



# Enrichment Calendar

chartwells  
**Discovery**  
KITCHEN AT HOME

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<a href="#">MyPlate: Overview</a>	<a href="#">MyPlate: Protein</a>	<a href="#">MyPlate: Grains</a>	<a href="#">MyPlate: Fruit</a>	<a href="#">MyPlate: Red / Orange Vegetables</a>	<a href="#">MyPlate: Dark Green Vegetables</a>	<a href="#">MyPlate: Beans and Peas</a>
<a href="#">MyPlate: Starchy Vegetables</a>	<a href="#">MyPlate: Other Vegetables</a>	<a href="#">MyPlate Quizzes on Food Groups</a>	<a href="#">DK: Healthier Beverages</a>	<a href="#">FDA: Reading the Nutr Facts Label</a>	<a href="#">DK: The Good Egg</a>	<a href="#">DK: Making Broccoli Salad</a>
<a href="#">DK: Making Pumpkin Cranberry Overnight Oats</a>	<a href="#">DK: Making Roasted Peppers</a>	<a href="#">Team Nutrition: Making Scrambled Eggs</a>	<a href="#">Team Nutrition: Making Grain Bowls</a>	<a href="#">DK: Homemade Granola</a>	<a href="#">DK: Roasted Garbanzo Beans</a>	<a href="#">DK: Vegetarian Quesadillas</a>
<a href="#">Cool Food Planet</a>	<a href="#">DK: Making Apple Cranberry Crisp</a>	<a href="#">DK: Making Energy Bites</a>	<a href="#">DK: Making Kidney Bean Hummus</a>	<a href="#">DK: Making Blueberries with Balsamic Vinegar and Thyme</a>	<a href="#">Team Nutrition: Making Salad with Vinaigrette</a>	<a href="#">Team Nutrition: Making Applesauce</a>
<a href="#">Team Nutrition: Corn and Zucchini Pancakes</a>	<a href="#">DK: Southwestern Breakfast Burritos</a>	<a href="#">DK: Chocolate Blenderless Smoothie</a>	<a href="#">DK: DIY Aquaponics</a>	<a href="#">DK: Upcycling Milk Cartons</a>	<a href="#">DK: Roasted Zucchini Chips</a>	<a href="#">DK: Scrap Gardening</a>