



UMass Fresh

UMass Holiday Meal: December 2021

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.				
	Total Fat	14.2g	22%	Total Carb.		13.6g	5%		
	Saturated Fat	8.9g	45%	Dietary Fiber		1.9g	8%		
	Trans Fat	0.4g		Total Sugars		2.3g			
	Cholesterol	42.6mg	14%	Includes 0g Added Sugars			0%		
8 servings per container			Sodium	184.6mg	8%	Protein	2.8g		
Serving Size									
4 1/4 oz									
Calories	189								
per serving									

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

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

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	6.7g	10%	Total Carb.		14.2g	5%		
	Saturated Fat	4g	20%	Dietary Fiber		1.2g	5%		
	Trans Fat	0g		Total Sugars		2.3g			
	Cholesterol	17.4mg	6%	Includes 0g Added Sugars			0%		
8 servings per container			Sodium	187.6mg	8%	Protein	2.7g		
Serving Size									
1 each									
Calories	133								
per serving									

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 (Cabbage, Filtered Water, Unrefined Sea Salt [Rich in Trace Minerals], Caraway Seed, Dill Seed), Local Unsalted Butter (Cream (Milk), Natural Flavoring, SUB A (Natures Best); Pasteurized Cream, Natural Flavorings)

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



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CABOT VERMONT MACARONI & CHEESE

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	12.7g	20%	Total Carb.		17g	6%
	Saturated Fat	7.4g	37%	Dietary Fiber		0.7g	3%
	Trans Fat	0g		Total Sugars		2.8g	
8 servings per container	Cholesterol	38.7mg	13%	Includes 0g Added Sugars	0%		
Serving Size	Sodium	249.8mg	10%	Protein	8.1g		
4 oz							
Calories	216						
per serving							

INGREDIENTS: Mapleline Whole Milk, Barilla Elbow Macaroni (Semolina (Wheat), Durum Wheat Flour, Vitamin B3 (Niacin), Iron (Ferrous Sulfate), Vitamin B1 (Thiamine Mononitrate), Vitamin B2 (Riboflavin), Folic Acid), CABOT Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Potato Starch, Corn Starch, And Calcium Sulfate To Prevent Caking), Local Unsalted Butter (Cream (Milk), Natural Flavoring), PHILADELPHIA Cream Cheese (Pasteurized Milk and Cream, Salt, Carob Bean Gum, Cheese Culture), 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, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Yellow Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Spice, Natural Flavors, Garlic Powder), Garlic Cloves, Kosher Salt, White Ground Pepper

ALLERGENS: Milk, Gluten, Soy, Corn, Wheat

ROOT VEGETABLE & APPLE HASH W/GARLIC & SAGE

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	9g	14%	Total Carb.		16.7g	6%
	Saturated Fat	1.3g	6%	Dietary Fiber		2.9g	11%
	Trans Fat	0g		Total Sugars		4.8g	
8 servings per container	Cholesterol	0mg	0%	Includes 0g Added Sugars	0%		
Serving Size	Sodium	189mg	8%	Protein	1.7g		
4 oz							
Calories	145						
per serving							

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	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	0.9g	1%	Total Carb.		12.1g	4%
	Saturated Fat	0.1g	1%	Dietary Fiber		1.7g	7%
	Trans Fat	0g		Total Sugars		4g	
8 servings per container	Cholesterol	0mg	0%	Includes 2.2g Added Sugars	4%		
Serving Size	Sodium	85mg	4%	Protein	0.9g		
3 oz							
Calories	54						
per serving							

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



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GREEN BEANS W/ROASTED GARLIC HERB BUTTER & PARMESAN CHEESE

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 7.3g	11%	Total Carb. 6.4g	2%	
	Saturated Fat 3.8g	19%	Dietary Fiber 2.4g	10%	
	<i>Trans</i> Fat 0g		Total Sugars 2.7g		
8 servings per container	Cholesterol 15.6mg	5%	Includes 0g Added Sugars	0%	
Serving Size 3 1/2 oz	Sodium 493.7mg	21%	Protein 2.7g		
Calories 96					
per serving					

