



# Ironton-Lawrence County CAO

## Head Start Program

6-11 Month

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

Date 2/4/19 Monday	Date 2/5/19 Tuesday	Date 2/6/19 Wednesday	Date 2/7/19 Thursday	Date 2/8/19 Friday
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Mixed Cereal 1-4Tbs. 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
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
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
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
2-4 oz. Breast Milk or Iron Fortified Infant Formula Applesauce 1-4 Tbs.	2-4 oz. Breast Milk or Iron Fortified Infant Formula Pears 1-4 Tbs.	2-4 oz. Breast Milk or Iron Fortified Infant Formula Applesauce 1-4 Tbs.	2-4 oz. Breast Milk or Iron Fortified Infant Formula Bananas 1-4 Tbs.	2-4 oz. Breast Milk or Iron Fortified Infant Formula Pears 1-4 Tbs.

*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**  
740-377-0082  
740-886-0504

*A Perkins RDLD*  
Dietitian Consultant



# Ironton-Lawrence County CAO

## Head Start Program

6-11 Months

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

Date 2/11/19 Monday	Date 2/12/19 Tuesday	Date 2/13/19 Wednesday	Date 2/14/19 Thursday	Date 2/15/19 Friday
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
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. Whole 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
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
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
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
2-4 oz. Breast Milk or Iron Fortified Infant Formula Bananas 1-4 Tbs.	2-4 oz. Breast Milk or Iron Fortified Infant Formula Pears 1-4 Tbs.	2-4 oz. Breast Milk or Iron Fortified Infant Formula Applesauce 1-4 Tbs.	2-4 oz. Breast Milk or Iron Fortified Infant Formula Bananas 1-4 Tbs.	2-4 oz. Breast Milk or Iron Fortified Infant Formula Pears 1-4 Tbs.

*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  
740-867-3893  
740-532-0178*

*Shuckins RDLD*  
Dietitian Consultant



# Ironton-Lawrence County CAO

## Head Start Program

6-11 Months

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

Date 2/18/19 Monday	Date 2/19/19 Tuesday	Date 2/20/19 Wednesday	Date 2/21/19 Thursday	Date 2/22/19 Friday
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
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
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
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	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. 2nd Foods Peas 1-4 Tbs. Chicken Gravy	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. Beef & Gravy 1-4 Tbs. Carrots 2nd. Foods	6-8 oz. Breast Milk or Iron Fortified Infant Formula 2-4 Tbs. 2nd Foods Chicken & Gravy 1-4 Tbs. Green Beans
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
2-4 oz. Breast Milk or Iron Fortified Infant Formula Applesauce 1-4 Tbs.	2-4 oz. Breast Milk or Iron Fortified Infant Formula Bananas 1-4 Tbs.	2-4 oz. Breast Milk or Iron Fortified Infant Formula Bananas 1-4 Tbs.	2-4 oz. Breast Milk or Iron Fortified Infant Formula Applesauce 1-4 Tbs.	2-4 oz. Breast Milk or Iron Fortified Infant Formula Pears 1-4 Tbs.

*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  
740-377-0082  
740-886-0504  
740-532-0178*

*Reekins RDLD*  
Dietitian Consultant



# Ironton-Lawrence County CAU

## Head Start Program

6-11 Months



Date 2/25/19 Monday	Date 2/26/19 Tuesday	Date 2/27/19 Wednesday	Date 2/28/19 Thursday	Date 3/1/19 Friday
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
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
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
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
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
2-4 oz. Breast Milk or Iron Fortified Infant Formula Pears 1-4 Tbs.	2-4 oz. Breast Milk or Iron Fortified Infant Formula Applesauce 1-4 Tbs.	2-4oz. Breast Milk or Iron Fortified Infant Formula 1-4-Tbs.Bananas	2-4 oz. Breast Milk or Iron Fortified Infant Formula Pears 1-4 Tbs.	2-4 oz. Breast Milk or Iron Fortified Infant Formula Applesauce 1-4 Tbs.

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

**“Come see  
the CAO  
Pediatrician  
Team in  
Action.”**

**Chesapeake  
FMC  
740-867-6687**

**Ironton  
Health  
Care Campus  
740-534-9195**

**Now Enrolling  
740-377-0082  
740-886-0504**

*APerkins ROLD*  
Dietitian Consultant