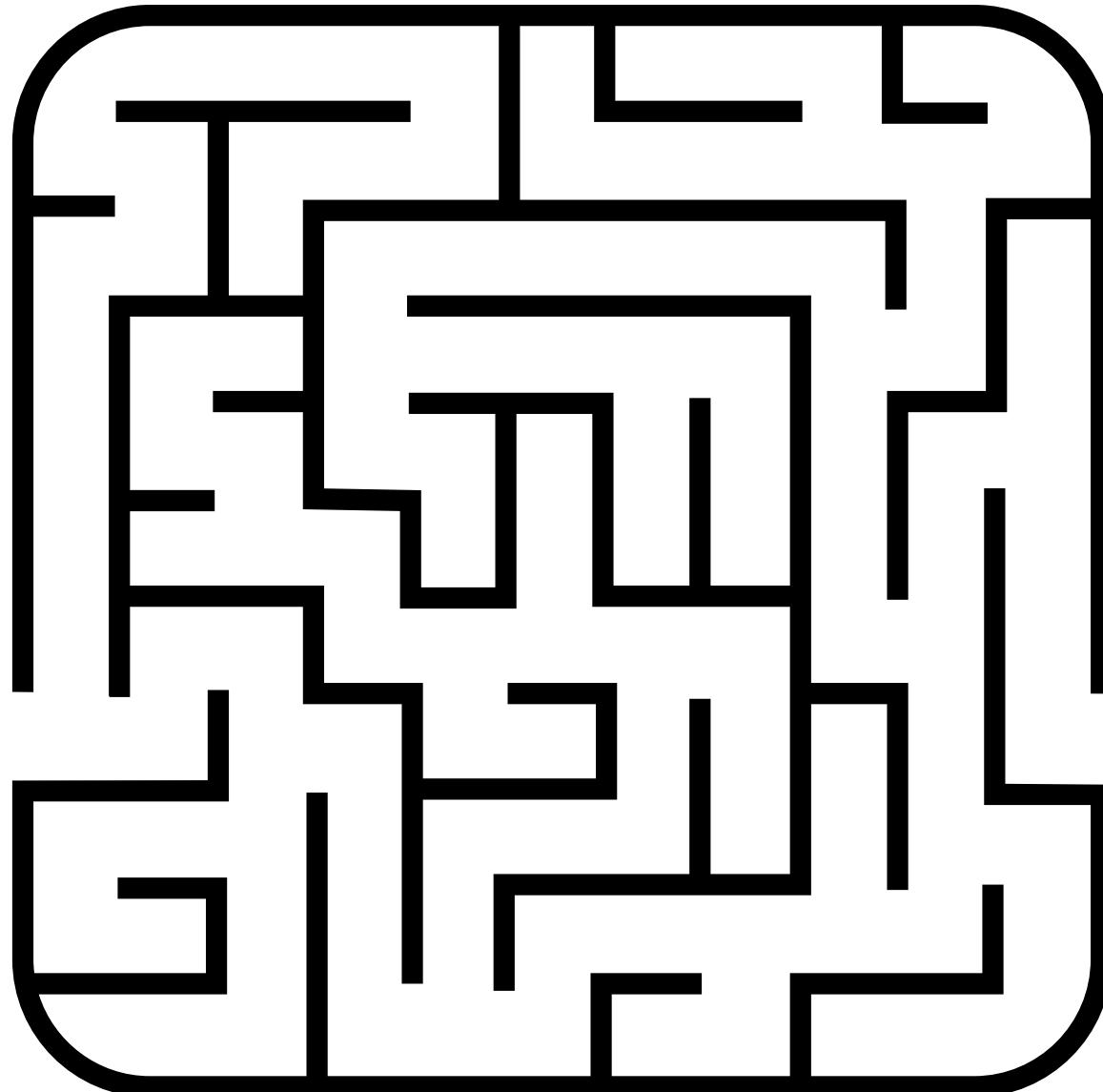


Maize Maze!

cacfp.org

Corn, or Maize, is an important crop to Native Americans. It was present at the first Thanksgiving, and is still a big part of Thanksgiving meals today! Help the pilgrim reach his Native American friend so they can both enjoy fresh Maize together.



