



Ironton-Lawrence County CAO Head Start Program

6-11 Months

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

Date 10/1/18 Monday	Date 10/2/18 Tuesday	Date 10/3/18 Wednesday	Date 10/4/18 Thursday	Date 10/5/18 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.

*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*

Anna Perkins RDLD
Dietitian Consultant



Ironton-Lawrence County CAO

Head Start Program

6-11 Months

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

Date 10/8/18 Monday	Date 10/9/18 Tuesday	Date 10/10/18 Wednesday	Date 10/11/18 Thursday	Date 10/12/18 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 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
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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Head Start Program

6-11 Month

**High Quality
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Preschoolers**

Date 10/15/18 Monday	Date 10/16/18 Tuesday	Date 10/17/18 Wednesday	Date 10/18/18 Thursday	Date 10/19/18 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.

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Ironton-Lawrence County CAU

Head Start Program

6-11 Months



Date 10/22/18 Monday	Date 10/23/18 Tuesday	Date 10/24/18 Wednesday	Date 10/25/18 Thursday	Date 10/26/18 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. 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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740-377-0082
740-886-0504

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Date 10/29/18 Monday	Date 10/30/18 Tuesday	Date 10/31/18 Wednesday	Date 11/1/18 Thursday	Date 11/2/18 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
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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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