



TIGER TALES

“Make a Joyful Noise”



The Quest Continues

Odysseus struggles to sail home. Saint George travels to slay a dragon. The Knights of the Round Table search for the Holy Grail. Frodo and Sam take the Ring to Mount Doom. Dorothy follows the Yellow Brick Road. Indiana Jones tries to find the Ark of the Covenant. Luke Skywalker works to bring down the Empire. These are all quest stories! Or consider history: The Israelites journey to the Promised Land. The Pilgrims find a home in the New World. American pioneers settle the West. Man walks on the moon. More quests!

A quest is a journey with a purpose. The heroes have to find a treasure, or rescue prisoners, or get back home. They have a goal to achieve, but along the way they always learn something more. The heroes of a quest always find out who they really are. They build character. They become new people. They discover their true identity. That's what happens to all of us in life. We're all on a quest. We have journeys to go on and goals to work for. But along the way, we learn the really important things: we learn about who we are. Ultimately, our quest is to learn about who we are in Christ - God's children, created, redeemed, and made holy.

Bethlehem is here to help you on your quest. We teach and encourage and build up so that you are ready for the difficult journeys that life will lay before you. But your quest doesn't end here. Whether you're returning next year, or moving on to a new chapter of your story, your quest is much bigger than just getting through grade school.

This is why we emphasize the continuation of the quest in our mission statement: we are all **gaining wisdom, pursuing virtue, developing skills**. Education is a process. Life is a quest. It keeps going. You keep learning and growing and changing as you meet new challenges and learn more about who God has called you to be. So, take heart. Have courage. Keep going. And one day, you will reach the end of your quest: life with God in the world to come.

God be with you!


Your Servant in Christ

Pastor Dodgers



May 2026

Sun Mon Tue Wed Thu Fri Sat

					1 4-8 Choir Pizza Party Jude Wirgau 🎉	2
3	4 Ginnv Wirgau 🎉	5	6 Alive & Well	7 4-8 Choir Field Trip	8	9
 <p>TEACHER APPRECIATION WEEK</p>						
10 Mother's Day	11 6pm PTL Meeting	12 Last Library Day	13 Alive & Well 7pm Public Examination Service	14 7pm Ascension Service	15 Garbriel Gardner 🎉	16
17 Confirmation Sunday	18	19 5:30p Board of Ed Meeting	20 Maren Meyer 🎉	21 Birthday Pizza with Headmaster	22	23
24	25 Memorial Day NO SCHOOL	26 All School Bowling	27	28 Last Day of School 1/2 Day	29	30
31	 <p>HAVE A GREAT SUMMER!</p>					

SPECIAL WORSHIP SERVICES IN MAY - Please join us: Ascension Eve Divine Service, Wednesday, May 13th at 7:00 p.m. Public Examination Service, Thursday, May 14th at 7:00 p.m. Confirmation Sunday, May 17th at 9:00 a.m. God's blessings to this year's Confirmands: Savannah Fuller, Caroline Haiflich, Lucas Werling.



School Gym Use after school hours – Before using the school gym after school hours, please be sure to contact our current Athletic Director, Brandon Schumm. Please call or text him at 260-273-7403 to make arrangements. Thank you

***Rules for the gym include NO Roller Blading or Skateboarding. Please be diligent in wearing clean non-marking shoes. Thank you**

With Gradelink you can stay updated on your child's academic progress at school and get information on upcoming assignments such as assignment descriptions and due dates. The following information is available to you when you **log in to Gradelink**:

- Current Grade in each class
 - Current GPA for the term, if applicable
 - Descriptions, Grades, and Teacher Comments for graded assignments
 - Descriptions and Due Dates for upcoming assignments
 - Assignment handouts or documents (attachments)
 - Email Alerts you can configure for grades and attendance
 - Attendance Information
 - Transcript Information, if applicable
 - Billing Information, online payment for tuition and lunch fees
- To access this information go to **www.gradelink.com** and click on the green Log In button.



PLEASE CALL THE SCHOOL OFFICE IF YOU NEED ANY HELP logging in.

PRIVACY NOTICE We all love to share pictures of our child's school activities and accomplishments. However, we have to be very careful where those pictures are posted and respect that other students might also be in the picture. Parents, please remember to not post pictures that may have students in them other than your own child. If you have any questions or concerns, please contact the school office before posting anything. Thank you

Weather permitting the students will be going outside for recess time. Please have your child dress appropriately for the weather.



