Value*	Amount/serving	% Daily Value*	* The % Daily Value
Facts	Total Fat 3.4g Saturated Fat 0.5g	4%	Total Carb. 8.6g Dietary Fiber 3.3g	7% 10%	(DV) tells you how much a nutrient in a serving of food
1 servings per container Serving Size	Trans Fat Og Cholesterol Omg		Total Sugars 1.9g Includes 0g Added	d Sugars	contributes to a daily diet. 2,000 calories a day is used for general
3 oz	Sodium 291.6mg	13%	Protein 3.1g		nutrition advice.
Calories per serving	68				

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

Amount/serving % Daily Value*	Amount/serving % Daily Value*	* The % Daily Value
Total Fat 4.2g 5% Saturated Fat 2.7g	Total Carb. 13.2g 10% Dietary Fiber 0g 0%	much a nutrient in a
Trans Fat Og Cholesterol 12mg	Total Sugars 0.3g Includes 0g Added Sugars	contributes to a daily diet. 2,000 calories a day is used for general
Sodium 65.1mg 3%	Protein 1.7g	nutrition advice.
	Total Fat 4.2g 5% Saturated Fat 2.7g Trans Fat 0g Cholesterol 12mg	Total Fat 4.2g 5% Total Carb. 13.2g 10% Saturated Fat 2.7g Dietary Fiber 0g 0% Trans Fat 0g Total Sugars 0.3g Cholesterol 12mg Includes 0g Added Sugars

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

ALLERGENS: Milk

Herbed Bread Dressing

Nutrition	Amount/serving % Daily V	alue*	Amount/serving	% Daily Value*	* The % Daily Value
Facts	Total Fat 3.9g Saturated Fat 1.8g	5%	Total Carb. 21.6g Dietary Fiber 1.1g	17% 3%	(DV) tells you how much a nutrient in a serving of food
1 servings per container Serving Size	Trans Fat Og Cholesterol 7.9mg		Total Sugars 2g Includes 0g Added	Sugars	contributes to a daily diet. 2,000 calories a day is used for genera
3 oz	Sodium 458.7mg	20%	Protein 2.1g		nutrition advice.
Calories 134					number advice.

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 and Ascorbic Acid, Soy Lecithin), Local Yellow Onions, Fresh Celery, Local Unsalted Butter (Cream and Natural Flavoring), Herb Blend (Italian Parsley, Fresh Chives, Fresh Thyme), Chicken Base (MINORS: Chicken Meat, Salt, Chicken Broth, Chicken Fat, Sugar, Canola Oil, Corn Starch, 2% or less of Natural Flavors, Potato Starch, Turmeric), Kosher Salt, Ground Black Pepper

ALLERGENS: Milk, Gluten, Soy, Corn, Wheat

Nutrition	Amount/serving % Daily Value*	Amount/serving % Daily Value*	* The % Daily Value
Facts	Total Fat 7.2g 9% Saturated Fat 3.5g	Total Carb. 22.1g 17% Dietary Fiber 1.6g 5%	(DV) tells you how much a nutrient in a serving of food
1 servings per container Serving Size	Trans Fat 0.1g Cholesterol 25.5mg	Total Sugars 2.2g Includes 0.1g Added Sugars	contributes to a daily diet. 2,000 calories a day is used for general
4 oz	Sodium 106.4mg 5%	Protein 4.4g	nutrition advice.
Calories 167	,		

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

ALLERGENS: Milk, Eggs, Gluten, Corn, Wheat

Pumpkin Pie Slice (10 portions/pie)

Nutrition	Amount/serving %	Daily Value*	Amount/serving	% Daily Value*	* The % Daily Value
Facts	Total Fat 8.5g Saturated Fat 4.4g	11%	Total Carb. 26.5g Dietary Fiber 1g	20% 3%	(DV) tells you how much a nutrient in a serving of food
1 servings per container Serving Size	Trans Fat 0.1g Cholesterol 40.7mg		Total Sugars 17.2g Includes 14.4g Add	ded Sugars	contributes to a daily diet. 2,000 calories a day is used for genera
Calories 190	Sodium 255.6mg	11%	Protein 3.2g		nutrition advice.
per serving					

INGREDIENTS: 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

Nutrition % Daily Value* % Daily Value* Amount/serving Amount/serving * The % Daily Value (DV) tells you how Total Carb. 59.1q Total Fat 23.9q 31% 45% Facts much a nutrient in a Saturated Fat 6.7g Dietary Fiber 1.7g 5% serving of food Trans Fat Og Total Sugars 48g contributes to a daily 1 servings per container diet. 2.000 calories a 76.2mg Includes 47.2g Added Sugars Cholesterol Serving Size day is used for general Sodium 187.5mg 8% Protein 4.5g 1 slice nutrition advice. Calories 458 per serving

INGREDIENTS: 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), Pecan Halves, Fresh Cage Free Eggs, Granulated Sugar, Golden Brown Sugar, Local Unsalted Butter (Cream and Natural Flavoring)

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

Cranberry Grain Bread (10 slices/loaf)

Nutrition	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The % Daily Value
Facts	Total Fat 1.2g Saturated Fat 0.2g	2%	Total Carb. 30.9g Dietary Fiber 2.3g	24% 7%	(DV) tells you how much a nutrient in a serving of food
1 servings per container Serving Size	Trans Fat Og Cholesterol Omg		Total Sugars 7.2g Includes 2.7g Add	ed Sugars	contributes to a daily diet. 2,000 calories a day is used for genera
Calories 156	Sodium 277.6mg	12%	Protein 5g		nutrition advice.

INGREDIENTS: High Gluten Bread Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Potassium Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Dried Craisins (Cranberries, Sugar. Refined Sunflower Oil), Whole Grain Blend (Sunflower Seeds, Pumpkin Seeds, Flaxseed, Whole Grain Rye Kernals, Wheat Berries, Malted Wheat Flakes, Millet, Pearled Barley, Corn Grits, Cracked Buckwheat, Salt), Sponge Starter (Full Strength Bread Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Potassium Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Active Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid)), Cracked Wheat Base (Milled Wheat), White Whole Wheat Flour, Country French Base (Wheat Sour Dough [Wheat Flour naturally soured with sour dough bacteria], Salt, Rye Flour, Wheat Gluten, Malted Barley Flour, Sunflower Lecithin, Ascorbic Acid, Enzymes), Granulated Sugar, Local Honey, Yellow Cornmeal, Orange Zest (Chopped Orange Peels, Cane Sugar, Natural Orange Flavor), Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid)

ALLERGENS: Gluten, Corn, Wheat

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

^{*}X indicates allergen is present in product