



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

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



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