

Did you know?

Butter Nutty Squash



Butternut squash seeds can be eaten as a nutritious snack food, just like pumpkin seeds.

Butternut squash is interchangeable with the pumpkin in Australia, causing them to call it the butternut pumpkin.

This vegetable is often used as one of the first foods for babies, since it is tolerated by children because of the taste.

Consuming a cup of butternut squash provides your daily requirement of vitamin A, which is important for eye health.

JOKE

What is a zucchini's favorite game?

Squash!

Parents,

This month in the cafeteria we are sampling butternut squash. Who says kids only want to eat hot dogs, pizza, burgers, and macaroni and cheese? Serve new foods and they might surprise you with their willingness to experiment. You decide which foods to buy and when to serve them. From the foods you offer, kids get to choose what they will eat or whether to eat at all. Kids need to have some say in the matter. Schedule regular meal and snack times. From the selections you offer, let them choose what to eat and how much of it they want. Chances are your child ate butternut squash as an infant and loved it!

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 -1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups

RECIPE

Roasted Butternut Squash

Ingredients

- 1 butternut squash - peeled, seeded, and cut into 1-inch cubes
- 2 tablespoons olive oil
- 2 cloves garlic
- Salt and pepper to taste

Directions

1. Preheat oven to 400 degrees
2. Toss butternut squash with olive oil and garlic. Season with salt and pepper.
3. Spread on a baking sheet and roast until squash is tender and lightly browned, 25 to 30 minutes.