

UMass Holiday Meal: December 2019

POTATO LEEK GRATIN

| 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. | |
|--------------------------|----------------|----------------|----------------|--------------------------|---|----|
| | | | | | | |
| 8 servings per container | Total Fat | 15.8g | 24% | Total Carb. | 13.6g | 5% |
| Serving Size | Saturated Fat | 9.7g | 48% | Dietary Fiber | 1.9g | 8% |
| 4 1/4 oz | Trans Fat | 0.4g | | Total Sugars | 2.3g | |
| Calories | Cholesterol | 46.4mg | 15% | Includes 0g Added Sugars | | 0% |
| per serving | Sodium | 237.2mg | 10% | Protein | 4.3g | |
| 204 | | | | | | |

INGREDIENTS: White Potatoes, Heavy Cream, Leeks, Shredded Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose [Anti-Caking Agent]), Local Unsalted Butter (Cream (Milk), Natural Flavoring), Kosher Salt, Ground Black Pepper, Pan Spray (Canola Oil, Caprylic/Capric Triglycerides, Phosphated Mono and Diglycerides [Corn], Silicon Dioxide, Calcium Stearate, Propellant)

ALLERGENS: Milk, Corn

AUTUMN LASAGNA ROLL

| 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. | |
|--------------------------|----------------|----------------|----------------|--------------------------|---|----|
| | | | | | | |
| 8 servings per container | Total Fat | 12.3g | 19% | Total Carb. | 23.3g | 8% |
| Serving Size | Saturated Fat | 3.2g | 16% | Dietary Fiber | 2.1g | 8% |
| 1 each | Trans Fat | 0.1g | | Total Sugars | 1.3g | |
| Calories | Cholesterol | 24.4mg | 8% | Includes 0g Added Sugars | | 0% |
| per serving | Sodium | 431.8mg | 18% | Protein | 10.5g | |
| 237 | | | | | | |

Romano Cheese (Pasteurized Sheep's Milk, Cultures, Rennet, Salt), Chopped Garlic, Sugar, Bread Crumbs (Wheat Flour, Sugar, Yeast, Salt), Salt, Parsley, Black Pepper, May Contain Nuts), Shredded Mozzarella Cheese (BACIO Whole Milk Cheese (Low Moisture Mozzarella Cheese (Cultured Pasteurized Milk, Salt, and Enzymes), Buffalo Skim Milk), Powdered Cellulose (Added To Prevent Caking), Natamycin (Added As A Preservative)), Shredded Parmesan (Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose (to prevent caking)), Extra Virgin Olive Oil, Extra Virgin Olive Oil, Garlic Cloves, Fresh Chives, Sage, Kosher Salt, Ground Black Pepper

ALLERGENS: Milk, Eggs, Tree Nuts, Peanuts, Gluten, Wheat

QUEEN PIEROGI W/LOCAL SAUERKRAUT

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|--------------------------|----------------|----------------|----------------|--------------------------|---|----|
| | | | | | | |
| 8 servings per container | Total Fat | 7.1g | 11% | Total Carb. | 19g | 6% |
| Serving Size | Saturated Fat | 4.2g | 21% | Dietary Fiber | 1.7g | 7% |
| 1 each | Trans Fat | 0g | | Total Sugars | 3g | |
| Calories | Cholesterol | 18.2mg | 6% | Includes 0g Added Sugars | | 0% |
| per serving | Sodium | 264mg | 11% | Protein | 3.7g | |
| 161 | | | | | | |

INGREDIENTS: QUEEN'S Potato & Cheese Pierogi (Fresh White Potatoes, Farmer's Cheese [Cultured Pasteurized Grade A Milk, Rennet], Cream Cheese [Pasteurized Milk, Stabilizers, Carob Bean and/or Xanthan (Corn) and/or Guar Gum], Fresh Eggs, Flour [Unbleached Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour], Milk, Butter, Margarine [Soybean Oil, Palm Oil, Palm Kernel Oil, Mono and Diglycerides, Soybean Lecithin, Sodium Benzoate, Artificial Butter Flavor, beta Carotene, Vitamin A Palmitate], Salt, Black Pepper, Sugar, Canola Oil, Natural Flavorings, Onion), Regionally Grown Cabbage (Organic Cabbage, Filtered Water, Unrefined Sea Salt, Caraway Seed, Dill Seed), Local Unsalted Butter (Cream (Milk), Natural Flavoring)

