



Ironton-Lawrence County CAU

Head Start Program

Birth to 5 Months

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

2/4/19 Monday	2/5/19 Tuesday	2/6/19 Wednesday	2/7/19 Thursday	2/8/19 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	4-6 oz. 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*

Perkins RDL
Dietitian Consultant



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2/11/19 Monday	2/12/19 Tuesday	2/13/19 Wednesday	2/14/19 Thursday	2/15/19 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
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2/18/19 Monday	2/19/19 Tuesday	2/20/19 Wednesday	2/21/19 Thursday	2/22/19 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	4-6 oz. Breast Milk or Iron Fortified Infant Formula

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2/25/19 Monday	2/26/19 Tuesday	2/27/19 Wednesday	2/28/19 Thursday	3/1/19 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	4-6 oz. Breast Milk or Iron Fortified Infant Formula

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