

# Butternut Squash



## Product Information



LFS code: LFS061  
Producer: Puget Sound Food Hub  
Packages/case: (4) 5-lb packages  
Case Weight: 20 lbs.  
Servings/case: 93.75

## Product Description

Butternut squash, peeled, cubed, frozen

## Food Safety

For information on safe storage, cooking temperatures, and handling practices: [Washington State Retail Food Code](#) and [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

## Crediting & Yield

- One 5-pound package of cubed, peeled winter squash contains about 18.75 1/2 cup servings of cooked, peeled, cubed winter squash, or 93.75 servings per case.
- CN Crediting: 1/2 cup cooked, peeled, cooked winter squash credits as 1/2 cup red/orange vegetable.

Serving Size: 1/2 cup  
Meat or M/A:  
Grain: ---  
Vegetables: 1/2 cup red/orange  
Fruit: ---

*Note: Child Nutrition Program sponsors are responsible for correctly determining how a food credits to the meal pattern.*

## Culinary Tips & Resources

- Roast, steam, or sauté squash for use in soups, stews, casseroles, or grain bowls.
- Cube and roast at 400°F for 20-25 minutes to bring out natural sweetness.
- Puree cooked squash for use in sauces, dips, or as a base for soups.
- Slice thinly and layer in lasagnas or gratins.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

## Recipe Ideas

- [Squish Squash Lasagna – ICN Recipe Box](#)
- [Curried Vegetable Soup – ICN Recipe Box](#)
- [Butternut Squash Casserole – ICN Recipe Box](#)

## Nutrition Facts

Serving Size: 1/2 cup squash

### Amount Per Serving

**Calories 48** Calories from Fat 0

**Total Fat** 0g

Sat. Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** <2.5mg

**Carbohydrates** 11g

Dietary Fiber 2g

Sugars 9g

**Protein** 1g