Potential delays and cancellations for Bethlehem will follow the same as Northern Wells Community Schools.

NO SCHOOL on Monday, May 25th for Memorial Day
LAST DAY OF SCHOOL is Thursday, May 28th with dismissal after lunch

Please join us for our last **PTL Meeting** of the school year on Monday, May 11th at 6:00 pm. This is an important meeting because we will be looking to fill openings for our next year's PTL Board.

This would also be a great opportunity to check out some of the artwork around the school and to take home any of the winter clothes that may still be in your child's locker. Hope to see everyone there!



**Please help us to promote our school
and get a tuition credit at the same time!**

The Bethlehem Board of Education is offering a \$200 tuition credit to any Bethlehem school family who refers a student to Bethlehem. That student will need to be enrolled for at least one school year. There is no limit on number of referrals to be eligible for this credit.

For more information, please contact the school office.

Thank you



Sign up today!

Shop at Kroger and help Bethlehem Lutheran School tuition assistance fund with the **Kroger Community Rewards Program**.

Register online at krogercommunityrewards.com, be sure to have your Kroger Plus card handy and register your card with Bethlehem Lutheran School as your organization for the reward. The NPO number for Bethlehem is **WG595#**.

If you don't have a Kroger Plus card, they are available at the customer service desk.

Members must swipe their registered Kroger Plus card or use the phone number that is related to their registered card when shopping for each purchase to count.



To redeem Box Top products, you will need to download the Box Tops app on your phone and then scan each receipt that contains your Box Tops products. **KEEP ON SCANNING!**

PLAN TO USE SCRIP FOR ALL YOUR SHOPPING NEEDS

Please see the flyer attached to this newsletter for information on how to create your own account through Raise Right using Bethlehem's enrollment code noted on the attached flyer. Physical cards, ecards and reloadable cards are all available for your purchase and can be sent directly to your home.

Please be sure to check out our new scrip order sheet attached to this newsletter. Physical cards from local vendors and more are now available for order. Ordering dates are set to reduce shipping costs. For questions or for placing an order, please contact Jill Holtzclaw 260-301-1965 our current PTL representative.

As you purchase SCRIP you will also accumulate a percentage of profit to be applied to your child's tuition. Thank you to the church congregation and school families for supporting the Scrip Program.

Our Washington D.C. group appreciates your continued support



Please continue to save your newspapers, catalogs, magazines, junk mail, old phone books, office/school papers and hard/soft cover books. Along with cereal type boxes (NO CARDBOARD). Bring your recycled paper to school and



dispose of it in our "PaperGator" located right next to the trash dumpster in the front parking area of the school.

Aluminum cans and scrap metal - The DC Group is once again having a **METAL RECYCLING DRIVE - NOW** till the end of May, a dumpster will be available at Jay Werling's house (4126 E 800 N Ossian) for any metal to be recycled. Aluminum cans are also welcome. Proceeds are to help the next group of students attend a class trip to Washington DC.

Embracing, Nurturing, and Equipping Christ's Children for Life



As you are able, please bring an Offering for Chapel on Wednesdays

Our God has given so much to us! One way that we worship Him is by giving back a portion of His gifts to Him and to His Church. Students may place their offerings in the offering plate as they come into chapel every Wednesday.

Our Fourth Quarter Chapel Offering will support a seminary student, Paul Mroczenski, who is serving his vicarage in Puerto Rico. We currently have \$387.00 (WOOHOO!) of our \$300 goal. Thank you

Please feel free to join us for Wednesday morning Chapel at 10:00 a.m.

Last Day of School

Thursday, May 28th

As a school tradition, students will be allowed to ride their bicycles to school with parent permission and supervision. All bicycles are to be parked in the north parking lot near the sidewalk.

Afternoon bus service will NOT be available.

The events for the day will start with Closing Chapel at 9:30 am. Parents are welcome to attend.

8th Grade Graduation along with Academic Awards will follow.

Field Day with all the students in different stations. Then ending with a school picnic hosted by the Board of Education and PTL at 11:30 am. Hot dogs, Mac & Cheese and beverages will be provided. **Parents are asked to bring side dishes to share.** (Last names ending in A-K please bring a dessert, L-Z please bring a side dish.)

Dismissal will be around NOON, after lunch with NO bus service.

Please be sure to have all tuition fees paid in full and library books returned. Report cards will be sent in the mail.

