UMass Holiday Meal: December 2020

POTATO LEEK GRATIN

Nutrition Facts

8 servings per container
Serving Size
4 1/4 oz

Calories per serving 204

Amount/serving	% Daily Value*
Total Fat 15.8g	**24%**
Saturated Fat 9.7g	**48%**
Trans Fat 0.4g	
Cholesterol 46.4mg	**15%**
Sodium 237.2mg	**10%**

Amount/serving	% Daily Value*
Total Carb. 13.6g	**5%**
Dietary Fiber 1.9g	**8%**
Total Sugars 2.3g	
Includes 0g Added Sugars	**0%**
Protein 4.3g	

* 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: 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, Phophated Mono and Diglycerides [Corn], Silicon Dioxide, Calcium Stearate, Propellant)
ALLERGENS: Milk, Corn

KALE & SQUASH LASAGNA ROLL

Nutrition Facts

8 servings per container
Serving Size
1 each

Calories per serving 240

Amount/serving	% Daily Value*
Total Fat 13.3g	**21%**
Saturated Fat 3.6g	**18%**
Trans Fat 0.1g	
Cholesterol 26.5mg	**9%**
Sodium 422.2mg	**18%**

Amount/serving	% Daily Value*
Total Carb. 23g	**8%**
Dietary Fiber 2g	**8%**
Total Sugars 1.1g	
Includes 0g Added Sugars	**0%**
Protein 10.7g	

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INGREDIENTS: Lasagna Noodles (Extra Fancy Enriched Durum Wheat Flour [Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Liquid Pasteurized Whole Eggs), Ricotta Cheese (Pasteurized Whole Milk, Culture, Vinegar, Salt), Diced Local Butternut Squash, Fresh Local Kale, Sweet Red Pepper Pesto (CARLA's: Red Peppers, Extra Virgin Olive Oil, Canola Oil, Romano Cheese [Pasteurized Sheep's Milk, Cultures, Rennet, Salt], Chopped Garlic, Sugar, Bread Crumbs [Wheat Flour, Sugar, Yeast, Salt], Salt, Parsley, Black Pepper ROMA: Roasted Red Peppers, Fresh Basil, Sundried Roasted Red Peppers, Fresh Garlic, Jalapeno Peppers, White Wine, Garlic, Black Pepper, Salt, Citric Acid), Shredded Mozzarella Cheese (BACIO Whole Milk Cheese [Low Moisture Mozzarella Cheese (Cultured Pasteurized Milk, Salt, and Enzymes), Buffalo Skim Milk], Powdered Cellulose, Natamycin), Shredded Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose), Extra Virgin Olive Oil, Extra Virgin Olive Oil, Garlic Cloves, Fresh Chives, Sage, Kosher Salt, Ground Black Pepper
ALLERGENS: Milk, Eggs, Gluten, Wheat

QUEEN'S FARMER CHEESE & POTATO PIEROGI W/LOCAL SAUERKRAUT

Nutrition Facts

8 servings per container
Serving Size
1 each

Calories per serving 96

Amount/serving	% Daily Value*
Total Fat 1.1g	**2%**
Saturated Fat 0.5g	**2%**
Trans Fat 0g	
Cholesterol 2.3mg	**1%**
Sodium 442.7mg	**18%**

Amount/serving	% Daily Value*
Total Carb. 15.6g	**5%**
Dietary Fiber 2.6g	**11%**
Total Sugars 2.3g	
Includes 0g Added Sugars	**0%**
Protein 4.1g	

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INGREDIENTS: Local Sauerkraut (Cabbage, Filtered Water, Unrefined Sea Salt (Rich in Trace Minerals), Caraway Seed, Dill Seed), QUEEN'S Farmer Cheese & Potato Pierogi (Fresh Idaho Potatoes, Onions, Unbleached Wheat Flour, Malted Barley Flour, Farmer's Cheese [Cultured Lowfat Milk, Salt], Canola Oil, Eggs, Sugar, Butter [Pasteurized Cream], Cornstarch, Black Pepper, Salt, Vinegar. Made in a Nut Free Facility)
ALLERGENS: Milk, Eggs, Gluten, Corn, Wheat

