



## UMASS FRESH HOLIDAY MEAL 2022: POTATO LEEK GRATIN

<b>Nutrition Facts</b> <hr/> 8 servings per container <b>Serving Size</b> 4 1/4 oz <hr/> <b>Calories</b> <b>189</b> per serving	<b>Amount/serving</b> <b>% Daily Value*</b>	<b>Amount/serving</b> <b>% Daily Value*</b>	* 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.
	<b>Total Fat</b> 14.2g <b>22%</b> Saturated Fat 8.9g <b>45%</b> <i>Trans</i> Fat 0.4g	<b>Total Carb.</b> 13.6g <b>0%</b> Dietary Fiber 1.9g <b>8%</b> Total Sugars 2.3g Includes 0g Added Sugars <b>0%</b>	
	<b>Cholesterol</b> 42.6mg <b>14%</b> <b>Sodium</b> 184.6mg <b>8%</b>	<b>Protein</b> 2.8g	

**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 (Salt, MORTON: Salt, Yellow Prussiate of Soda), Ground Black Pepper, Pan Spray (Canola Oil, Caprylic/Capric Triglycerides, Phosphated Mono and Diglycerides [Corn], Silicon Dioxide, Calcium Stearate, Propellant, SUB A (Vegalene): Canola Oil, Canola Lecithin, Mono and Diglycerides, Natural Flavor, and Propellant)  
**ALLERGENS:** Milk, Corn

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

<b>Nutrition Facts</b> <hr/> 8 servings per container <b>Serving Size</b> 1 each <hr/> <b>Calories</b> <b>133</b> per serving	<b>Amount/serving</b> <b>% Daily Value*</b>	<b>Amount/serving</b> <b>% Daily Value*</b>	* 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.
	<b>Total Fat</b> 6.7g <b>10%</b> Saturated Fat 4g <b>20%</b> <i>Trans</i> Fat 0g	<b>Total Carb.</b> 14.2g <b>1%</b> Dietary Fiber 1.2g <b>5%</b> Total Sugars 2.3g Includes 0g Added Sugars <b>0%</b>	
	<b>Cholesterol</b> 17.4mg <b>6%</b> <b>Sodium</b> 187.6mg <b>8%</b>	<b>Protein</b> 2.7g	

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

# CABOT VERMONT MACARONI & CHEESE

<h2 style="margin: 0;">Nutrition Facts</h2> <p style="margin: 0;">8 servings per container</p> <p style="margin: 0;">Serving Size 4 oz</p> <p style="margin: 0;"><b>Calories</b> <span style="font-size: 2em; font-weight: bold;">216</span> per serving</p>	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>	<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	12.7g	20%	Total Carb.		16.9g	1%
	Saturated Fat	7.4g	37%	Dietary Fiber		0.7g	3%
	<i>Trans</i> Fat	0g		Total Sugars		2.8g	
Cholesterol	38.7mg	13%	Includes 0g Added Sugars		0%		
Sodium	249.7mg	10%	Protein	8.1g			

**INGREDIENTS:** Mapleline Whole Milk, Elbow Macaroni (Semolina (Wheat), Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, and Folic Acid), CABOT Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Potato Starch, Corn Starch and Calcium Sulfate), Local Unsalted Butter (Cream (Milk), Natural Flavoring), PHILADELPHIA Cream Cheese (Pasteurized Milk and Cream, Salt, Carob Bean Gum, Cheese Culture, SUB A (NTRS BEST): Pasteurized Milk And Cream, Cheese Culture, Salt, Guar Gum, Carob Bean Gum, Xanthan Gum), American Cheese (Milk, Cream, Sodium Citrate, Salt, Cheese Culture, Sorbic Acid, Enzymes, Citric Acid, Soy Lecithin), All Purpose Flour (Bleached Wheat Flour, Malted Barley Flour [may contain Corn], Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, SUB (ROMA): Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Yellow Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Spice, Natural Flavors, Garlic Powder), Garlic Cloves, Kosher Salt (Salt, MORTON: Salt, Yellow Prussiate of Soda), White Ground Pepper