Have a great summer!

In Person Final Registration Day – Thursday, August 6th, 4-7 p.m.

First Day of School – Wednesday, August 12th

April / May / June Birthday Pizza lunch with the Pastor Dodgers

Thursday, May 21st

students celebrating birthdays:

Bailey Meyer, Jonah Bultemeier

Caroline Haiflich, Cora Patrick, Jude Wirgau,

Ginny Wirgau, Grady Meyer, Maren Meyer, Gabriel Gardner,

Weslynn Nahrwold, Nolan Anthony, Isaac Wanner



LITERARY
TIGER

Thank you to everyone who supported our Storyglory book fair! We earned some bonus rewards from Storyglory thanks to our high participation rate. We hope you all enjoy your new books, and greatly appreciate your support. We love the opportunity to serve our school through the library, and it is a joy to be able to update and grow our collection.

We have had another great school year in the library, and it's hard to believe it is almost over. **The last day to check out books will be May 5th, and books will be due back May 12th. Any books not returned by May 19th will be considered lost, and an invoice for the replacement cost will be sent home.**

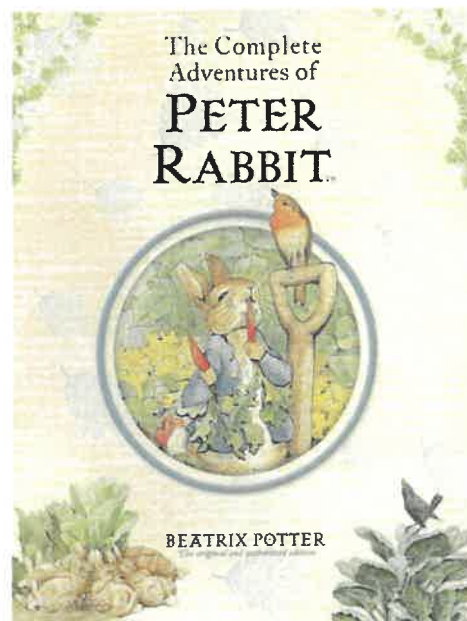
We hope when the school year ends you will make use of the public library and your own personal book collections to enjoy reading adventures all summer!

In the words of Mrs. Rabbit from the Tale of Peter Rabbit - "Now run along, and don't get into mischief."

Have a wonderful summer!

