



Ironton-Lawrence County CAO

Head Start Program

6-11 Month

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

Date 3/4/19 Monday	Date 3/5/19 Tuesday	Date 3/6/19 Wednesday	Date 3/7/19 Thursday	Date 3/8/19 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
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
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
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
SNACK	SNACK	SNACK	SNACK	SNACK
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
740-886-050.

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

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

Anna Perkins RDLD
Dietitian Consultant



Ironton-Lawrence County CAO

Head Start Program

6-11Months

**High Quality
Childcare ... for
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Preschoolers**

Date 3/11/19 Monday	Date 3/12/19 Tuesday	Date 3/13/19 Wednesday	Date 3/14/19 Thursday	Date 3/15/19 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
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
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
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. Peas
SNACK	SNACK	SNACK	SNACK	SNACK
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.

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Anna Perkins RDW
Dietitian Consultant



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Head Start Program

6-11 Months

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

Date 3/18/19 Monday	Date 3/19/19 Tuesday	Date 3/20/19 Wednesday	Date 3/21/19 Thursday	Date 3/22/19 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
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
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
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 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
SNACK	SNACK	SNACK	SNACK	SNACK
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.

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377-2356

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Anna Perkins, RDW
Dietitian Consultant



Ironton-Lawrence County CAO

Head Start Program

6-11 Months



Date 3/25/19 Monday	Date 3/26/19 Tuesday	Date 3/27/19 Wednesday	Date 3/28/19 Thursday	Date 3/29/19 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
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
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
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
SNACK	SNACK	SNACK	SNACK	SNACK
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.

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

*Chesapeake
FMC
740-867-6687*

*Ironton
Health
Care Campus
740-534-9195*

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- All cereal shall be iron fortified.

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740-377-0082
740-886-0504*

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Dietitian Consultant