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

# ROOT VEGETABLE & APPLE HASH W/GARLIC & SAGE

<h2 style="margin: 0;">Nutrition Facts</h2> <p style="margin: 0;">8 servings per container</p> <p style="margin: 0;">Serving Size 4 oz</p> <p style="margin: 0;"><b>Calories</b> <span style="font-size: 2em; font-weight: bold;">146</span> per serving</p>	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>	<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	9g	14%	Total Carb.		17g	1%
	Saturated Fat	1.3g	6%	Dietary Fiber		2.9g	12%
	<i>Trans</i> Fat	0g		Total Sugars		5g	
Cholesterol	0mg	0%	Includes 0g Added Sugars		0%		
Sodium	191.7mg	8%	Protein	1.7g			

**INGREDIENTS:** Local Sweet Potatoes, Local Yellow Onions, Gala Apples, Fresh Local Carrots, Parsnips, Extra Virgin Olive Oil, Garlic Cloves, Sage, Extra Virgin Olive Oil, Kosher Salt (Salt, MORTON: Salt, Yellow Prussiate of Soda), Ground Black Pepper

# GREEN BEANS WITH GARLIC HERB BUTTER

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>	* 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	6.3g	10%	Total Carb.		6.1g	0%
	Saturated Fat	3.2g	16%	Dietary Fiber		2.3g	9%
	Trans Fat	0g		Total Sugars		2.7g	
8 servings per container	Cholesterol	12.5mg	4%	Includes 0g Added Sugars	0%		
Serving Size	Sodium	454mg	19%	Protein	1.6g		
3 1/4 oz							
<b>Calories</b>	<b>82</b>						
per serving							

**INGREDIENTS:** Snipped Green Beans, Herbed Garlic Butter (Local Unsalted Butter (Cream (Milk), Natural Flavoring), Garlic Cloves, Fresh Parsley, Kosher Salt (Salt, MORTON: Salt, Yellow Prussiate of Soda), Fresh Thyme, Rosemary), Extra Virgin Olive Oil, Kosher Salt (Salt, MORTON: Salt, Yellow Prussiate of Soda), Ground Black Pepper  
**ALLERGENS:** Milk

# SPICED MAPLE & THYME ROASTED BUTTERNUT SQUASH

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>	* 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	0.9g	1%	Total Carb.		12.1g	0%
	Saturated Fat	0.1g	1%	Dietary Fiber		1.7g	7%
	Trans Fat	0g		Total Sugars		4g	
1 servings per container	Cholesterol	0mg	0%	Includes 2.2g Added Sugars	4%		
Serving Size	Sodium	84.9mg	4%	Protein	0.8g		
3 oz							
<b>Calories</b>	<b>53</b>						
per serving							

**INGREDIENTS:** Diced Local Butternut Squash, Local Pure Maple Syrup, Extra Virgin Olive Oil, Fresh Thyme, Kosher Salt (Salt, MORTON: Salt, Yellow Prussiate of Soda), White Ground Pepper, Paprika (Paprika and Silicon Dioxide), Mild Chili Powder, Cinnamon, Ground Nutmeg



# DOUBLE CHOCOLATE MINT MOUSSE CAKE

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	<b>Total Fat</b> 13.6g	<b>21%</b>	<b>Total Carb.</b> 23.2g	
Serving Size 1 each	Saturated Fat 7.4g	37%	Dietary Fiber 1g	4%	Total Sugars 15.5g Includes 0.4g Added Sugars <b>1%</b>
<b>Calories</b> per serving	<i>Trans</i> Fat 0.3g		<b>Protein</b> 3g		
	<b>Cholesterol</b> 28mg	9%			
	<b>Sodium</b> 202.4mg	8%			