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

LITTLE LEAF SALAD W/ROASTED BEETS, ALMONDS, & BLUE CHEESE

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 7.2g	11%	Total Carb. 12.8g	4%	
	Saturated Fat 1.5g	8%	Dietary Fiber 2.6g	10%	
	<i>Trans</i> Fat 0g		Total Sugars 8.9g		
8 servings per container	Cholesterol 4.3mg	1%	Includes 0g Added Sugars	0%	
Serving Size 2 1/2 oz	Sodium 114.4mg	5%	Protein 4.2g		
Calories 126					
per serving					

INGREDIENTS: Spring Mix (LITTLE LEAF Local Spring Mix (Arugula, Green Leaf Lettuce, Multiblend Lettuce, Red Chard, Red Leaf Lettuce)), Roasted Chioggia Beets (Chioggia Beets, Canola Oil, Cracked Black Pepper, Kosher Salt), Craisins (Dried Craisins (Cranberries, Sugar, Sunflower Oil)), Almonds (Sliced Almonds (Blanched Almonds)), Blue Cheese (Great Hill Blue Cheese (Raw Milk, Cheese Cultures, Enzymes, Rennet - Microbiological, Penicillium, Roqueforti, Salt))
ALLERGENS: Milk, Tree Nuts



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CIDER HONEY 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	7.9g	12%	Total Carb.		0.7g
	Saturated Fat	0.8g	4%	Dietary Fiber		0.1g
	<i>Trans</i> Fat	0g		Total Sugars		0.5g
16 servings per container	Cholesterol	0mg	0%	Includes 0.4g Added Sugars	1%	
Serving Size	Sodium	109.2mg	5%	Protein	0g	
1 tbsp	Calories		72			
	per serving					

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

TIRAMISU

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	8.7g	13%	Total Carb.		22.5g
	Saturated Fat	5g	25%	Dietary Fiber		0.3g
	<i>Trans</i> Fat	0.2g		Total Sugars		16.7g
8 servings per container	Cholesterol	57.5mg	19%	Includes 8.5g Added Sugars	17%	
Serving Size	Sodium	105.5mg	4%	Protein	2.9g	
2 1/2 oz	Calories		178			
	per serving					

INGREDIENTS: Tiramisu Cake (Tiramisu Mousse (Heavy Cream, Water, Alaska Tiramisu Cream Stabilizer (Sugar, Powdered Mascarpone (Milk Components), Gelatin (Animal based), Dextrose (Corn), Artificial Flavor (Milk Constituents), Natural Coloring Food (Carrot Extract). This product was processed on machinery used to make products containing allergen: Gluten, Wheat, Egg, Tree Nuts, Soy. This product was processed in a facility that uses or processes the allergen: Peanuts.)), Sponge Cake (Sponge Cake Mix (Bleached Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Emulsifier Blend (Rice Starch, Glucose Syrup Solids, Mono- and Diglycerides (Corn), Nonfat Dry Milk, Polyglycerol Esters, Tetrasodium Pyrophosphate), Wheat Starch, Contains 2% or less of the following: Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Soy Protein, Cellulose Gum, Soybean Oil, Artificial Flavor, Beta Carotene), Fresh Cage Free Eggs, Water), Coffee Syrup (Granulated Sugar, Water, Nescafe Instant Coffee, Espresso Powder (Coffee)), Cocoa Powder (Alkalinized Cocoa Powder, may contain traces of soy), 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 (Antioxidants))))

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



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POTATO ROSEMARY BREAD

Nutrition Facts 10 servings per container Serving Size 1 slice Calories 130 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	1.1g	2%	Total Carb.		24g
	Saturated Fat	0.2g	1%	Dietary Fiber		1.6g
	Trans Fat	0g		Total Sugars		0.7g
	Cholesterol	0mg	0%	Includes 0.5g Added Sugars		1%
Sodium	242.3mg	10%	Protein	4.6g		