Best regards,

The Library Ladies



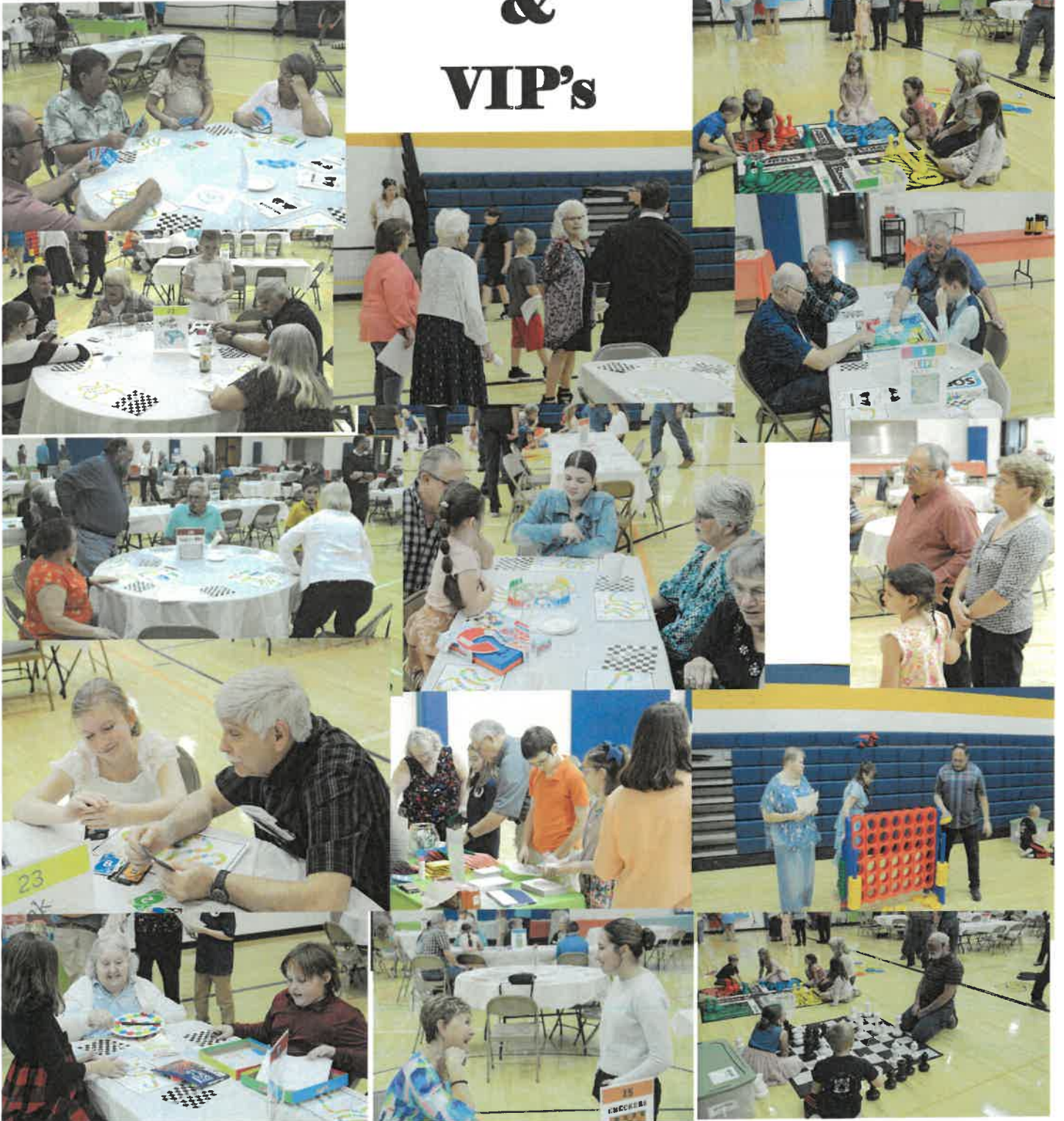


Where has the
TIME GONE?
HOJO'S LIFE adventures



We ♥ Our Grandparents

& VIP's



BETHLEHEM LUTHERAN SCHOOL

SUPPLY LIST 2026-2027

KINDERGARTEN

- School Bag
- 1 Pkg markers
- 2 Boxes 24 count Crayola Crayons
- 2 black Dry Erase Markers (wide)
- Small School Box
- 2 Large Boxes of Tissue
- 4 Large Glue Sticks
- 20 #2 Pencils
- 2 Erasers - large
- 2 - Two Pocket Folders
- 2 Primary Composition Notebook
- Scissors
- Paint Shirt (old t-shirt)
- Gym Shoes (inside school use)
- Rain Boots (for fall and spring)
- 3 Container of Clorox Wipes
- **\$50 for snacks**

GRADES 1-2

- 1 Dozen #2 Pencils
- 2 - 24 count Crayola Crayons
- Scissors
- 1 Ruler
- 1 pencil box
- 3 Paper Mate Erasers (large pink)
- 2 pkg. Crayola Washable Markers
- 4 large Glue Sticks
- 1 large boxes of Tissue
- 2 Clorox Wipes
- 1 pkg 12 Crayola Colored Pencils
- School Bag
- 2 black chisel tip Expo Dry Erase Markers
- 2 Primary Composition Notebook (1st grade)
- 1 Primary & 1 Normal Composition Notebook (2nd grade)
- 1- 1" Square Graph Paper Notebook
- 1 pk wide-ruled paper (2nd grade)
- Paint Shirt (old t-shirt) label
- Gym Shoes (inside use) label
- Rain Boots (for fall and spring)

GRADES 3-4

- School Bag
- Small School Box
- Gym Shoes (inside school use)
- Child Size Scissors

- 1 pkg Colored Pencils
- 1 pkg Crayons
- 1 pkg washable Markers
- 1 Dry Erase Markers
- Large pkg Elmers glue sticks
- 1 highlighter
- 1 dozen #2 pencils (no mechanical)
- 3-two pocket folder
- 2 pocket folders with prongs
- 2 Spiral Notebooks (wide rule)
- 1 Composition Notebook (3rd)
- 1 Pkg small pencil top eraser

