



Ironton-Lawrence County CAO

Head Start Program

6-11 Months

*High Quality
Childcare ... for
Infants, Toddlers &
Preschoolers*

Date 1/1/18 Monday	Date 1/2/18 Tuesday	Date 1/3/18 Wednesday	Date 1/4/18 Thursday	Date 1/5/18 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. Mixed Cereal 1-4 Tbs. Pears	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. Whole Grain Cereal 1-4 Tbs. Applesauce	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. Mixed Grain Cereal 1-4 Tbs. Bananas	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. Whole Grain Cereal 1-4 Tbs. Pears	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Mixed Cereal 1-4 Tbs. Applesauce
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. 2nd. Foods Chicken & Gravy 1-4 Tbs. 2nd. Foods Peas	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. 2nd. Foods Carrots 1-4 Tbs. Bananas	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. 2nd Foods Beef & Gravy 1-4 Tbs. Green Beans	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. 2nd. Foods Chicken & Gravy 1-4 Tbs. Peas	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. 2nd. Foods Beef & Gravy 1-4 Tbs. Peas
SNACK	SNACK	SNACK	SNACK	SNACK
2-4 oz. Breast Milk or Iron Fortified Infant Formula Bananas 1-4 Tbs.	2-4 oz. Breast Milk or Iron Fortified Infant Formula White Wheat Toast 1/2 sl.	2-4 oz. Breast Milk or Iron Fortified Infant Formula Animal Crackers 4	2-4 oz. Breast Milk or Iron Fortified Infant Formula Applesauce 1-4 Tbs.	2-4 oz. Breast Milk or Iron Fortified Infant Formula Saltine Crackers 2

*ECC
377-2356*

*Getaway
867-3893*

*OUSCDC
532-0178*

*Proctorville
740-886-0504*

- Infants are fed upon demand.
- All cereal shall be iron fortified .

Now Enrolling
740-377-4710
740-894-4100

Melba B. Batty
Dietitian Consultant



Ironton-Lawrence County CAO

Head Start Program

6-11 Months



Kin Thida
Board
Certified
Pediatrician

*Ironton Health
Campus*

740-534-9195

Date 1/8/18 Monday	Date 1/9/18 Tuesday	Date 1/10/18 Wednesday	Date 1/11/18 Thursday	Date 1/12/18 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. Mixed Cereal 1-4 Tbs. Bananas	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. Whole Grain Cereal 1-4 Tbs. Applesauce	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. Mixed Cereal 1-4 Tbs. Pears	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. Whole Grain Cereal 1-4 Tbs. Bananas	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. Mixed Cereal 1-4 Tbs. Applesauce
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. Green Beans 1-4 Tbs. Pears	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. 2nd Foods Beef & Gravy 1-4 Tbs. Peas 1-4 Tbs. Applesauce	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. 2nd Foods Peas 1-4 Tbs. Bananas	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. Chicken & Gravy 1-4 Tbs. Carrots 2nd. Foods	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. 2nd Foods Beef & Gravy 1-4 Tbs. Bananas
SNACK	SNACK	SNACK	SNACK	SNACK
2-4 oz. Breast Milk or Iron Fortified Infant Formula Applesauce 1-4 Tbs.	2-4 oz. Breast Milk or Iron Fortified Infant Formula Animal Crackers 4	2-4 oz. Breast Milk or Iron Fortified Infant Formula Graham Crackers 2	2-4 oz. Breast Milk or Iron Fortified Infant Formula Whole Wheat Toast 1/2 sl.	2-4 oz. Breast Milk or Iron Fortified Infant Formula Pears 1-4

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- All cereal shall be iron fortified.

