

RECIPES/INGREDIENT LIST TALLER

Here is the list of ingredients for the Taller menus. Please do not change the menu of the day for another, sticking to the requested dish/ingredients. **The Taller children will finish preparing the lunches in the environment**, using what is sent from home plus basic herbs and spices that are in the environment (salt, pepper, oregano, cumin, etc.) but if you want to send something to season a dish as you do at home, it is more than welcome.

Please send all fruits, vegetables and herbs WASHED AND SANITIZED.

Please use drinking water to soak and cook legumes and vegetables, in addition to only using vegetable broth or water to cook food (avoiding chicken or beef broth). *If you want to suggest a recipe, please send it to the administration.*

ESTIMATED QUANTITIES OF FRUITS AND SEEDS/NUTS PER CHILD - *if you can't find the fruit of the day you've been assigned, you may change it for another fruit you find that is fresh and not too expensive*

5 seeds/nuts	1/2 orange
1/4 banana	1/2 cup of watermelon
1/2 red pomegranate	1 guava
1/2 apple	1 small tangerine
5 grapes	1/2 cup papaya
1 peeled tuna	1/2 pear
1 yellow peach	2-3 strawberries (2 large or 3 medium)
1/2 cup of cucumber and jicama and 1/2 lemon	2-3 plums (2 large or 3 medium)

ARROZ ROJO CON VERDURAS Y AGUACATE - Red rice with vegetables and avocado

18 cups of red rice, **cooked** (9 cups of **raw** rice, **measured before cooking**) - MAKE AT HOME
4 steamed carrots - MAKE AT HOME
1/2 steamed broccoli - MAKE AT HOME
3 steamed chayotes - MAKE AT HOME
1 kilo of avocados
* you can send other vegetables that you think will work well and/or your child likes them. Ex: peas, green beans, etc.)

AVENA DE TODA LA NOCHE - Overnight oats

8 cups raw oatmeal
8 tablespoons chía
6 tablespoons honey
2 liters of milk (animal or vegetable)
2 kilos strawberries, washed and disinfected (or banana, or apple or berries, or another fruit your child likes is fine too)

ELOTITOS HERVIDOS - Cooked corn on the cob

20 cobs of corn, cleaned and boiled - MAKE AT HOME
1 kilo ranchero cheese, crumbled
1 medium jar of mayonnaise
8 lemons
1 small jar of powdered chili

ENSALADA CALLEJERA - Veggie salad with cheese tostadas (this is usually accompanied by QUESADILLA or VOLCAN DE QUESO, please look for the ingredients/list below)

2 jícamas
4 carrots
3 cucumbers
8 lemons

ENSALADA DE COL - Cole slaw (this is accompanied by PAN CON CREMA DE CACAHUATE, see ingredient list below)

1/2 head of green cabbage
1/4 head of red cabbage
3 carrots
1 small bunch of cilantro

ENSALADA GRIEGA - Greek Salad

3 medium sized red peppers
4 medium sized cucumbers
1 purple onion
2 packages of feta cheese, approx. 400 gr.
2 jars of black olives

ENSALADA VERDE CON QUESO Y AGUACATE - Green salad with cheese and avocado

3 heads of lettuce
1 kilo cherry tomatoes
2 carrots
6 avocados
1 package of panela cheese, approx. 400 gr.
2 baguettes

2 bars of butter
1 package/bag of shredded parmesan cheese

HUEVOS A LA MEXICANA - Scrambled eggs

2 kilos nixtamalized corn tortillas
3 dozen eggs
5 tomatoes
1 small white onion
1 bunch cilantro

HUMMUS CON VERDURAS - Hummus with vegetables

4 cups of garbanzos, **cooked** (approximately 1 1/2 cups of **raw/dry** garbanzos, **measured before cooking**) - MAKE AT HOME
2 jícamas
10 carrots
4 lemons
Tahini
25 large pita bread rounds (approximately 3 packages)

MOLLETES DE FRIJOL - Bread with beans and cheese

20 rolls ("bolillos" at any bakery)
4 cups of beans, cooked and mashed - MAKE AT HOME
1 1/2 kilo manchego cheese
1/2 kilo tomatoes
1 small white onion
1 bunch cilantro
6 lemons

PAN TOSTADO CON CREMA DE CACAHUATE Y MERMELADA - Toasted bread with peanut butter and jam

4 loaves sliced whole wheat bread
1 medium sized jar of peanut/almond/mixed nut butter, without sugar or salt
1 large jar of fruit jam/marmalade

PASTA PESTO CON QUESO Y JITOMATE CHERRY - Pesto pasta with cheese and cherry tomatoes

3 packages of 500 gr each of short pasta (fusilli, penne, elbow, etc.) - UNCOOKED
1 kilo cherry tomatoes
1 package of panela cheese, approx. 500 gr
2 cups pesto sauce - MAKE AT HOME

PIZZA DE PAN PITA - Pita bread pizzas

20 pieces of large pita bread rounds (approximately 3 packages)
1 1/2 kilo shredded mozzarella cheese
1 jar of sliced green olives

For the pizza sauce: PLEASE MAKE THIS AT HOME AND BRING THE COOKED QUANTITY TO SCHOOL IN A WELL-SEALED CONTAINER

2 kilos of tomatoes
6 cloves of garlic
1 medium white onion
Season to taste

QUESADILLAS

2 kilos nixtamalized corn tortillas
1 1/2 kilos Oaxaca cheese
1/2 kilo tomatoes
1 bunch of cilantro
1 onion
1 jalapeño pepper

SANDWICH DE QUESO - Cheese sandwich

4 loaves sliced whole wheat bread
2 kilos avocados
2 kilos panela cheese
2 kilos tomatoes
1 small head of lettuce
mayonnaise
mustard

SOPA AGUADA DE CODITOS Y VERDURAS - Broth with pasta and vegetables

3 liters vegetable broth - MAKE AT HOME
1 kilo of small elbow pasta (uncooked)
1/2 kilo of mixed, steamed vegetables, chopped - MAKE AT HOME
1/2 kilo panela cheese
5 stems of parsley

TOSTADAS DE FRIJOL CON QUESO - Bean and cheese tostadas

2 packages of tostadas
4 cups of cooked and refried beans - MAKE AT HOME

2 packages of ranchero cheese, approx. 600 gr., whole
5 tomatoes
1/4 liter of sour cream

VOLCANES DE QUESO - Tostadas with melted cheese

2 packages of nixtamalized corn tostadas
1 kilo Oaxaca cheese

YOGHURT CON FRUTA - Yoghurt with fruit

2 liters of natural yoghurt, without sugar or warning seals (ex: artificial sweeteners)
1/2 kilo granola
1 jar of marmalade or jam, a flavor the child likes (to mix with the yoghurt)
Fresh fruit (strawberries, peaches, berries, bananas, melon)