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

SWEET POTATO, APPLE & BACON HASH

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|---|-----------------------|--------------------------|-----------------------|-----------------------|---|
| Nutrition Facts 8 servings per container Serving Size 4 oz <hr/> Calories 156 per serving | 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. |
| | Total Fat 8.5g | 13% | Total Carb. 17.9g | 6% | |
| | Saturated Fat 1.3g | 6% | Dietary Fiber 2.7g | 11% | |
| | <i>Trans</i> Fat 0g | | Total Sugars 4.4g | | |
| Cholesterol 3.9mg | 1% | Includes 0g Added Sugars | 0% | | |
| Sodium 296.5mg | 12% | Protein 3.1g | | | |

INGREDIENTS: Local Sweet Potatoes, Gold Delicious Apple, Local Yellow Onions, Maine Family Farm Bacon (Pork, Iodized Salt, Brown Sugar), Extra Virgin Olive Oil, Garlic Cloves, Sage, Extra Virgin Olive Oil, Kosher Salt, Ground Black Pepper

BRUSSELS SPROUTS W/BACON & SHALLOTS

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|--|-----------------------|--------------------------|-----------------------|-----------------------|---|
| Nutrition Facts 8 servings per container Serving Size 3 oz <hr/> Calories 72 per serving | 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. |
| | Total Fat 3g | 5% | Total Carb. 8.1g | 3% | |
| | Saturated Fat 0.5g | 3% | Dietary Fiber 3.1g | 12% | |
| | <i>Trans</i> Fat 0g | | Total Sugars 2.3g | | |
| Cholesterol 5.3mg | 2% | Includes 0g Added Sugars | 0% | | |
| Sodium 272.8mg | 11% | Protein 4.8g | | | |

INGREDIENTS: Fresh Brussels Sprouts, Shallots, Maine Family Farm Bacon (Pork, Iodized Salt, Brown Sugar), Extra Virgin Olive Oil, Ground Black Pepper, Kosher Salt

CABOT VERMONT MACARONI & CHEESE

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|---|-----------------------|--------------------------|-----------------------|-----------------------|---|
| Nutrition Facts 8 servings per container Serving Size 4 oz <hr/> Calories 213 per serving | 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. |
| | Total Fat 12.4g | 19% | Total Carb. 17g | 6% | |
| | Saturated Fat 7.5g | 37% | Dietary Fiber 0.7g | 3% | |
| | <i>Trans</i> Fat 0g | | Total Sugars 2.7g | | |
| Cholesterol 35.9mg | 12% | Includes 0g Added Sugars | 0% | | |
| Sodium 147.3mg | 6% | Protein 7.3g | | | |

Processes Products Containing Eggs), CABOT Extra Sharp White Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Annatto [If Colored]), Local Unsalted Butter (Cream (Milk), Natural Flavoring), PHILADELPHIA Cream Cheese (Pasteurized Milk and Cream, Salt, Carob Bean Gum, Cheese Culture), All Purpose Flour (Bleached Wheat Flour, Malted Barley Flour (Contains Wheat, May Contain Corn), Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Garlic Cloves, Yellow Mustard (Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Spice, Natural Flavors, Garlic Powder), Kosher Salt, White Ground Pepper

ALLERGENS: Milk, Gluten, Corn, Wheat

SALAD WITH ALMONDS, BLUE CHEESE & PEARS

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|--------------------------------|--------------------------|-----------------------|----------------------------|-----------------------|---|
| 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. |
| | Total Fat 7.8g | 12% | Total Carb. 13.1g | 4% | |
| 8 servings per container | Saturated Fat 1.7g | 8% | Dietary Fiber 2.4g | 10% | |
| Serving Size 2 oz | <i>Trans</i> Fat 0g | | Total Sugars 9.3g | | |
| Calories per serving | Cholesterol 4.7mg | 2% | Includes 0.4g Added Sugars | 9% | |
| | 131 | | Protein 3.9g | | |
| | Sodium 91.3mg | 4% | | | |

