



NOVEMBER - DECEMBER 2020

CLICK ON THE ACTIVITIES LISTED FOR EACH DAY



Portland Public Schools
Nutrition Services
THIS IS AN EQUAL OPPORTUNITY PROVIDER
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SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	<u>Turkey 5 ways</u>	<u>Color Your Salad</u>	<u>Discover MyPlate</u>	<u>Food Jokes</u>	<u>Gardening is Fun</u>	14
15	<u>Mythical Map</u>	<u>Do a Spacewalk</u>	<u>Building Empathy.</u>	<u>Berry Yummy.</u>	<u>Rice Coloring Sheet</u>	21
22	<u>All About Brussel Sprouts</u>	<u>NASA Hubble Word Jumble</u>	<u>What Your Body Needs</u>	<u>Salad Greens</u>	<u>Story Time With Leroy the Lemon</u>	28
29	<u>Kindness Rocks</u>	<u>Push-Up Challenge</u>	<u>Winter Feast</u>	<u>Pumpkin 5 Ways</u>	<u>Be Active Your Way.</u>	5
6	<u>First Bite</u>	<u>Food Critic</u>	<u>Food Group Quizzes</u>	<u>Holiday Makeover</u>	<u>Let's Talk Trash</u>	12