CABOT VERMONT MACARONI & CHEESE

Nutrition Facts

8 servings per container
Serving Size
4 oz

Calories per serving **213**

Amount/serving	% Daily Value*
Total Fat 12.4g	**19%**
Saturated Fat 7.5g	**37%**
Trans Fat 0g	
Cholesterol 35.9mg	**12%**
Sodium 147.3mg	**6%**

Amount/serving	% Daily Value*
Total Carb. 17g	**6%**
Dietary Fiber 0.7g	**3%**
Total Sugars 2.7g	
Includes 0g Added Sugars	**0%**
Protein 7.3g	

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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

ROOT VEGETABLE & APPLE HASH W/GARLIC & SAGE

Nutrition Facts

8 servings per container
Serving Size
4 oz

Calories per serving **145**

Amount/serving	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 1.3g	**6%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 189mg	**8%**

Amount/serving	% Daily Value*
Total Carb. 16.7g	**6%**
Dietary Fiber 2.9g	**11%**
Total Sugars 4.8g	
Includes 0g Added Sugars	**0%**
Protein 1.7g	

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INGREDIENTS: Local Sweet Potatoes, Local Yellow Onions, Gala Apples, Parsnips, Fresh Beets, Extra Virgin Olive Oil, Garlic Cloves, Sage, Extra Virgin Olive Oil, Kosher Salt, Ground Black Pepper

SPICED MAPLE & THYME ROASTED BUTTERNUT SQUASH

Nutrition Facts

8 servings per container
Serving Size
3 oz

Calories per serving **54**

Amount/serving	% Daily Value*
Total Fat 0.9g	**1%**
Saturated Fat 0.1g	**1%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 85mg	**4%**

Amount/serving	% Daily Value*
Total Carb. 12.1g	**4%**
Dietary Fiber 1.7g	**7%**
Total Sugars 4g	
Includes 2.2g Added Sugars	**4%**
Protein 0.9g	

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INGREDIENTS: Diced Local Butternut Squash, Local Pure Maple Syrup, Extra Virgin Olive Oil, Fresh Thyme, Kosher Salt, White Ground Pepper, Sweet Paprika, Mild Chili Powder, Ground Cinnamon, Ground Nutmeg

LITTLE LEAF SALAD WITH ALMONDS, BLUE CHEESE, CRAISINS & ROASTED PEARS

Nutrition Facts

8 servings per container
Serving Size
2 1/2 oz

Calories per serving 134

Amount/serving	% Daily Value*
Total Fat 7.8g	**12%**
Saturated Fat 1.7g	**8%**
Trans Fat 0g	
Cholesterol 4.7mg	**2%**
Sodium 102.4mg	**4%**

Amount/serving	% Daily Value*
Total Carb. 13.6g	**5%**
Dietary Fiber 2.6g	**10%**
Total Sugars 9.5g	
Includes 0.4g Added Sugars	**1%**
Protein 4.1g	

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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

CIDER HONEY DRESSING

Nutrition Facts

16 servings per container
Serving Size
1 tbsp

Calories per serving 72

Amount/serving	% Daily Value*
Total Fat 7.9g	**12%**
Saturated Fat 0.8g	**4%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 109.2mg	**5%**

Amount/serving	% Daily Value*
Total Carb. 0.7g	**0%**
Dietary Fiber 0.1g	**0%**
Total Sugars 0.5g	
Includes 0.4g Added Sugars	**1%**
Protein 0.1g	

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

PEPPERMINT OREO CABINET PUDDING CAKE

Nutrition Facts

30 servings per container
Serving Size
3 oz

Calories per serving 249

Amount/serving	% Daily Value*
Total Fat 14.8g	**23%**
Saturated Fat 7.9g	**40%**
Trans Fat 0.3g	
Cholesterol 50.5mg	**17%**
Sodium 144.3mg	**6%**

