



April/May, 2025

SCHOOLS

Dear Ross Families and Students,

As we enter the fourth quarter of the school year, this is a time to celebrate our traditions and the incredible journey we've shared this year at Fremont Ross. Our accomplishments have been remarkable, but our focus remains on continuous growth and striving to be our best. It's important for all students to set meaningful goals for this final stretch and commit to the habits that will help them succeed. Fourth quarter grades play a key role in GPA, semester grades, and fall athletic eligibility, making this a crucial time to stay engaged and finish strong.

To reach their fourth quarter goals, students must be present and engaged in school each day. Research shows that students who miss fewer than three days per quarter greatly increase their chances of passing their classes. Consistent attendance also helps build strong habits that lead to lifelong success. As the weather warms and distractions grow, it's more important than ever for students to stay committed to their schedules and make every school day count.

The fourth quarter also brings important End-of-Course exams, known as Ohio State Tests (OSTs). Spring testing at Ross will take place from March 27 through May 1. These assessments not only measure student growth in key subjects, but also play a crucial role in meeting graduation requirements and earning graduation seals. This year, we will once again follow an early release schedule. On testing days, students who are not testing will be dismissed at either 11:26 a.m. or 12:30 p.m., depending on the day's schedule. The full testing schedule is included in this newsletter.

Graduation season is quickly approaching, and important information continues to be shared with families through Final Forms. Seniors will pick up their cap and gown orders on Friday, May 2. Some students still need to complete their diploma order and sign the graduation contract, so we encourage families to check in with their senior about these important documents. A signed graduation contract must be on file for all seniors to participate in the commencement ceremony. Thank you for your support in making this milestone a smooth and memorable experience!

By now, underclassmen should have completed their course requests for the 2025-2026 school year. If your student has not yet done so, please reach out to their school counselor as soon as possible. Families are always welcome to schedule a meeting with the grade level counselor to ask questions, review schedule requests, or discuss any specific concerns. Our counselors are happy to support you and your student in planning for a successful year ahead!

The fourth quarter is a special time to celebrate the achievements of our Fremont Ross students and programs. Our calendar is filled with concerts, athletic events, banquets, and recognition ceremonies all showcasing the hard work and dedication of our students. We invite you to join us in these celebrations and share in the pride and excitement that make the Fremont Ross community so special!

Take care,

Ryan Norris
Principal



STUDENTS

OST

Spring State Testing - March 27, 28 & April 22, 24, 29 & May 1

During this time we will be administering State Tests to freshman and sophomores and select upperclassmen. Those students scheduled to take a test will begin testing right at 11:30 in their assigned rooms.

Thursday, March 27	ELA II-Part 1
Friday, March 28	ELA - Part 2
Tuesday, April 22	American Gov't American History
Thursday, April 24	Biology
Tuesday, April 29	Geometry Part 1 Algebra Part 1
Thursday, May 1	Geometry Part 2 Algebra Part 2

Make-up testing will be on other dates. Watch parent & student emails for more details.

*****Mr. Hintze will be contacting students to let them know what tests they will need to take based on the courses they are taking or have taken.*****

Students who are testing will remain in their testing rooms until 2:30 pm. NO testing students will be released early!!

Students who do not have a test will be following a 2 or 3 hour early release schedule!- See the dates on the schedules below!!

If you have an OST scheduled for any of the listed dates, you **MUST** be at school, in your testing room at 11:30 a.m. Watch your school email for your testing dates!

Be sure to be well rested & bring your charged Chromebook

2 Hour Early Release- FOR STUDENTS NOT TESTING March 27, 28, April 29 & May 1

Period	Time	Minutes
1st period	7:30-8:05	35
2nd Period	8:09-8:44	35
3rd Period	8:48-9:24: (HR)	36
9th Period	9:28-10:03	35
10th Period	10:07-10:42	35
4th or 4/5 Period	10:46-11:18 (Lunch)	32
6th or 5/6 or 6/7	11:22-11:54 (Lunch)	32
8th or 7/8	11:58-12:30 (Lunch)	26
OST Testing	12:34-2:30	116

The 2 hour early release schedule will only be for students not testing on these dates:

March 27-28
April 29
May 1

3 Hour Early Release- FOR STUDENTS NOT TESTING April 22 & 24

Period	Time	Minutes
1st period	7:30-7:56	26
2nd Period	8:00-8:26	26
3rd Period	8:30-8:56 (HR)	26
9th Period	9:00-9:26	26
10th Period	9:30-9:56	26
4th or 4/5 Period	10:00-10:26 (Lunch)	26
6th or 5/6 or 6/7	10:30-10:56 (Lunch)	26
8th or 7/8	11:00-11:26 (Lunch)	26
OST Testing	11:30-2:30	180

The 3 hour early release schedule will only be for students not testing on these dates:

April 22
April 24



FREMONT CITY SCHOOLS MUSIC SHOWCASE

On Saturday, May 17, 2025 the music department will be hosting the Fremont City Schools Music Showcase and will feature all music students from grades 6-12 that are in band, orchestra, and choir. The Showcase will be held at Fremont Middle School and have continuous music from 11:00 a.m. until 2:30 p.m. on three performance areas.

The Fremont Ross Music Boosters will have concession stand type items for sale. Chicken Sandwiches, hot dogs, pop, and water will be available. Also, back by popular demand, the Kona Ice Truck will be at the event.

The Fremont Ross Music Boosters are also asking for baked goods donations that they can sell these during the Showcase. If you love baking, please bring baked goods the day of the Showcase and find a Music Booster and they will direct you to the baked good table. We are asking to not bring anything with peanuts or peanut oils in the baked goods.

For more information please contact FR Music Booster President Marc Beardmore mbeardmore1@yahoo.com or your Band/ Orchestra/ Choir Director.



Attention Seniors –

Be Sure to Fill Out your Senior Survey & Scholarship Questionnaire on Google Forms Check your school e-mail, it's there!

Caps & Gowns, & other graduation items ordered through Jostens will be available for pick-up during lunch periods on Friday, May 2! Watch your school email for detailed instructions!



Rotary Club of Fremont Four Way Test Speech Contest

3rd place: Rylann Fox
2nd place to Kamiya Harmon
1st place to Logan Kilgore

Logan will go on to represent the Fremont Rotary Club at the District competition on April 5th at EHOVE in Milan Ohio.

Congratulations to all!!



LEADERSHIP STUDENTS' SERVICEWidow/Widower

Teen Leadership Corps held a Valentine's breakfast for widows and widowers. Students handed out Valentines and flowers to them. The guests were provided breakfast goodies, coffee, and juice for them. They played bingo and were also given a tour of the high school by the Leadership students. This was a first time project, and there was an amazing turnout.

Valentine Roses and Candy

For weeks leading up to Valentine's Day, TLC students collaborated with Kamiya Harmon and Kyrah Messer in writing over 1,000 "pick-up" lines on hearts. On the Wednesday before Valentine's Day, the girls passed out the hearts along with a choice of a rose or fruit snacks to all students in attendance. It was a wonderful way to spread love for the holiday around the school!

Superhero Dance

TLC hosted their annual superhero dance for our local elementary schools. This dance was an opportunity for any girl grade 3-5 to come with their superhero(dad, grandpa, uncle, stepdad), to come spend a special night at our dance. It was a super fun event full of dancing, refreshments, and face painting!

**Fremont City Schools****ACE Mentoring Program (Assisting Children to Excel)**

The ACE Mentoring Program helps students set career goals, plan for the future, and achieve success. Community mentors volunteer their time to guide students during study halls, offering encouragement, career insights, and support.

At Ross High School, 40 students currently participate, with 75% improving their grades last year and all ACE seniors graduated and pursued college, the military, or the workforce.

Supported by the United Way of Sandusky County and the Sandusky County Family and Children First Council, ACE continues to have a lasting impact.

For more information, contact Mrs. Susan Frye at fryes@fremontschools.net or 419.334.5484.



****Be sure students check their school email and parents/guardians check the email that you registered with in Final Forms daily for important information!****

WWW.FREMONTSCHOOLS.NET

3RD QUARTER HONOR ROLL***Little Giant Pride Honor Roll-4.0****SENIORS**

Lillian Anderson, Emiley Barickman, Katie Berger, Alexandria Brake, Jadrian Brown, Mary Campbell, Kira Fox, Sara Gross, Kamiya Harmon, Jasmin Heidelberg, Leadiana Jean Gilles, Zoe Kaczmarek, Khloe Michaels, Sydney Miller, Constantin Nicolaescu, Mariska Rakay, Karsen Rau, Isaac Sartin, Ashlynn Scully, Ezekiel Sekulski, Matthew Severs, Marieanna Shinkareva-Griffith, Milynda Shorty, Michael Stover, Emilee Whitcomb