GRADES 5-6

- 2 pkgs college-ruled paper
- 4 Spiral Notebooks
- 4 Pocket Folders
- 2 - 1" 3 Ring Binder
- Lots of #2 pencils
- Red pen for proofreading
- Blue or Black Ball Point Pens
- Ruler (metric and standard)
- Colored pencils
- Scissors
- Eraser
- Crayons
- 1-large box of tissue
- 1 large glue stick
- Gym Shoes (inside school use)
- 1 Dry Erase Marker
- 1 Old Sock
- 2 Highlighters

GRADES 7-8

- Several #2 pencils
- 2 pkgs college -ruled paper
- 2 Pocket folders
- 2 - 1" 3 ring binder
- 1 - 2" 3 ring binder
- 1 ruler (cm and inches)
- 1 large boxes of tissue
- Colored pencils
- 1 Highlighters
- 1 Pkg of Dry Erase Markers
- Eraser
- Gym Shoes (inside school use)
- Calculator (Scientific)

Confirmation Class

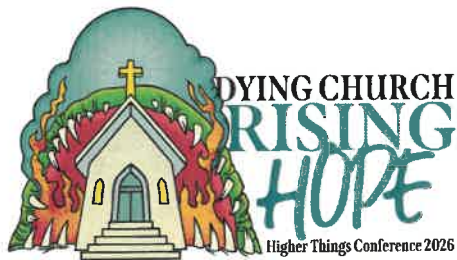
- 1 - 1" 3 ring binder

YOUTH
Newsletter

Upcoming Events

MAY DONUTS: Wirgua

- **May 9:** Escape Room & Cramer Chapel Hymn Sing
- **TBD:** date to meet before conference
- **June 23-26:** Higher Things Conference at Washington Universtiy in St. Louis, MO



Thank you to everyone who supported the East of Chicago event—we raised over \$600 in one evening!

We're also grateful to the fieldworkers, Vicar, and Pastors who taught Galatians to our youth. We wrapped up with a cookout, Nerf Red Light/Green Light, and our final Bible study together.



One of the gifts for the Vicar signed by the students and youth.



Book Club

REBELLION 1776

BY LAURIE HALSE ANDERSON

MEET AUGUST
AT CRIMSON HOUSE



Deaconess Discussion

4.23 Books of the Bible

Keep practicing memory work over the summer. Challenge yourself to learn all the books of the Bible. There are several songs on YouTube to help.



Tapestry

WOMEN IN THE GOSPELS

Summer
WOMEN'S BIBLE STUDY

- JUNE 2 (SESSIONS 1 & 2)
- JUNE 16 (SESSIONS 3 & 4)
- JUNE 30 (SESSIONS 5 & 6)
- JULY 14 (SESSIONS 7 & 8)
- JULY 28 (SESSION 9 + MEAL & FELLOWSHIP)

**Online discussion available*

Contact Deaconess Boehm or Deann Oliver for more info

Join our Facebook Group

Details:

WE'LL BE USING TAPESTRY, A NINE-WEEK BIBLE STUDY EXPLORING THE LIVES OF SEVERAL NEW TESTAMENT WOMEN WHOSE PATHS CROSSED WITH JESUS DURING HIS MINISTRY. EACH LESSON INCLUDES OPPORTUNITIES FOR DEEPER REFLECTION, GROUP DISCUSSION, AND VISUAL FAITH® PRACTICES TO HELP BRING SCRIPTURE TO LIFE IN A CREATIVE AND ENGAGING WAY.





CREATED IN CHRIST

DESIGNED FOR GOD'S PURPOSE

VBS



t shirts
sizes due
May 27



This year's VBS was created by the staff and volunteers at Bethlehem Lutheran Church. We invite you into a vibrant, hands-on exploration of faith through art: "Created in Christ: Designed for God's Purpose."

Inspired by 2 Corinthians 5:17—"Therefore, if anyone is in Christ, the new creation". The focus centers on God as Creator and Sustainer, at work in the daily lives of His people.

DATE: MONDAY, JUNE 8-THURSDAY, JUNE 11, 2026

TIME: 9:00 AM - 12:00 PM

LOCATION:

Bethlehem Lutheran Church
6514 East 750 North, Ossian, IN 46777

CLOSING CEREMONY & ART TRY-IT NIGHT:

Thursday, June 11 at 6:30pm



REGISTER AT:
blcsossian.org/vbs

Contact Deaconess Boehm for Questions
wboehm@blcsossian.org



***There is also an online version of this form available if you go to our website (blcssain.org).
The online form makes registering multiple children/volunteers easier by using one form for all.**

SINGLE CHILD REGISTRATION FORM: CHILD INFO

First and last name:

Allergies/Medical issues or special needs:

Gender: Male Female

Grade going into:

Preschool (age 2-4 potty trained) Pre-K (age 4-5) Kindergarten 1st Grade 2nd Grade 3rd Grade 4th Grade 5th Grade
***If your child is going into 6th grade and above, please consider a volunteer position instead.**

T-Shirt Size:

YXS YS YM YL YXL/AS *Forms submitted after June 10 are not guaranteed a t-shirt

Same group as:

Home church (if applicable):

PARENT INFO

Full Address:

Parent/Guardian first and last name:

Parent/Guardian phone number:

Parent/Guardian email:

Emergency Contact first/last name:

Emergency contact phone number:

Name, phone number AND relationship of ALL people authorized to pick up your child:

***The first day of VBS you will enter through the main doors and pick up a number that is assigned to your child for pick up/drop off, after you have your number you can drive around to the side parking lot to pick up your child each day. If someone comes who is not an authorized pick up person, they will not be allowed to take your child.**

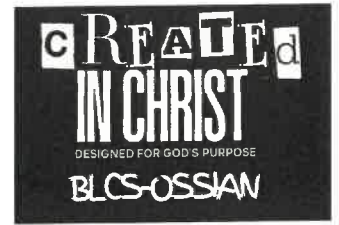
Medical Release: I understand that the VBS staff will contact emergency services in the event of a significant injury and all expenses for such emergency will be paid by me.

Photo Release: I grant Bethlehem Lutheran Church permission to copyright and use photographs/videos taken at VBS of the minor designated above for any purpose lawful.

**Note: Each student will receive a picture frame with their picture in it to take home. Photos from the week will be used in the VBS Closing Ceremony presentation at the Church that evening.*

Permission to attend: I give permission for my child to attend the VBS listed above. I understand that the information I give for this registration will only be used by the VBS hosting church.

Signature of Parent/Guardian:



***There is also an online version of this form available if you go to our website (bethlehemossian.org).
The online form makes registering multiple volunteers easier by using one form for all.**

SINGLE VOLUNTEER REGISTRATION FORM: VOLUNTEER INFO

First and last name: _____

Allergies/Medical issues or special needs: _____

Gender: Male Female

T-Shirt Size:

XS S M L XL 2x 3x 4x ***For smaller children accompanying adult please write their size:** _____

***Forms submitted after June 10 are not guaranteed a t-shirt**

Home church (if applicable): _____

Options for area preferred:
(check all that apply)

- Decorating Photography Registration Storytelling Chapel
 Craft Stacks Games Music Group Guide

Options for days available:
(check all that apply)

- Monday AM Wednesday AM Thursday PM
 Tuesday AM Thursday AM

PERSONAL INFORMATION

Full Address: _____

E-Mail: _____

Phone Number: _____

Parent/Guardian first and last name if under 18: _____

Parent/Guardian phone number if under 18: _____

Emergency Contact first/last name: _____

Emergency contact phone number: _____

Medical Release: I understand that the VBS staff will contact emergency services in the event of a significant injury and all expenses for such emergency will be paid by me.

Photo Release: I grant Bethlehem Lutheran Church permission to copyright and use photographs/videos taken at VBS of the minor designated above for any purpose lawful. Photos from the week will be used in the VBS Closing Ceremnoy presentaiton at the Church that evening.

Permission to attend: I give permission for my child to attend the VBS listed above. i understand that the information I give for this registration will only be used by the VBS hosting church.

Signature of volunteer or Parent/Guardian if under 18: _____



LUTHERAN NIGHT

2026 OUTING WITH THE FORT WAYNE TINCAPS

**TUESDAY,
JUNE 16**

**GAME TIME:
7:05PM**

SCAN TO ORDER TICKETS



DONATION

\$1.00 from each ticket will be shared with Lutheran Social Services of Indiana's Financial Stability Program that builds skills in managing money, overcoming financial barriers, and develops healthy financial habits.

SPECIAL DRAWING FOR TICKET ORDERS

(For orders received prior to Friday, May 15)

Prizes Include: \$50 gift certificate to The Orchard Team Store, an autographed team bat, a chance to throw out a ceremonial first pitch & more.

POSTGAME FIREWORKS

Enjoy a spectacular fireworks display, shot directly from the field!