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**INGREDIENTS:** Double Chocolate Peppermint Mousse Cake (PILLSBURY Devil's Chocolate Cake Mix (PILLSBURY: Sugar, Enriched Flour Bleached (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cocoa Processed with Alkali, Soybean Oil, Palm Oil, Egg White, Eggs with Sodium Silicoaluminate, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Carob Powder, Dextrose, Modified Corn Starch, Propylene Glycol, Mono and Diesters, Salt, Sorbitan Monostearate, Nonfat Milk, Maltodextrin, Dicalcium Phosphate, Tetrasodium Pyrophosphate, Xanthan Gum, Polysorbate 60, Mono and Diglycerides, Calcium Acetate, Guar Gum, Cellulose Gum, Red 40, Soy Flour); Heavy Cream (Heavy Cream, Milk, Contains less than 0.5% of Carrageenan, Mono and Diglycerides, Polysorbate 80), Mousse Mix (Sugar, Lactose [Milk], Dextrose [Corn], Bovine Gelatine, Carob Bean Gum [Thickener]. May contain traces of gluten), Water, Water, Water, Water, Canola Oil (Canola Oil), Cocoa Powder (Alkalized Cocoa Powder, may contain traces of soy), Snowflakes (Sugar, Cornstarch, Rice Flour, Palm Oil, Gum Acacia, Xanthan Gum, Titanium Dioxide, Natural and Artificial Flavor, Mono and Diglycerides, Polysorbate 60), Pan Grease (Cake Flour (Enriched Flour Bleached (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid)), Canola Oil (Canola Oil), CRISCO Shortening (Soybean Oil, Fully Hydrogenated Palm Oil, Mono and Diglycerides [Corn], TBHQ and Citric Acid [Antioxidants])), Peppermint Extract (Ethyl Alcohol, Water, Peppermint Oil. Sugar Free and Gluten Free))

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

# SNOWFLAKE ROLLS

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.
	15 servings per container	<b>Total Fat</b> 0.7g	<b>1%</b>	<b>Total Carb.</b> 18.2g	
Serving Size 1 each	Saturated Fat 0.4g	2%	Dietary Fiber 0.7g	3%	Total Sugars 3.8g Includes 2.1g Added Sugars <b>4%</b>
<b>Calories</b> per serving	<i>Trans</i> Fat 0g		<b>Protein</b> 3.2g		
	<b>Cholesterol</b> 1.6mg	1%			
	<b>Sodium</b> 141.5mg	6%			

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**INGREDIENTS:** Japanese Soft Roll ( Full Strength Bread Flour (Bleached Wheat Flour, Malted Barley Flour (may contain corn), Niacin, Iron, Potassium Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid), Local Whole Milk, Local Whole Milk, Water, Granulated Sugar (Sugar), EAGLE BRAND Sweetened Condensed Milk (Milk, Sugar), Full Strength Bread Flour (Bleached Wheat Flour, Malted Barley Flour (may contain corn), Niacin, Iron, Potassium Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid), Active Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), Salt)

**ALLERGENS:** Milk, Gluten, Corn, Wheat

# OPTIONAL PURCHASES:

## NORTH COUNTRY 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.	
1 servings per container Serving Size 4 oz	Total Fat	1.1g	2%	Total Carb.	1.1g	0%
	Saturated Fat	0.5g	2%	Dietary Fiber	0g	0%
Calories <b>108</b> per serving	Trans Fat	0g		Total Sugars	0.3g	
	Cholesterol	59.7mg	20%	Includes 0g Added Sugars		0%
	Sodium	892.8mg	37%	Protein	23.4g	

**INGREDIENTS:** North County Bone In Ham (Pork, Water, Salt, Maple Sugar, Maple Syrup, Dextrose [Corn], Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Spice Extractives)

**ALLERGENS:** Corn

## COLD SPRING ORCHARD APPLE CIDER GLAZE

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.	
16 servings per container Serving Size 1 oz	Total Fat	0g	0%	Total Carb.	4.8g	0%
	Saturated Fat	0g	0%	Dietary Fiber	0g	0%
Calories <b>19</b> per serving	Trans Fat	0g		Total Sugars	4g	
	Cholesterol	0mg	0%	Includes 1g Added Sugars		2%
	Sodium	3.1mg	0%	Protein	0g	

**INGREDIENTS:** Local Apple Cider (Apples), Local Pure Maple Syrup, Water, Corn Starch (Corn Starch), Cinnamon Sticks

**ALLERGENS:** Corn

## EGG NOG

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 Serving Size 4 oz	Total Fat	5g	8%	Total Carb.	9.5g	0%
	Saturated Fat	3.1g	15%	Dietary Fiber	0g	0%
Calories <b>104</b> per serving	Trans Fat	0g		Total Sugars	9.5g	
	Cholesterol	69.9mg	23%	Includes 0g Added Sugars		0%
	Sodium	64mg	3%	Protein	5.4g	