JUNIORS

Aidan Autullo, Jayce Billow, Addalyn Calhoun, Ciera Crum, Chase Culburtson, Alivia Ernsberger, Kollin Frasure, Michelle Garlock, Lindsey Heishman, Sophia Hintze, Jonathan Hunt, Braxtyn Jordan, Braylon Jordan, Ashtyn Marsee, Aubrey Martin, Aniya McNeal, Jace Miller, Brenah Parker, Krish Patel, Brooklyn Reau, Stephen Reiter, David Vasquez, Gabriel Wensinger

SOPHOMORES

Valeria Andres, Myles Carroll, Kenneth Collins, Ava Cover-Liggins, Ngun Cung, Dane Denman, Max Durnwald, Lauren Gazdecki, Isaac Gerner, Elizabeth Gilbert, Adin Guerra, Lydia Hicks, Cloie Hotz, Lyzelle Humburg, Cassidy Isaacs, Heidi Jahns, Kevin Jones, Daniel Leeth, Janessa LeGrant, Jaxson Mackey, Layla Mendoza, Sophia Metcalf, Norah Myers, Chrislynn Nelson, Alejandro Parraz-Valenzuela, Ava Price, Colin Rich, Adilene Rivera Ramirez, Autumn Sanchez, Kenzie Schwochow, Nolan Smith, Ruby Smith, Madalyn Solis, Sienna Steinberger, Peightyn Wolf

FRESHMEN

Ethan Anderson, Jalyce Anderson, Madison Barriere, Brooklyn Berndt, Brooklyn Boatman, Henry Boroff, Aubrie Cantu, Caleb Conine, Chloe Cooley, Leila Davidson, Tai'yona Escobedo-Meekins, Cali Eversole, Aiden Flores, Elina Franks, Landyn Gabel, Zoey Gerwin, Nyzir Greene, Mason Harder, Tearney Hardin, Madison Hay, Isabella Hintze, Ayden Inman, Isabella Kendrick, Addyson Kidwell, Alexis Kilgore, Lacey Kilgore, Kendra Kromer, Abigail Lindenberger, Morganne Lozano, Keeyaris Nason, Cayden Nelson, Collinn Ollom, Joel Pickard, Shelby Pollard, Victoria Rhea, Arrianna Richards, Ebon Root, Alyahna Rozzell, Jalaiah Sanchez, Stone Schoch, Ryla Smith, Eli Tommer, Natalie Vittitow, Lillian Weakley, Chloe Whittekind, Elijah Wisniewski

LITTLE GIANT HONOR ROLL**SENIORS**

Ava Adkins, Broderick Barth, Avaya Bates, Destiny Bates, Isaias Becerra, Alyiana Bradford, Kay Brito, Melody Brown, Zavion Bulger, Dilafruz Chamanova, Rianna Collins, Estrella Contreras, Maddox DeCoursey, Kalli DeLaRosa, Tommy Diaz, Alice Diop, Nalani Dumas, William Eastham, Makaela Finley, Evan Franks, Ava George, Andres Gutierrez, Elizabeth Johnson, Tansy Kidd, Logan Kilgore, Kaiden Koebel, Makai Lee, Mariah Lopez, Zavier Lopez, Brenda Mejia, Kyras Messer, Avary Monak, Jakye Moore, Briseira Moreno, Robert Moreno, Adrian Ontiveros, Dolores Perez, Liliana Rakay, Paula Rios Vasquez, Douglas Saam, Lindsey Sayre, Geovoni Sims, Nathaniel Sweney, Jessica Thompson, Lanae' Tucker, Ryniah Tucker, Alejandro Vasquez, Anthony Wallace, Adelaide Weiker, Christopher Wilson, Jayden Withrow

JUNIORS

Kadyn Alaniz-Scott, Pierre Alridge, Corrine Anderson, Jermel Anderson, Julius Andrade, Braedon Arbelo, Isabella Baptista, Morgan Batey, Connor Billock, Raegan Blackburn, Mason Blodgett, Eleanor Boroff, Tallon Brown, Tyress Brown, Iris Burmeister, Jackson Busold, Ellie Chumley, Ellenisa Cooley, Kayne Cover, Briel Culbertson, Samara Dumas, Alison Durbin, Adalynn Fairbanks, Mackenzie Ferguson, Jordan Frederick, Richard Friedberg, Brandon Fry, Jaila Frymire, Lilly Halbeisen, Riley Halbeisen, Andrew Hanes, Adriana Hansen, Dylan Hayes, Nathaniel Horning, Scott Jenkins, Andres Jimenez, Jessalyn Julian, Paige Justinger, Anisa Killian, Madillyn Kinkaid, Maranda Langley, Kyllie Leugers, Nicholas Lindenberger, Emily Linder, Ella Lozano, Evan Luc, Elisa Madell, Alexander Marker, Jaydy Martinez, Allen Monday, Aiden Moreno, Allison Myers, Reagan Myers, Teryn Nelson, Forrest O'Brien, Alexis Ordaz-Lorenzo, Cole Palmer, Juliez Perez, Aubrey Pfothenauer, Aidan Pitts, Aivah Porter, Javaiah Powers, Briallen Reau, Cade Reineck, Devin Riddell, Briley Roach, Juelz Robinson, Ryder Rodriguez, Daniel Sanchez, Luis Sandoval, Kayla Schwochow, Azriel Sewell, Megan Sherman, Bryce Shiets, Jayden Slater, Catherine Smith, Elyse Smith, Jersey Smith, Reagan Smith, Anthony Sorg, Abigail Stachowiak, Ava Stallard, Jackson Swinehart, Marque Tylor, Olivia Thompson, Logn Tucker, Dominic Turpin, Keyonna Vann, Ainslee Waggoner, Nevaeh Waggoner, Madeline Weiss, Marquez Williams, Anakin Wisniewski

**Students are not listed whose Final Forms requested no release of information.*



STUDENTS

3RD QUARTER HONOR ROLL*

Little Giant Honor Roll (con't)

Sophomores

Alekzander Albrecht, Ava Amarante, Maliyah Archie, Donovan Ayres, Anna Bauer, Aiden Benson, Aiden Bernard, Hailey Binkley, Canaan Bower, Lyla Brandon, Alyssa Branham, Noah Broshious, Alayjah Bulger, Daisha Bulger, Jordyn Carter, Taylor Coonrod, Alexander Cooper, Nathan Craig, Lillian Crowell, Adalyn Davis, Antonio Dayringer, Michael Deneau, Aiden Dunn, Mason England, Andres Esquivel, Aaron Farrier, Elijah Fisher, Lyla Franks, Breylen Garza, Logan Garza, Paton Gibbs, Cameron Gonzalez, Kaelynn Graves, Elayna Gray, Madison Gurley, Mariah Hammer, Eva Harger, Karina Hensinger, Ariana Hinojosa-Williams, Malaya Hughes, Zayne Jacobs, Maggie Jensen, Anell Johnson Lewis, Kylee Johnson, Kshema Kanji, Tyson Kieffer, Charlie Kramer, Rhayana Lather, Ava Lopez, Janessa Lozano, DeLonta McDonald, Dylan McDonald, Amber Medina-Casanova, Roman Meza, Analeigha Michaels, Jordyn Mikolajczyk, Abril Munoz, Elizabeth Nease, Bailey Parker, Adian Peck, Madelyn Piczko, Liliana Pizana, Breanna Rhea, Zoey Rhoad, James Roth, Megan Royster, Brayden Ruhlen, Camilla Sanchez, Piper Sartin, Adelynn Scherer-Feighner, Casen Schwochow, Zuri Scott, Ashlyne Sharp, Jesus Sierra, Eli Slaughter, Jaeana Smith, Landen Smith, Violet Tennison, Andrew Tooman, Allie Trickett, Amanda Tyren, Bo Waggoner, Kennedy Walker, Samantha Walker, Leah Wasserman, Logan Wensing, Lillian Wilson, Savannah Witmer, Aidan Wolf, Quinn Wolf, Paige Wott, Shayla Zacarias-Joaquin

