# Sample Menu for Older Babies 8-10 Months

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

**Menus**

**Day 1**

**Breakfast**

• 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)

**Mid-Morning**

• ½ slice toasted bread, cut in small squares

• Baby food fruit, 2 to 4 tablespoons

• Breastfeed or 5 to 6 ounces Formula

**Lunch**

• Baby food chicken, 1 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

**Mid Afternoon**

• 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

**Dinner**

 • mashed beans, 1 to 2 tablespoons

• Small pieces of soft tortilla, 2 to 3

• Chopped soft cooked sweet potato, 2 to 4 tablespoons

• Small pieces cheese, 1 tablespoon

• Breastfeed or 3 to 4 ounces formula in a cup

**Bedtime**

 • Baby food vegetables, 2 to 4 tablespoons

• Breastfeed or 5 to 6 ounces Formula

**Day 2**

**Breakfast**

• 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**

• 2 unsalted crackers

• Baby food vegetables, 2 to 4 tablespoons

• Breastfeed or 5 to 6 ounces Formula

**Lunch**

• Cooked egg yolk, 1 to 2 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**

• 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**

• Small pieces cooked ground beef, 1 to 2 tablespoons

• cooked chopped noodles, 2 tablespoons

• Chopped soft cooked broccoli, 2 to 4 tablespoons

• Breastfeed or 3 to 4 ounces formula in a cup

**Bedtime**

• 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.