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Whipped Sweet Potatoes

Ingredients

14 oz. sweet potatoes, peeled and cut into quarters
1 tablespoon 1% milk
1 tablespoon margarine
Salt & pepper to taste

Place sweet potatoes in a pot of water. Bring to a boil and cook until fork tender, about 20 minutes. Drain well.

In a medium bowl, immediately combine drained sweet potatoes, milk, margarine, salt and pepper.

Using an electric mixer, mix on medium speed until potatoes are smooth and fluffy.

Makes six 1/4 cup servings.

CACFP Crediting:
1/4 cup vegetable

Source: USDA



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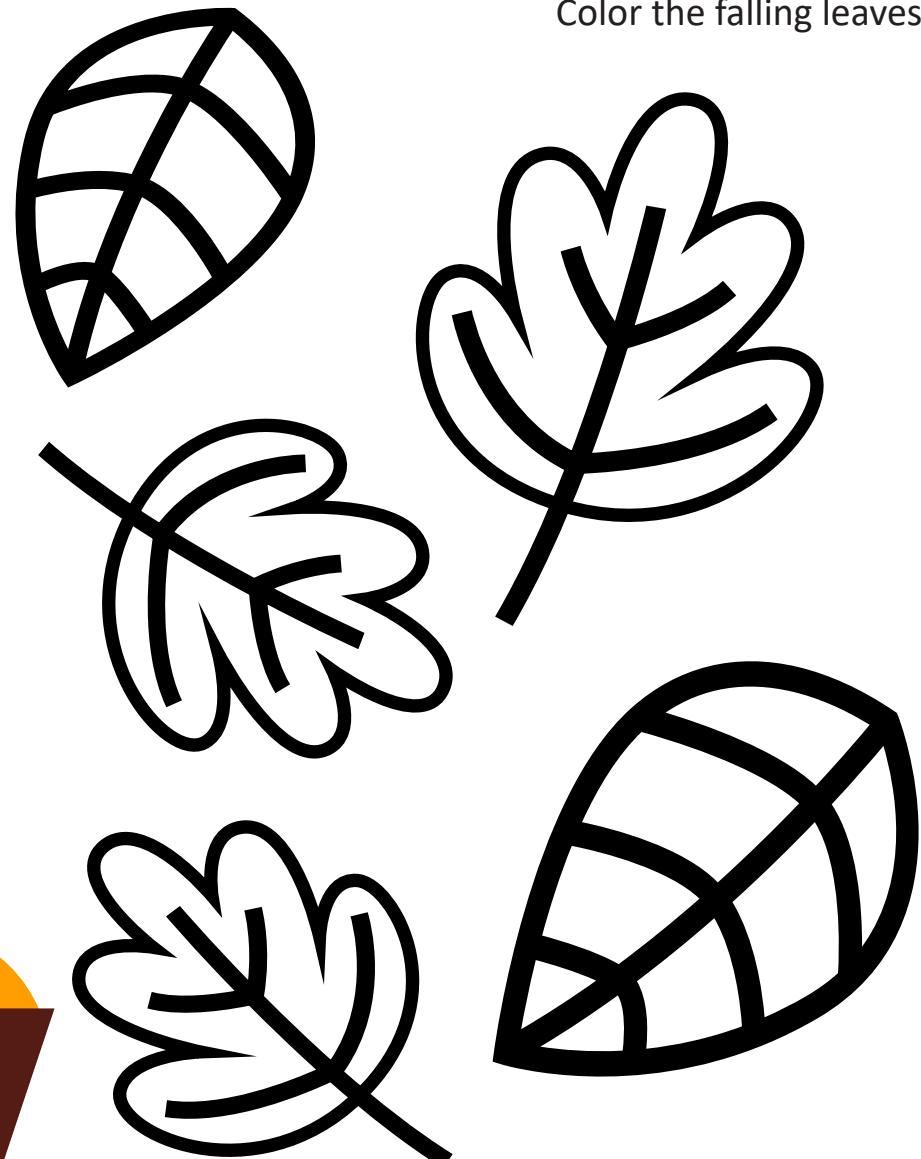


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Fall Colors

Leaves on the ground come in all different beautiful colors!

Color the falling leaves.



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Trace-A-Turkey

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Put your right hand on the paper, with your thumb over the face. Trace your hand, and make a turkey out of it. Your palm is the body, your thumb is the head and neck, and your fingers are the feathers! Color your turkey in.