Freshmen

Jhadyn Abdo, Cahlyse Adcock, Gage Babcock, Lylah Barnett, Raelyn Baskey, Matthew Biddle, Kynzlee Biller, Audrianna Blodgett, Reese Boukissen, Preston Brauer, Tyriq Brooks, Evan Butler, Bella Coleman, Noah Crawford, Gael DeLaTorre, Maden DeWalt, Nathanael Dickman, Emma Dillon, Adrienne Duke, Ethan Duncan, Jackson Durbin, Leah Durbin, Bella Eddy, Dylan Ellerbrock, Gabriel Esquivel, Bria Estep, Austin Fellhauer, Brenden Fisher, Javier Fonseca Escobar, Lucas Frey, Patrick Friedberg, Faith Gallagher, Danica Gamblin, Josephine Garner, Gracie Gerber, Gabriella Gibson, Kendall Gladieux, Mark Good, Jack Hanes, Jazzel Heidelberg, Tanner Hetrick, Hailey Holman, Ethan House-Lento, Jabriana Howell, Lilly Hunt, Austin Jones, Cordell Jones, Milanna Jones, Rhiannah Jones, Aaric Jurovcik, Estrella Kaylor, Draven Knisely, Kensington Krieger, Cyrus Kunkle-Paredes, Hanna Layne, Mia LeJeune, Olivia Levario, Marcus Lewis, Kailani Long, Aliana Lopez, Bentley Lopez, Romello Lopez-Scott, Emilio Madrid Valois, Camaron March, Jacob Martinez, Madelyn Meyer, Trenton Milton, Terence Moore, Ian Ortiz, Graciella Overmyer, Randi Owsley, Maritza Palacios, Jayden Parish, Garin Parker, Jordan Perez, Leah Phillips, Lylah Pollick, Aliyah Popoca, Raelynne Potridge, Kylie Price, Etzio Reamer, Griffin Reineck, Aracely Reyes Vidals, Aubreyana Reyna, Evan Ritter, Reyna Roca, Jaxson Rusch, Reece Sawdo, Olivia Searight, Caleb Seibert, Amaris Shorty, Landon Simms, Carleigh Slane, Sarah Slater, Naveah Smith, Gage Snell, Mari'yah Solis, Emma Thompson, Mariah Turner, Nayeli Vasquez, Laniya Watkins, Mason Young, Katelyn Zilles, Zane Zweifel

**Students are not listed whose Final Forms requested no release of information.*

CONGRATULATIONS TO OUR HONORED STUDENTS

Rotary: February – Lyndi Wolf
March – Mia Durnwald

Lions Club: February – Zachary Bishop, Marisky Rakay
March – Rylann Fox, Isaac Smith



Immunization Requirement for 12th Grade

Parents and Guardians of Juniors –

Ohio law requires students entering 12th grade be vaccinated against meningococcal disease. The students are required to have the MCV4 immunization prior to the first day of 12th grade.

Please contact the Sandusky County Health Department at 419-334-6367 or your family physician to schedule an appointment. Students not in compliance with the immunization requirements are to be excluded from school attendance no later than the 15th day of the school year.

If you have questions, please contact the nurse, Briana Ringenbach at 419-334-5469, or by email at ringenbachb@fremontschools.net. Please provide documentation to the nurse as soon as possible after your student receives the required immunization. Additional information can be found at the Ohio Department of Health (ODH) website or by calling the Sandusky County Dept of Health.



Important Senior Graduate Information -

Caps & Gowns will be delivered at school during lunches on May 2. If you cannot get it then, they will be in the Ross office beginning May 5.

Senior Awards will be May 15 in the PAC at 6:30 p.m. Please be sure the graduates fill out the form sent to them so we can recognize any scholarships & awards that evening.

Baccalaureate will be held on May 28 at a time and location to be announced. All graduates are invited!

Kente Cloth Draping Ceremony will be held on Friday, May 30 at 6:00 p.m. at a location to be announced.

Mandatory Commencement Practice is scheduled for Thursday, May 29 at 9:00 a.m. at Ross. All school fees must be paid before the start of practice to participate in Commencement.

Commencement will be Sunday, June 1 at 2:00 pm at Don Paul Stadium – In case of inclement weather, will be held at 6:00 p.m. Sunday night, if still inclement weather, will be held at 7:00 p.m. Monday Night, June 2





COFFEE WITH GIANTS

The Teen Leadership Corps Class holds Coffee with Giants on the second Tuesday of every month in room 1103 at Ross.

This is where TLC students help people with any questions they have about their electronic devices. Students answer questions about apps, ringtones, emojis and Facetime. The remaining date for this year is April 8 and May 13.

If you have any questions, please email Heidi Gallagher at gallagherh@fremontschools.net

LUNCH WITH GIANTS

On Friday, March 14, Fremont Ross hosted its “Lunch with Little Giants” for 18 students interested in the hospitality field. Representatives from Cedar Point, Kalahari, and Moonshine Entertainment discussed the career opportunities available with their respective organizations as well as job opportunities currently available.

