



Ironton-Lawrence County CAO

Head Start Program

Birth to 5 Months

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

3/4/19 Monday	3/5/19 Tuesday	3/6/19 Wednesday	3/7/19 Thursday	3/8/19 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	4-6oz. 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



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3/11/19 Monday	3/12/19 Tuesday	3/13/19 Wednesday	3/14/19 Thursday	3/15/19 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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3/18/19 Monday	3/19/19 Tuesday	3/20/19 Wednesday	3/21/19 Thursday	3/22/19 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
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3/25/19 Monday	3/26/19 Tuesday	3/27/19 Wednesday	3/28/19 Thursday	3/29/19 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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