

SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

YELLOW SQUASH



In the world of edible squashes, there are two main groups that we hear about: summer squash and winter squash. Yellow squash belong to the summer group, along with its green cousin, zucchini.

Squash is about 95% water, making it low in calories and carbs. They are a decent source of vitamins A and C, potassium, and fiber. Squash is good grilled, fried, and in many dishes such as soups and stews.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER