



Ironton-Lawrence County CAO Head Start Program

6-11 Months



Melody
Cyrus Board
Certified
Pediatrician

*Chesapeake
Medical
Center*
740-867-6687

Date 12/4/17 Monday	Date 12/5/17 Tuesday	Date 12/6/17 Wednesday	Date 12/7/17 Thursday	Date 12/8/17 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

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

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

Delnah Bailey MS, RD
Dietitian Consultant



Ironton-Lawrence County CAO Head Start Program 6-11 Months



Kin Thida
Board
Certified
Pediatrician

Kemp
Medical
Center
740-532-3048

Date 12/11/17 Monday	Date 12/12/17 Tuesday	Date 12/13/17 Wednesday	Date 12/14/17 Thursday	Date 12/15/17 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

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

Now Enrolling
740-377-2356
740-886-0504

Dorothy Bailey MS, LD
Dietitian Consultant



Ironton-Lawrence County CAO

Head Start Program

6-11 Month

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

Date 12/18/17 Monday	Date 12/19/17 Tuesday	Date 12/20/17 Wednesday	Date 12/21/17 Thursday	Date 12/22/17 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*

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

Now Enrolling
740-377-2356
740-886-0504

Deborah Bailey MS, RD
Dietitian Consultant



Ironton-Lawrence County CAO

Head Start Program

6-11Months



Date 12/25/17 Monday	Date 12/26/17 Tuesday	Date 12/27/17 Wednesday	Date 12/28/17 Thursday	Date 12/29/17 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. 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.”

Kemp FMC
740-532-3048

Chesapeake FMC
740-867-6687

Ironton Health Care Campus
740-534-9195

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

Now Enrolling
740-377-2356
740-886-0504

Deborah Briley MS, LD
Dietitian Consultant