Now Enrolling
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740-886-0504

Deborah Bailey MS, CD
Dietitian Consultant



Ironton-Lawrence County CAO

Head Start Program

6-11 Month

**High Quality
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Infants, Toddlers &
Preschoolers**

Date 1/15/18 Monday	Date 1/16/18 Tuesday	Date 1/17/18 Wednesday	Date 1/18/18 Thursday	Date 1/19/18 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Mixed Cereal 1-4 Tbs. Bananas	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. Whole Grain Cereal 1-4 Tbs. Applesauce	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. Mixed Cereal 1-4 Tbs. Pears	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. Whole Grain Cereal 1-4 Tbs. Applesauce	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. Mixed Cereal 1-4 Tbs. Bananas
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. 2nd Foods Beef & Gravy 1-4 Tbs. 2nd Foods Carrots	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 2nd. Foods Chicken & Gravy 1-4 Tbs. Green Beans	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4—Tbs. 2nd. Foods Peas 1-4 Tbs. Bananas	6-8 oz. Breast Milk or Iron Fortified Infant Formula 1-4 Tbs. Green Beans 1-4 Tbs. Pears	6-8 oz. Breast Milk or Iron Fortified Infant Formula 1-4 Tbs. 2nd. Foods Carrots 1-4 Tbs. Applesauce
SNACK	SNACK	SNACK	SNACK	SNACK
2-4 oz. Breast Milk or Iron Fortified Infant Formula Applesauce 1-4 Tbs.	2-4 oz. Breast Milk or Iron Fortified Infant Formula Saltine Crackers 2	2-4 oz. Breast Milk or Iron Fortified Infant Formula Wheat Toast 1/2 sl.	2-4 oz. Breast Milk or Iron Fortified Infant Formula Bananas 1-4	2-4 oz. Breast Milk or Iron Fortified Infant Formula Graham Crackers 2

ECC
377-2356

Getaway
867-3893

OUSCDC
532-0178

Proctorville
740-886-0504

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Deborah L. Bailey MS, CP
Dietitian Consultant



Ironton-Lawrence County CAU

Head Start Program

6-11 Months



Date 1/22/18 Monday	Date 1/23/18 Tuesday	Date 1/24/18 Wednesday	Date 1/25/18 Thursday	Date 1/26/18 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
6-8 Oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. Whole Grain Cereal 1-4 Tbs. Bananas	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. Mixed Cereal 1-4 Tbs. Pears	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. Whole Grain Cereal 1-4 Tbs. Applesauce	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. Mixed Cereal 1-4 Tbs. Bananas	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. Whole Grain Cereal 1-4 Tbs. Pears
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. 2nd. Foods Beef & Gravy 1-4 Tbs. 1-4 Tbs. Applesauce	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. Chicken & Gravy 1-4Tbs.Bananas	6-8 oz. Breast Milk or Iron Fortified Infant Formula 1- 4 Tbs. Green Beans 2nd Foods 1-4 Tbs. Pears	6-8 oz. Breast Milk or Iron Fortified Infant Formula 1- 4 Tbs. Carrots 2nd. Foods 1-4 Tbs. Applesauce	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. 2nd. Foods Beef & Gravy 1-4 Tbs. Peas
SNACK	SNACK	SNACK	SNACK	SNACK
2-4 oz. Breast Milk or Iron Fortified Infant Formula Pears 1-4 Tbs.	2-4 oz. Breast Milk or Iron Fortified Infant Formula Graham Crackers 2	2-4oz. Breast Milk or Iron Fortified Infant Formula 1-4-Tbs.Bananas	2-4 oz. Breast Milk or Iron Fortified Infant Formula Animal Crackers 4	2-4 oz. Breast Milk or Iron Fortified Infant Formula Wheat Toast 1/2 sl.

“Come see the CAO Pediatrician Team in Action.”

Chesapeake FMC
740-867-6687

Ironton Health Care Campus
740-534-9195

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740-377-2356
740-886-0504

Deborah L. Biley MS, RD
Dietitian Consultant



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Head Start Program

6-11 Months

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Preschoolers**

Date 1/29/18 Monday	Date 1/30/18 Tuesday	Date 1/31/18 Wednesday	Date 2/1/18 Thursday	Date 2/2/18 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. Mixed Cereal 1-4 Tbs. Pears	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. Whole Grain Cereal 1-4 Tbs. Applesauce	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. Mixed Grain Cereal 1-4 Tbs. Bananas	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. Whole Grain Cereal 1-4 Tbs. Pears	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Mixed Cereal 1-4 Tbs. Applesauce
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. 2nd. Foods Chicken & Gravy 1-4 Tbs. 2nd. Foods Peas	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. 2nd. Foods Carrots 1-4 Tbs. Bananas	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. 2nd Foods Beef & Gravy 1-4 Tbs. Green Beans	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. 2nd. Foods Chicken & Gravy 1-4 Tbs. Peas	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. 2nd. Foods Beef & Gravy 1-4 Tbs. Pears
SNACK	SNACK	SNACK	SNACK	SNACK
2-4 oz. Breast Milk or Iron Fortified Infant Formula Bananas 1-4 Tbs.	2-4 oz. Breast Milk or Iron Fortified Infant Formula White Wheat Toast 1/2 sl.	2-4 oz. Breast Milk or Iron Fortified Infant Formula Animal Crackers 4	2-4 oz. Breast Milk or Iron Fortified Infant Formula Applesauce 1-4 Tbs.	2-4 oz. Breast Milk or Iron Fortified Infant Formula Saltine Crackers 2

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D. Deborah Bailey MS, RD
Dietitian Consultant