<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td><strong>MyPlate: Overview</strong></td>
<td><strong>MyPlate: Protein</strong></td>
<td><strong>MyPlate: Grains</strong></td>
<td><strong>MyPlate: Fruit</strong></td>
<td><strong>MyPlate: Red/Orange Vegetables</strong></td>
<td><strong>MyPlate: Dark Green Vegetables</strong></td>
<td><strong>MyPlate: Beans and Peas</strong></td>
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<tr>
<td><strong>MyPlate: Starchy Vegetables</strong></td>
<td><strong>MyPlate: Other Vegetables</strong></td>
<td><strong>MyPlate Quizzes on Food Groups</strong></td>
<td><strong>DK: Healthier Beverages</strong></td>
<td><strong>FDA: Reading the Nutr Facts Label</strong></td>
<td><strong>DK: The Good Egg</strong></td>
<td><strong>DK: Making Broccoli Salad</strong></td>
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<tr>
<td><strong>Cool Food Planet</strong></td>
<td><strong>DK: Making Apple Cranberry Crisp</strong></td>
<td><strong>DK: Making Energy Bites</strong></td>
<td><strong>DK: Making Kidney Bean Hummus</strong></td>
<td><strong>DK: Making Blueberries with Balsamic Vinegar and Thyme</strong></td>
<td><strong>Team Nutrition: Making Salad with Vinaigrette</strong></td>
<td><strong>Team Nutrition: Making Applesauce</strong></td>
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<tr>
<td><strong>Team Nutrition: Corn and Zucchini Pancakes</strong></td>
<td><strong>DK: Southwestern Breakfast Burritos</strong></td>
<td><strong>DK: Chocolate Blenderless Smoothie</strong></td>
<td><strong>DK: DIY Aquaponics</strong></td>
<td><strong>DK: Upcycling Milk Cartons</strong></td>
<td><strong>DK: Roasted Zucchini Chips</strong></td>
<td><strong>DK: Scrap Gardening</strong></td>
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