INGREDIENTS: LITTLE LEAF Local Spring Mix (Arugula, Green Leaf Lettuce, Multiblend Lettuce, Red Chard, Red Leaf Lettuce), Pears, Dried Craisins (Cranberries, Sugar, Sunflower Oil), Sliced Almonds (Blanched Almonds), Great Hill Blue Cheese (Raw Milk, Cheese Cultures, Enzymes, Rennet - Microbiological, Penicillium, Roqueforti, Salt), Extra Virgin Olive Oil, Granulated Sugar

ALLERGENS: Milk, Tree Nuts

MAPLE BALSAMIC DRESSING

| | | | | | |
|--------------------------------|------------------------|-----------------------|----------------------------|-----------------------|---|
| 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. |
| | Total Fat 8.3g | 13% | Total Carb. 0.9g | 0% | |
| 16 servings per container | Saturated Fat 0.6g | 3% | Dietary Fiber 0.1g | 0% | |
| Serving Size 1 tbsp | <i>Trans</i> Fat 0g | | Total Sugars 0.6g | | |
| Calories per serving | Cholesterol 0mg | 0% | Includes 0.6g Added Sugars | 13% | |
| | 77 | | Protein 0.1g | | |
| | Sodium 92.8mg | 4% | | | |

INGREDIENTS: Canola Oil, Local Apple Cider Vinegar, Local Pure Maple Syrup, Ground Black Pepper, Kosher Salt, Grey Poupon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Shallots

HOLIDAY STOLLEN (12/LOAF)

| | | | | | |
|--------------------------------|---------------------------|-----------------------|----------------------------|-----------------------|---|
| 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. |
| | Total Fat 8.6g | 13% | Total Carb. 28g | 9% | |
| 12 servings per container | Saturated Fat 4.4g | 22% | Dietary Fiber 1.3g | 5% | |
| Serving Size 1 piece | <i>Trans</i> Fat 0g | | Total Sugars 11.8g | | |
| Calories per serving | Cholesterol 24.1mg | 8% | Includes 6.8g Added Sugars | 145% | |
| | 208 | | Protein 3.3g | | |
| | Sodium 84.2mg | 4% | | | |

INGREDIENTS: Holiday Stollen (All Purpose Flour (Bleached Wheat Flour, Malted Barley Flour (Contains Wheat, May Contain Corn), Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Whole Milk, Local Unsalted Butter (Cream (Milk), Natural Flavoring), Hi Gluten Bread Flour (Bleached Wheat Flour, Malted Barley Flour (Contain Wheat, May Contain Corn), Niacin, Iron, Potassium, Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid), All Purpose Flour (Bleached Wheat Flour, Malted Barley Flour (Contains Wheat, May Contain Corn), Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Almond Paste (Almonds, Sugar, Water, Preservative (E200: Potassium Sorbate) Edible Salt, May contain traces of Milk, Almonds and Hazelnuts), Granulated Sugar, Local Unsalted Butter (Cream (Milk), Natural Flavoring), Dark Rum, Granulated Sugar, Fresh Cage Free Eggs, Glazed Orange Peel (Orange Peel, Invert Syrup (Corn), Citric Acid, Vegetable Extract, Sulphur Dioxide, Aroma. Packaged in the same facility as peanuts, tree nuts, wheat, soy and milk products), Dried Currants, Dried Cherries (Montmorency Cherries, Sugar, Sunflower Oil (May Contain Occasional Pit Fragments)), Dried Apricots (Dried Apricots, Sulphur Dioxide, may contain peanuts and/or tree nuts), Golden Raisins, Water, Sliced Almonds (Blanched Almonds), Confectionary Sugar (Sugar and Cornstarch), Pasteurized Egg Whites (Egg Whites, Guar Gum [Soy] and Triethyl Citrate), Fresh Yeast, Orange Zest (Chopped Orange Peels, Cane Sugar, Natural Orange Flavor), Fresh Yeast, Salt, Lemon Zest (Chopped Lemon Peels, Cane Sugar, Natural Lemon Flavor), Granulated Sugar, Vanilla Extract (Water, Natural and Artificial Flavors, Propylene Glycol, Caramel Color (May Contain Corn)), Ground Cardomom, Ground Cinnamon, Ground Nutmeg)

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

GINGER COOKIES

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|--------------------------------|---------------------------|-----------------------|--------------------------|-----------------------|---|
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| | Total Fat 7g | 11% | Total Carb. 25.7g | 9% | |
| 6 servings per container | Saturated Fat 4.3g | 21% | Dietary Fiber 0.4g | 2% | Total Sugars 14.1g Includes 0g Added Sugars 0% |
| Serving Size 1 each | <i>Trans</i> Fat 0.3g | | Protein 2g | | |
| Calories per serving | Cholesterol 28.8mg | 10% | | | |
| 175 | Sodium 238.4mg | 10% | | | |