INGREDIENTS: 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), Water, 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), Active Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), California Sourdough Conditioner (Wheat Flour, Salt, Fumaric Acid with Partially Hydrogenated Soybean Oil, Sodium Diacetate, DATEM (May Contain Corn and/or Soy), Lactic Acid, Soybean Oil, Silicon Dioxide, Ascorbic Acid, L-Cysteine, Azodicarbonamide (ADA), Enzymes. Manufactured on the same equipment as Wheat, Eggs, Soybean, Milk, Sulfite and Sesame Seed Products. Manufactured in the same facility as Wheat, Eggs, Soybeans, Milk, Tree Nuts, Sulfites and Sesame Seeds), Extra Virgin Olive Oil, Granulated Sugar, Rosemary Leaf, Salt, Ground Black Pepper, Pan Spray (Canola Oil, Caprylic/Capric Triglycerides, Phosphated Mono and Diglycerides [Corn], Silicon Dioxide, Calcium Stearate, Propellant))

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

Optional Items:

BONELESS HAM

Nutrition Facts 20 servings per container Serving Size 4 oz Calories 107 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	1.1g	2%	Total Carb.		1.1g
	Saturated Fat	0.5g	2%	Dietary Fiber		0g
	Trans Fat	0g		Total Sugars		0.3g
	Cholesterol	59mg	20%	Includes 0g Added Sugars		0%
Sodium	882.4mg	37%	Protein	23.2g		

INGREDIENTS: North County Boneless Ham (Pork, Water, Salt, Cane and Maple Sugars, Maple Syrup, Dextrose [Corn], Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Vinegar, Spice Extractives)

ALLERGENS: Corn



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

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

GINGERSNAP COOKIES

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	8.7g	13%	Total Carb.		36.8g	12%
	Saturated Fat	2.5g	13%	Dietary Fiber		0.4g	2%
	Trans Fat	0g		Total Sugars		19.4g	
	Cholesterol	0mg	0%	Includes 19g Added Sugars			38%
Sodium	139mg	6%	Protein	2g			
12 servings per container							
Serving Size							
1 each							
Calories							
per serving					232		

INGREDIENTS: Gingersnap Cookies (Pastry Flour (Enriched Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Golden Molasses (Cane Molasses), CRISCO Shortening (Soybean Oil, Fully Hydrogenated Palm Oil, Mono and Diglycerides (Corn), TBHQ and Citric Acid (Antioxidants)), Granulated Sugar, Water, Baking Soda (Sodium Bicarbonate), Ground Ginger (Ginger and Sulfur Dioxide (Added to Retain Color)), Salt)
ALLERGENS: Gluten, Soy, Corn, Wheat

Formulation of cookies may be adjusted and will be updated on web site

APPLE CIDER

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	0g	0%	Total Carb.		31.4g	10%
	Saturated Fat	0g	0%	Dietary Fiber		0g	0%
	Trans Fat	0g		Total Sugars		27.2g	
	Cholesterol	0mg	0%	Includes 0g Added Sugars			0%
Sodium	26.1mg	1%	Protein	0g			
8 servings per container							
Serving Size							
8 ozl							
Calories							
per serving					125		

INGREDIENTS: Regional Grown Apple Cider (Apples (no preservatives))



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EGGNOG

Nutrition Facts 8 servings per container Serving Size 4 oz Calories 104 per serving	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	<small>* 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.</small>
	Total Fat 5g	8%	Total Carb. 9.5g	3%	
	Saturated Fat 3.1g	15%	Dietary Fiber 0g	0%	
	<i>Trans</i> Fat ---g		Total Sugars 9.5g		
	Cholesterol 69.9mg	23%	Includes 0g Added Sugars	0%	
Sodium 64mg	3%	Protein 5.4g			

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

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				
Macaroni & Cheese	X		X	X	X				
Root Vegetables w/Apple Hash									
Spiced Maple & Thyme Butternut Squash									
Green Beans w/Garlic Herb Butter & Parmesan Cheese	X								
Salad w/Craisins, Almond, Bleu Cheese	X						X		
Cider Honey Vinaigrette									
Tiramisu	X	X	X	X	X				
Potato Rosemary Bread	X	X	X	X	X				X
Boneless Ham					X				
Apple Cider Glaze for Ham					X				
Gingersnap Cookies			X	X	X				
Eggnog	X	X							
Apple Cider									

*X indicates allergen is present in product