

Yellow Squash

Component: Vegetable

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Squash, summer, fresh, OR Squash, summer, yellow, frozen	13 lb 12 oz 12 lb 12 oz				<ol style="list-style-type: none">1. For fresh squash, wash under cold running water and cut into ¼-inch slices or diced.2. Steam for about 8-10 minutes.3. Remove from heat when squash is tender and can be easily cut with a fork. Cut into age appropriate size pieces.4. CCP: Cook to a temperature of 135° F or above.5. CCP: Hold at 135° F or above.6. Drain and serve.

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Notes:

Nutrients calculated using Food Processor for yellow squash boiled, drained.

Serving: ½ cup

1-2 years: 1/8 cup

3-5 years: ¼ cup

6-18 years: ½ cup

Nutrients Per Serving

Calories	10.41	Saturated Fat	0.31	Iron	0.08 mg
Protein	0.20	Cholesterol	0	Calcium	4.40 mg
Carbohydrate	0.89	Vitamin A-RAE	N/A	Sodium	7.25 mg
Total Fat	0.68	Vitamin C	2.18 mg	Dietary Fiber	N/A