



Ironton-Lawrence County CAO

Head Start Program

Birth to 5 Months

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

7/2/18 Monday	7/3/18 Tuesday	7/4/18 Wednesday	7/5/18 Thursday	7/6/18 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 cereal shall be iron fortified.

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

Deborah Bailey
Dietitian Consultant



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7/9/18 Monday	7/10/18 Tuesday	7/11/18 Wednesday	7/12/18 Thursday	7/13/18 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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D. Bailey
Dietitian Consultant



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7/16/18 Monday	7/17/18 Tuesday	7/18/18 Wednesday	7/19/18 Thursday	7/20/18 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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Deborah L. Bailey
Dietitian Consultant



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7/23/18 Monday	7/24/18 Tuesday	7/25/18 Wednesday	7/26/18 Thursday	7/27/18 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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Dietitian Consultant



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7/30/18 Monday	7/31/18 Tuesday	8/1/18 Wednesday	8/2/18 Thursday	8/3/18 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
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Deborah R. Basing
Dietitian Consultant