



Ironton-Lawrence County CAO

Head Start Program

Birth to 5 Months

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

12/31/18 Monday	1/1/19 Tuesday	1/2/19 Wednesday	1/3/19 Thursday	1/4/19 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*

*Proctorville
886-0504*

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

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

Anna Perkins R.D.L.D.
Dietitian Consultant



Ironton-Lawrence County CAO

Head Start Program

Birth to 5 Months

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

1/7/19 Monday	1/8/19 Tuesday	1/9/19 Wednesday	1/10/19 Thursday	1/11/19 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*

*Proctorville
886-0504*

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

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

Anna Perkins R.D.D.
Dietitian Consultant



Ironton-Lawrence County CAO

Head Start Program

Birth to 5 Months

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

1/14/19 Monday	1/15/19 Tuesday	1/16/19 Wednesday	1/17/19 Thursday	1/18/19 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*

*Proctorville
886-0504*

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

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

Anna Perkins R.D.T.
Dietitian Consultant



Ironton-Lawrence County CAO

Head Start Program

Birth to 5 Months

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

1/21/19 Monday	1/22/19 Tuesday	1/23/19 Wednesday	1/24/19 Thursday	1/25/19 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

Proctorville
886-0504

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

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

Anna Perkins RD
Dietitian Consultant



Ironton-Lawrence County CAO

Head Start Program

Birth to 5 Months

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

1/28/19 Monday	1/29/19 Tuesday	1/30/19 Wednesday	1/31/19 Thursday	2/1/19 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*

*Proctorville
886-0504*

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

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

Anne Perkins RD
Dietitian Consultant