**INGREDIENTS:** MAPLELINE FARMS Egnog (Milk, Cream, Egnog Base [Sugar, Pasteurized Egg Yolks, Water, Natural Flavors, Nutmeg, Annatto Extract, Turmeric Oleoresin, Sugar, Nonfat Dry Milk, Stabilizer])

**ALLERGENS:** Milk, Eggs

# APPLE CIDER

<b>Nutrition Facts</b>	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 Serving Size 8 ozl	<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carb.</b> 31.4g	<b>1%</b>	
	Saturated Fat 0g	0%	Dietary Fiber 0g	0%	
<b>Calories</b> 125 per serving	<i>Trans</i> Fat 0g		Total Sugars 27.2g		
	<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 0g Added Sugars	<b>0%</b>	
	<b>Sodium</b> 26.1mg	<b>1%</b>	<b>Protein</b> 0g		

**INGREDIENTS:** Local Apple Cider (Apples)

# GINGERBREAD COOKIE KIT

<b>Nutrition Facts</b>	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.
6 servings per container Serving Size 1 cookie	<b>Total Fat</b> 8.7g	<b>13%</b>	<b>Total Carb.</b> 90.9g	<b>3%</b>	
	Saturated Fat 1g	5%	Dietary Fiber 0g	0%	
<b>Calories</b> 456 per serving	<i>Trans</i> Fat 0g		Total Sugars 66g		
	<b>Cholesterol</b> 10mg	<b>3%</b>	Includes 14.2g Added Sugars	<b>28%</b>	
	<b>Sodium</b> 401.9mg	<b>17%</b>	<b>Protein</b> 5.5g		

**INGREDIENTS:** Gingerbread Cookie & Icing Kit (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, Wheat Starch, Sunflower Lecithin], Dextrose [Corn], Leavening [Baking Soda, Sodium Acid Pyrophosphate], Whole Egg Solids, Salt, Soy Flour, Spice. Manufactured on equipment exposed to dairy/milk), Asst. Colors of Royal Icings (Confectionary Sugar (Sugar and Cornstarch), Egg Whites (Egg Whites, Guar Gum, Tiethyl 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, US Certified Red 40, Red 3, Yellow 6, Yellow 5, Modified Corn Starch, Vegetable Gum, Citric Acid, Less than 1/10 of 1% of Sodium Benzoate and Potassium Sorbate), Lemon Yellow Food Coloring (Water, Sugar, US Certified Yellow 5, Modified Corn Starch, Vegetable Gum, Citric Acid, Less than 1/10 of 1% of 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, Blue 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)), M&M Baking Bits (Milk Chocolate [Sugar, Chocolate, Skim Milk, Cocoa Butter, Lactose, Milkfat, Soy Lecithin, Salt, Artificial & Natural Flavors], Sugar, Less than 2% of: Coloring [Including Blue Lake 1, Red 40, Yellow 6, Yellow 5, Blue 1, Red 40 Lake, Yellow 6 Lake, Yellow 5 Lake, Blue 2 Lake, Blue 2], Corn Syrup, Dextrin, Cornstarch. May contain Peanuts), Sugar (100% Cane Sugar. Packaged on equipment exposed to wheat, egg, dairy (milk) and soy products))

**ALLERGENS:** Milk, 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				
Queen's Pierogi w/Sauerkraut	X	X	X	X	X				
Homemade Macaroni & Cheese	X		X	X	X				
Root Vegetables w/Apple Hash									
Green Beans w/Garlic Herb Butter	X								
Spiced Maple & Thyme Butternut Squash									
Salad w/Craisins, Almond, Bleu Cheese	X						X		
Cider Honey Vinaigrette									
Double Mousse Mint Chocolate Cake	X	X	X	X	X				
Snowflake Rolls	x		x		x				
Boneless Ham					X				
Apple Cider Glaze for Ham					X				
Gingerbread Cookie Kit	X	X	X	X	X				
Egg Nog	x	x							
Apple Cider									

\*X indicates allergen is present in product