



Ironton-Lawrence County CAO

Head Start Program

Birth to 5 Months

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

12/4/17 Monday	12/5/17 Tuesday	12/6/17 Wednesday	12/7/17 Thursday	12/8/17 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula
SNACK	SNACK	SNACK	SNACK	SNACK
4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6oz. Breast Milk or Iron Fortified Infant Formula

*ECC
377-2356*

*Getaway
867-3893*

*OUSCDC
532-0178*

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

*Now Enrolling
740-533-9077
740-377-2356*

Deborah Bailey MS, LD
Dietitian Consultant



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12/11/17 Monday	12/12/17 Tuesday	12/13/17 Wednesday	12/14/17 Thursday	12/15/17 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula
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12/18/17 Monday	12/19/17 Tuesday	12/20/17 Wednesday	12/21/17 Thursday	12/22/17 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula
SNACK	SNACK	SNACK	SNACK	SNACK
4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6oz. Breast Milk or Iron Fortified Infant Formula

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12/25/17 Monday	12/26/17 Tuesday	12/27/17 Wednesday	12/28/17 Thursday	12/29/17 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula
SNACK	SNACK	SNACK	SNACK	SNACK
4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6 oz. Breast Milk or Iron Fortified Infant Formula	4-6oz. Breast Milk or Iron Fortified Infant Formula

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