INGREDIENTS: Ginger Molasses Cookies (All Purpose Organic Flour, Organic Cane Sugar, Local Unsalted Butter (Cream (Milk), Natural Flavoring), Organic Molasses, Fresh Cage Free Eggs, Crystalized Ginger (Ginger, Sugar), Baking Soda (Sodium Bicarbonate), Sugar (100% Cane Sugar), Baking Powder (Baking Soda (For Leavening), Cornstarch, Sodium Aluminum Sulfate (For Leavening), Calcium Sulfate, Monocalcium Phosphate (For Leavening)), Salt, Ground Cinnamon, Organic Ground Ginger, Ground Cloves)

ALLERGENS: Milk, Eggs, Gluten, Corn, Wheat

POTATO ROSEMARY BREAD

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|--------------------------------|--------------------------|-----------------------|--------------------------|-----------------------|---|
| 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. |
| | Total Fat 1.4g | 2% | Total Carb. 13.2g | 4% | |
| 20 servings per container | Saturated Fat 0.5g | 2% | Dietary Fiber 0.8g | 3% | Total Sugars 0.1g Includes 0g Added Sugars 1% |
| Serving Size 1 slice | <i>Trans</i> Fat 0g | | Protein 2.5g | | |
| Calories per serving | Cholesterol 2.6mg | 1% | | | |
| 78 | Sodium 169.8mg | 7% | | | |

INGREDIENTS: Potato Rosemary Bread (Potato Rosemary Bread (Hi Gluten Bread Flour (Bleached Wheat Flour, Malted Barley Flour (Contain Wheat, May Contain Corn), Niacin, Iron, Potassium, Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid), Mashed Potatoes (Potatoes, Whole Milk, Margarine (Liquid and Hydrogenated Soybean and Palm Oils, Water, Salt, Less than 2% of Vegetable Mono and Diglycerides (Corn), Soybean Lecithin, Natural and Artificial Flavor, Vitamin A Palmitate), Nonfat Milk and Nonfat Milk Solids, Salt, Potassium Sorbate, Titanium Dioxide, Disodium Phosphosphate, Modified Corn Starch, Glucono Delta Lactone, Xanthan Gum), Water, Sourdough Starter (Water, Whole Wheat Flour (Hard Red Wheat Flour), Local Honey), Unbleached Flour (Unbleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Grated Parmesan Cheese (Imported Parmesan Cheese (Pasteurized Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Hard Grating Cheese (Food Starch [May Contain Corn], Water, Palm Oil, Cellulose, Salt, Lactic Acid, Whey, Sodium Phosphate, Sodium Citrate, Lactic Acid, Sorbic Acid, Potassium Sorbate, Artificial Color), Powdered Cellulose Added to Prevent Caking, Natamycin [A Natural Mold Inhibitor]), Local Cornmeal, Extra Virgin Olive Oil, Local Unsalted Butter (Cream (Milk), Natural Flavoring), Salt, Rosemary, Yeast, Water, Fresh Cage Free Eggs, Active Dry Yeast (Yeast, Sorbitan Monostearate), Ground Black Pepper))

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

BONELESS HAM

| | | | | | |
|--------------------------------|---------------------------|-----------------------|-------------------------|-----------------------|---|
| 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. |
| | Total Fat 2.1g | 3% | Total Carb. 2.1g | 1% | |
| 15 servings per container | Saturated Fat 1g | 5% | Dietary Fiber 0g | 0% | Total Sugars 0g Includes 0g Added Sugars 0% |
| Serving Size 4 oz | <i>Trans</i> Fat 0g | | Protein 34.9g | | |
| Calories per serving | Cholesterol 92.4mg | 31% | | | |
| 164 | Sodium 1355.1mg | 56% | | | |

INGREDIENTS: Boneless Ham (Pork Cured with Water, Salt, Cane and Maple Sugars, Maple Syrup, Dextrose, Sodium Phosphate, Vinegar, Sodium Erythorbate, Sodium Nitrite, Spice Extractives)

ALLERGENS: Corn