Students were broken into three groups of six and spent approximately 18 minutes with each employer. Senior Geovoni Sims said, “This was both an amazing opportunity to learn about potential and immediate employment opportunities, as well as allowing for networking with credible employers, which could help give an advantage in other job opportunities in the future.”



PROM TICKETS GO ON SALE APRIL 7

The sooner you buy your ticket, the better the price

April 7-20 - \$40 per person

April 21-27 - \$50 per person

April 28-May 1 - \$60 per person

No tickets will be sold after May 1

Watch your school email for more details on Prom & Prom Spirit Week!



From the desk of Dr. Knight, School Psychologist @ Fremont Ross...

3 Keys to Accountability

So your teen seems less accountable these days, and you're trying to figure out why. You've tried to inspire motivation through rewards and consequences, but real change still needs to be discovered. The truth is that accountability and buy-in are different. You can force your teen to comply, but you can't force true ownership.

As a parent, helping your teen develop a sense of accountability and ownership over their lives is one of the most valuable gifts you can give them. They gain independence and control over their future when they take responsibility for their actions and choices.

It builds confidence and self-esteem. Taking ownership of their mistakes and successes helps teens build an internal sense of control and competence.

It prepares them for adulthood. The real world demands accountability. Developing this skill now will help them thrive as independent adults.

It leads to better decision-making. Teens who feel accountable for the outcomes of their choices tend to make wiser decisions. They consider the consequences and think before they act.

It strengthens your relationship. When you give teens more responsibility and independence, it builds mutual trust and respect. They see you believe in them, and they rise to meet your expectations.

It reduces conflict. Accountability and ownership prevent blame, excuses, and arguments. Teens learn to accept the results of their actions and work to resolve issues themselves.

Instilling a strong sense of accountability in your teen isn't always easy, but it is worth the effort. They can develop these crucial life skills with your support and guidance and become responsible, independent young adults.

The good news is that there are 3 keys to helping your teen develop an internal drive for responsibility.

1. Give them choices. Let your teen make decisions when possible. This helps them see the impact of their choices and actions. Don't nag them if they choose not to do chores or homework. Let them experience the natural consequences. They'll learn accountability.
2. Teach responsibility. Give your teen responsibilities that increase over time as they show they can handle them. Start with small chores or tasks and build up from there. Make sure they understand why each responsibility is important. This helps them buy-in.
3. Be a good role model. Model the behavior you want to see. Admit when you make a mistake and take responsibility for your actions. Discuss how you hold yourself accountable in your own life. Your teen is always watching you. Set a good example.

Helping your teen develop accountability and ownership is challenging but so important. With patience, the right approach, and by leading by example, you can guide them to become responsible young adults. The lessons they learn now will serve them well for life.

Source: Thembatutors.com



Dinner with Durbin

A delicious recipe from Mrs. Durbin, our Family & Consumer Science teacher.

Lemon Thyme Chicken

Prep: 10 min. Cook: 25 min.

Lemon thyme chicken is an easy and flavorful dish that combines the bright, zesty taste of lemon with the earthy aroma of thyme.

Ingredients

3 tablespoons all-purpose flour
1/2 teaspoon salt
1/4 teaspoon pepper
4 boneless skinless chicken breast halves (6 ounces each)
2 tablespoons olive oil
1 medium onion, chopped
1 tablespoon butter
1/2 teaspoon dried thyme
1 cup chicken broth
3 tablespoons lemon juice
2 tablespoons minced fresh thyme



Directions

1. In a small bowl, combine flour, salt and pepper. Set aside 4-1/2 teaspoons for sauce. Sprinkle remaining flour mixture over both sides of chicken.
2. In a large nonstick skillet, heat oil over medium heat. Add chicken; cook until juices run clear, 7-9 minutes on each side. Remove and keep warm.
3. In the same pan, melt butter over medium-high heat. Add onion; cook and stir until tender, 3-5 minutes. Stir in thyme and reserved flour mixture until blended. Gradually stir in broth and lemon juice, scraping up any browned bits from bottom of pan. Bring to a boil; cook and stir until thickened, about 2 minutes. Serve over chicken. Sprinkle with thyme.

Nutrition Facts:

1 chicken breast half with 1/4 cup sauce: 308 calories, 14g fat (4g saturated fat), 103mg cholesterol, 647mg sodium, 8g carbohydrate (2g sugars, 1g fiber), 36g protein.

