ON THE MENU – 8 TO 10 MONTHS

Wondering what a baby might eat in a typical day? Here's a sample menu for an 8- to 10-month-old. This menu includes finger foods, so baby can practice and enjoy feeding herself. Remember, every baby is different. Your child may eat more or less than these suggested amounts.

Breakfast	Infant cereal mixed with breastmilk or formula, 2 to 4 tablespoons
	Applesauce, 2 to 4 tablespoons
	Breastmilk or 4 to 6 ounces of formula
Mid-Morning	2 unsalted crackers, in small pieces
	Tiny pieces of cheese, 1 tablespoon
	Infant vegetables, 2 to 4 tablespoons
	Breastmilk or 5 to 6 ounces of formula
Lunch	Infant meat like chicken, 1 to 3 tablespoons
	Chopped soft-cooked green beans, 2 to 4 tablespoons
	½ piece of toasted bread, in small pieces
	Breastmilk or 3 to 4 ounces of formula
Mid-Afternoon Snack	Infant cereal mixed with breastmilk or formula, 2 to 4 tablespoons
	Peeled and chopped banana, 2 to 4 tablespoons
	Breastmilk or 4 to 6 ounces of formula
Dinner	Chopped cooked egg yolk or tofu, 1 to 2 tablespoons
	Chopped cooked noodles, 2 tablespoons
	Chopped soft-cooked broccoli & carrots, 2 to 4 tablespoons
	Breastmilk or 3 to 4 ounces of formula
Before Bed	Infant fruit, 2 to 4 tablespoons
	Breastmilk or 5 to 6 ounces of formula

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ON THE MENU – 10 TO 12 MONTHS

Here's a sample menu for a 10- to 12-month old. Every baby is different, so your child may eat more or less than these amounts. As your baby gets older, he will be drinking more from a cup. If he drinks formula, put it in a cup at mealtimes so he can practice. If he breastfeeds, give him a little water in a cup at mealtimes and then breastfeed after.

Breakfast	Infant cereal mixed with breastmilk or formula, 2 to 4 tablespoons
	Peeled banana, 3 to 4 small slices
	Breastmilk or 3 to 4 ounces of formula
Mid-Morning	Infant fruit, 2 to 4 tablespoons, spread on ½ slice toasted bread
	Breastmilk or 5 to 7 ounces of formula
Lunch	Small cooked black beans, 1 tablespoon
	2 tablespoons cooked rice mixed with 2 tablespoons infant vegetables
	Small soft-cooked zucchini pieces, 3 to 4 tablespoons
	Breastmilk or 3 to 4 ounces of formula
Mid-Afternoon Snack	Dry cereal, 2 to 4 tablespoons
	Peeled melon, 3 to 4 small pieces
	Breastmilk or 5 to 6 ounces of formula
Dinner	Macaroni and cheese, 3 tablespoons
	Small cooked chicken pieces, 2 to 4 tablespoons
	Infant vegetables, 3 to 4 tablespoons
	Breastmilk or 3 to 4 ounces of formula
Before Bed	Small soft-cooked sweet potato pieces, 2 to 4 tablespoons
	Breastmilk or 5 to 7 ounces of formula

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