

Food

Tater Tot Casserole

Ingredients

- 1 Pound Ground Beef
- 1 can Cream of Mushroom Soup
- Salt and Pepper to taste
- 1 (16 oz) frozen Tater Tots
- 2 cups Shredded Cheese

Instructions

1. Preheat oven to 350.
2. Cook Ground Beef until done (7-10 minutes) then add Cream of Mushroom Soup and Salt and Pepper
3. Transfer to a 9-x13 baking dish.
4. Layer Tater Tots on top and sprinkle with cheese.
5. Bake 30-45 minutes.

Nutrition

Calories: 345kcal | Carbohydrates: 17g | Protein: 19g | Fat: 24g | Saturated

Fat: 10g | Cholesterol: 65mg | Sodium: 700mg | Potassium: 313mg | Fiber: 1g | Sugar: 1g | Vitamin

C: 1mg | Calcium: 213mg | Iron: 2mg

Food - Fun - Family
Ozark City Schools
Child Nutrition Department
January

Fun

It's cold outside, so plan an indoor Fun time! Do a "Scavenger Hunt" - or - something I used to do was make a game of picking up. I would set the time to 4 minutes and then you had to count out loud the number of items you picked up and put where it belonged. Winner got "bragging rights!" It was a fun and quick and easy way to pick up quickly.

Family

Over dinner talk about any of these:

- What do you think will happen this year?
- What do you want to do this year?
- Color in the 2025 and then draw something you would like to do this year.

