



## Sample Menus for Older Babies – 8 to 10 months

Every baby is different. Your baby may eat more or less than these amounts.

Menus	Day 1	Day 2
<b>Breakfast</b>	<ul style="list-style-type: none"><li>• baby cereal mixed with breastmilk or formula, 2 to 4 tablespoons</li><li>• mashed banana, 2 to 4 tablespoons</li><li>• breastfeed or 4 to 6 ounces formula (after breakfast)</li></ul>	<ul style="list-style-type: none"><li>• baby cereal mixed with breastmilk or formula, 2 to 4 tablespoons</li><li>• applesauce, 2 to 4 tablespoons</li><li>• breastfeed or 4 to 6 ounces formula (after breakfast)</li></ul>
<b>Mid Morning</b>	<ul style="list-style-type: none"><li>• ½ slice toasted bread, cut in small squares</li><li>• baby food fruit, 2 to 4 tablespoons</li><li>• breastfeed or 5 to 6 ounces formula</li></ul>	<ul style="list-style-type: none"><li>• 2 unsalted crackers</li><li>• baby food vegetables, 2 to 4 tablespoons</li><li>• breastfeed or 5 to 6 ounces formula</li></ul>
<b>Lunch</b>	<ul style="list-style-type: none"><li>• baby food chicken, 1 to 3 tablespoons</li><li>• cooked rice, 2 tablespoons, mixed with baby food carrots, 2 to 4 tablespoons</li><li>• breastfeed or 3 to 4 ounces formula in a cup</li></ul>	<ul style="list-style-type: none"><li>• cooked egg yolk, 1 to 2 tablespoons, mashed with cooked potato, 2 to 4 tablespoons, and chicken broth</li><li>• ½ whole wheat tortilla, in small pieces</li><li>• breastfeed or 3 to 4 ounces formula in a cup</li></ul>
<b>Mid Afternoon</b>	<ul style="list-style-type: none"><li>• baby cereal mixed with breastmilk or formula, 2 to 4 tablespoons</li><li>• baby food peaches mixed with chopped peeled peach, 2 to 4 tablespoons</li><li>• breastfeed or 4 to 6 ounces formula</li></ul>	<ul style="list-style-type: none"><li>• baby cereal mixed with breastmilk or formula, 2 to 4 tablespoons</li><li>• chopped banana, 2 to 4 tablespoons</li><li>• breastfeed or 4 to 6 ounces formula</li></ul>
<b>Dinner</b>	<ul style="list-style-type: none"><li>• mashed beans, 1 to 2 tablespoons</li><li>• small pieces of soft tortilla, 2 to 3</li><li>• chopped soft cooked sweet potato, 2 to 4 tablespoons</li><li>• small pieces cheese, 1 tablespoon</li><li>• breastfeed or 3 to 4 ounces formula in a cup</li></ul>	<ul style="list-style-type: none"><li>• small pieces cooked ground beef, 1 to 2 tablespoons</li><li>• cooked chopped noodles, 2 tablespoons</li><li>• chopped soft cooked broccoli, 2 to 4 tablespoons</li><li>• breastfeed or 3 to 4 ounces formula in a cup</li></ul>
<b>Bedtime</b>	<ul style="list-style-type: none"><li>• baby food vegetables, 2 to 4 tablespoons</li><li>• breastfeed or 5 to 6 ounces formula</li></ul>	<ul style="list-style-type: none"><li>• baby food fruit, 2 to 4 tablespoons</li><li>• breastfeed or 5 to 6 ounces formula</li></ul>

Offer about 4 ounces water per day in a cup, more on hot days.



# Sample Menus for Older Babies – 10 to 12 months

Every baby is different. Your baby may eat more or less than these amounts.

Menus	Day 1	Day 2
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• baby cereal mixed with breastmilk or formula, 2 to 4 tablespoons</li> <li>• small slices peeled banana, 3 to 4 tablespoons</li> <li>• breastfeed or 3 to 4 ounces formula in a cup</li> </ul>	<ul style="list-style-type: none"> <li>• baby cereal mixed with breastmilk or formula, 2 to 4 tablespoons</li> <li>• small slices peeled peach, 3 to 4 tablespoons</li> <li>• breastfeed or 3 to 4 ounces formula in a cup</li> </ul>
<b>Mid Morning</b>	<ul style="list-style-type: none"> <li>• baby food fruit, 2 to 4 tablespoons, spread on ½ slice toasted bread</li> <li>• breastfeed or 5 to 7 ounces formula</li> </ul>	<ul style="list-style-type: none"> <li>• baby food vegetables, 2 to 4 tablespoons, spread on 2 unsalted crackers</li> <li>• breastfeed or 5 to 7 ounces formula</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• chopped cooked chicken, 2 to 4 tablespoons</li> <li>• cooked rice, 2 tablespoons, mixed with baby food vegetables, 2 tablespoons</li> <li>• small pieces soft cooked broccoli, 3 to 4 tablespoons</li> <li>• breastfeed or 3 to 4 ounces formula in a cup</li> </ul>	<ul style="list-style-type: none"> <li>• cooked ground beef, 2 to 4 tablespoons</li> <li>• mashed potato, 2 tablespoons, mixed with baby food vegetables, 2 tablespoons</li> <li>• small pieces soft cooked carrots, 3 to 4 tablespoons</li> <li>• breastfeed or 3 to 4 ounces formula in a cup</li> </ul>
<b>Mid Afternoon</b>	<ul style="list-style-type: none"> <li>• baby cereal mixed with breastmilk or formula, 2 to 4 tablespoons</li> <li>• small slices peeled melon, 3 to 4 tablespoons</li> <li>• breastfeed or 5 to 6 ounces formula in a cup</li> </ul>	<ul style="list-style-type: none"> <li>• dry WIC cereal, 2 to 4 tablespoons</li> <li>• small pieces peeled ripe pear, 3 to 4 tablespoons</li> <li>• breastfeed or 5 to 6 ounces formula in a cup</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• macaroni and cheese, 3 tablespoons</li> <li>• small pieces soft tofu, 1 tablespoon</li> <li>• baby food peas, 3 to 4 tablespoons</li> <li>• breastfeed or 3 to 4 ounces formula in a cup</li> </ul>	<ul style="list-style-type: none"> <li>• mashed beans, 2 to 3 tablespoons</li> <li>• ½ soft tortilla with melted cheese, cut in small pieces</li> <li>• small pieces soft cooked zucchini, 3 to 4 tablespoons</li> <li>• breastfeed or 3 to 4 ounces formula</li> </ul>
<b>Bedtime</b>	<ul style="list-style-type: none"> <li>• baby food vegetables, 2 to 4 tablespoons</li> <li>• breastfeed or 5 to 7 ounces formula</li> </ul>	<ul style="list-style-type: none"> <li>• baby food fruit, 2 to 4 tablespoons</li> <li>• breastfeed or 5 to 7 ounces formula</li> </ul>

**For the nearest WIC office, call toll free: 1-800-852-5770**


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