Amount/serving	% Daily Value*
Total Carb. 27.3g	**9%**
Dietary Fiber 0.6g	**2%**
Total Sugars 21.1g	
Includes 5.7g Added Sugars	**11%**
Protein 3.5g	

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INGREDIENTS: Peppermint Oreo Cabinet Pudding Cake (Whole Milk, Heavy Cream, PILLSBURY White Cake Mix (Sugar, Enriched Flour Bleached (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Egg White, Soybean Oil, Palm Oil, Egg Yolk With Sodium Silicoaluminate, Nonfat Milk, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Dextrose, Modified Tapioca Starch, Salt, Propylene Glycol Mono and Diesters of Fatty Acids, Sorbitan Monostearate, Tetrasodium Pyrophosphate, Xanthan Gum [Corn], Sodium Stearoyl Lactylate, Polysorbate 60, Mono and Diglycerides, Calcium Acetate, Guar Gum, Cellulose Gum, Artificial Flavor, Soy Flour), HERSHEY'S Chocolate Chips (Semi-Sweet Chocolate (Sugar, Chocolate, Cocoa Butter, Milk Fat, Soy Lecithin, Vanillin, Artificial Flavor, Milk)), Granulated Sugar, Fresh Cage Free Eggs, Water, Water, Water, Canola Oil, Oreo Cookie Crumbs (Unbleached Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Palm and/or Canola Oil, Cocoa (Processed with Alkali), Invert Sugar [Corn], Leavening [Baking Soda and/or Calcium Phosphate], Soy Lecithin, Salt, Chocolate, Natural Flavor), Vanilla Extract (Water, Natural and Artificial Flavors, Propylene Glycol, Caramel Color), Peppermint Extract (Ethyl Alcohol, Water, Peppermint Oil. Sugar Free and Gluten Free), Pan Grease (Cake Flour (Enriched Flour Bleached (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid)), Canola Oil, CRISCO Shortening (Soybean Oil, Fully Hydrogenated Palm Oil, Mono and Diglycerides [Corn], TBHQ and Citric Acid)))
ALLERGENS: Milk, Eggs, Gluten, Soy, Corn, Wheat

SOUR CREAM CORNBREAD

Nutrition Facts

24 servings per container
Serving Size
1 piece

Calories per serving **191**

Amount/serving	% Daily Value*
Total Fat 11.3g	**17%**
Saturated Fat 2.5g	**12%**
Trans Fat 0.1g	
Cholesterol 36.3mg	**12%**
Sodium 170.4mg	**7%**

Amount/serving	% Daily Value*
Total Carb. 19.5g	**7%**
Dietary Fiber 0.6g	**2%**
Total Sugars 6.4g	
Includes 5.9g Added Sugars	**12%**
Protein 3.4g	

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INGREDIENTS: Sour Cream Cornbread (Local All Purpose Flour, Canola Oil, CABOT Sour Cream (Cultured Milk, Cream, Modified Corn Starch, Guar Gum, Sodium Citrate, Carageenan, Locust Bean Gum), Semolina Flour (Semolina (Milled From Durum Wheat), Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Fresh Cage Free Eggs, Granulated Sugar, Whole Milk, Heavy Cream, Local Cornmeal, Baking Powder (Baking Soda (For Leavening), Cornstarch, Sodium Aluminum Sulfate (For Leavening), Calcium Sulfate, Monocalcium Phosphate (For Leavening)), Salt)
ALLERGENS: Milk, Eggs, Gluten, Corn, Wheat

BONELESS HAM

Nutrition Facts

15 servings per container
Serving Size
4 oz

Calories per serving **164**

Amount/serving	% Daily Value*
Total Fat 2.1g	**3%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 92.4mg	**31%**
Sodium 1355.1mg	**56%**

Amount/serving	% Daily Value*
Total Carb. 2.1g	**1%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 34.9g	

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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

COLD SPRING ORCHARD APPLE CIDER GLAZE

Nutrition Facts

16 servings per container
Serving Size
1 oz

Calories per serving **19**

Amount/serving	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 3.1mg	**0%**

Amount/serving	% Daily Value*
Total Carb. 4.8g	**2%**
Dietary Fiber 0g	**0%**
Total Sugars 4g	
Includes 1g Added Sugars	**2%**
Protein 0g	

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INGREDIENTS: Local Apple Cider, Local Pure Maple Syrup, Water, Corn Starch, Cinnamon Sticks
ALLERGENS: Corn

GINGERBREAD COOKIE KIT

Nutrition Facts

6 servings per container
Serving Size
1 each

Calories per serving **376**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 7g	**11%**	**Total Carb.** 75.3g	**25%**
Saturated Fat 1g	**5%**	Dietary Fiber 0g	**0%**
Trans Fat 0g		Total Sugars 51g	
Cholesterol 10mg	**3%**	Includes 0g Added Sugars	**0%**
Sodium 393.6mg	**16%**	**Protein** 4.8g	

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INGREDIENTS: Gingerbread Men Cookies (Enriched Bleached Wheat Flour [Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Water, Soybean Oil, Dried Molasses [Molasses, Soy Bran, Cornstarch], Leavening [Baking Soda, Sodium Acid Pyrophosphate], Salt, Egg Solids, Soy Flour, Spice), Asst. Colors of Royal Icings (Confectionary Sugar (Sugar and Cornstarch), Pasteurized Egg Whites (Egg Whites, Guar Gum [Soy] and Triethyl Citrate), Lemon Juice (Lemon Juice from Concentrate, Lemon Oil, Less than 1/50 of Sodium Meta Bisulfate & Sodium Benzoate as a Preservative), Red Food Coloring (Water, Sugar, May contain one or more of the following U.S. Certified Colors (Red 40, Red 3, Yellow 5, Yellow 6, Blue 1 & 2), or (Titanium Dioxide), Modified Corn Starch, Vegetable Gum, Citric Acid and less than 1/10 of 1% Sodium Benzoate and Potassium Sorbate (as preservatives)), Lemon Yellow Food Coloring (Water, Sugar, May contain one or more of the following U.S. Certified Colors (Red 40, Red 3, Yellow 5, Yellow 6, Blue 1 & 2), or (Titanium Dioxide), Modified Corn Starch, Vegetable Gum, Citric Acid and less than 1/10 of 1% Sodium Benzoate and Potassium Sorbate), Green Food Coloring (Water, Sugar, May contain one or more of the following U.S. Certified Food Colors :Red 40, Red 3, Yellow 5, Yellow 6, Blue 1 & 2, or Titanium Dioxide ,Modified Corn Starch, Vegetable Gum, Citric Acid and less than 1/10 of 1% Sodium Benzoate and Potassium Sorbate), Blue Food Coloring (Water, Sugar, May contain one or more of the following U.S. Certified Colors (Red 40, Red 3, Yellow 5, Yellow 6, Blue 1 & Blue 2), or (Titanium Dioxide), Modified Corn Starch, Vegetable Gum, Citric Acid and less than 1/10 of 1% Sodium Benzoate and Potassium Sorbate (as preservatives)))
ALLERGENS: Eggs, Gluten, Soy, Corn, Wheat

Allergens in December's Holiday Box Meal

Item	Milk	Egg	Gluten/ Wheat	Soy	Corn	Peanut	Tree Nuts	Fish/ Shellfish	Sesame
Potato Leek Gratin	X				X				
Kale & Squash Lasagna Roll	X	X	X						
Queen's Pierogi w/Sauerkraut	X	X	X		X				
Macaroni & Cheese	X		X		X				
Root Vegetables w/Apple Hash									
Spiced Maple & Thyme Butternut Squash									
Salad w/Craisins, Almond, Bleu Cheese	X						X		
Cider Honey Vinaigrette									
Peppermint Oreo Cabinet Pudding Cake	X	X	X	X	X				
Sour Cream Cornbread	X	X	X		X				
Boneless Ham					X				
Apple Cider Glaze for Ham					X				
Gingerbread Cookie Kit		X	X	X	X				

*X indicates allergen is present in product