FAMILY FEAST NIGHT (PRESENTED BY US FOODS)

Every Tuesday night, fans can enjoy discounts on select concession items including hot dogs, popcorn, soft drinks, pizza slices and more!

<- Order tickets online at by scanning the QR Code with your phone or tablet.

Only ticket orders received prior to Tuesday, June 2nd will receive the Lutheran Night discount offer.

LUTHERAN NIGHT • TICKET ORDER FORM • TUESDAY, JUNE 16

School/Church Name: _____

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: (____) _____ ext. _____

Email: _____

METHOD OF PAYMENT: Check (Payable to Fort Wayne TinCaps)

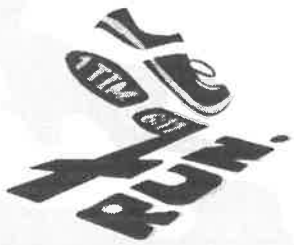
VISA Mastercard Discover

Card #: _____ Exp: ____/____ 3 Digit # on Back (For Security Reasons): _____

TICKETS	#	PRICE	TOTAL
Lutheran Night Tickets		\$14	
Add. Donations (optional)			
TOTAL			

Please select how you would like to receive your tickets:

Text Email



CAMP LUTHERHAVEN



CROSS COUNTRY CAMP



CAMP



Scan for more information



June 14-19, 2026

- Work with coaches
- Run with friends
- Learn from collegiate athletes
- Enjoy Camp!

Register Now

www.lutherhaven.org

Kids in the Garden: A Nutritious and Fun Experience

Research shows that when children help grow fruits and vegetables, they are more likely to eat more produce and try new foods. Gardening offers benefits beyond nutrition—it encourages curiosity, builds confidence, teaches responsibility, and provides a fun way for families to spend time outdoors being physically active.

Getting kids involved in the entire gardening process is key. Younger children often enjoy hands-on activities like digging, planting seeds, and watering, while older kids may be interested in how plants grow and learning from seed packets. Let children help choose what to plant and assign them simple tasks like watering, weeding, or harvesting. This involvement increases their excitement and willingness to taste what they've grown.

Gardening also creates natural opportunities for taste testing. Encourage kids to try fruits and vegetables straight from the garden after rinsing them. You can also connect gardening to cooking by using homegrown produce in simple recipes like salsa, soups, or sauces, helping children see the full journey from garden to table.

Starting with easy-to-grow plants can help build confidence and maintain interest. Herbs such as basil, parsley, and rosemary are great beginner options because they grow quickly and abundantly. Extra herbs can be preserved by drying or freezing for later use. Fast-growing vegetables like green beans, cucumbers, and grape tomatoes are also rewarding for kids, as they can quickly see the results of their efforts. Sunflowers are another fun choice, offering both visual appeal and edible seeds.

Root vegetables like carrots, potatoes, and beets add an element of surprise and excitement, as harvesting them can feel like a treasure hunt. Their bright colors and familiar flavors may also



Gardening doesn't require a large yard. Many plants, including tomatoes, greens, cucumbers, and herbs, can be grown in containers on patios, porches, or even indoors on windowsills. This makes gardening accessible for families in small spaces.

To keep kids engaged, consider growing plants that are visually interesting, such as tiny cherry tomatoes or large pumpkins and squash. Watching plants grow in unusual sizes can spark curiosity and excitement.

Gardening can also be a year-round activity. During colder months, families can plan future gardens by exploring seed catalogs or start indoor plants with grow lights. This keeps children involved and interested even when outdoor gardening isn't possible.

Overall, gardening is a fun, educational activity that promotes healthy eating, hands-on learning, and quality family time.

Contributors: Marisa Moore, MBA, RDN, LD

Reviewers: Academy Staff RDNs

Published: April 14, 2022 , **Reviewed:** April 22, 2024

Summarized by Chat GPT

Source: <https://www.eatright.org/food/planning/food-security-and-sustainability/kids-in-the-garden-nutritious-and-fun>

Photo Credit: Canva

Lighten up Your Cooking

At this point, we are well into spring but we've been fortunate to have mild temperatures long before the start. Has anyone started cooking more outdoors? Is there anyone reading that never stopped cooking outdoors through the winter months? Often as the weather gets colder, the tendency is to cook warm, very rich, comfort foods. Think about it... creamy casseroles, hearty soups, and warm baked goods top the charts of cold-weather favorites. While all are delicious, eating these items for months on end may provide us with excess calories, high amounts of fat and carbohydrates, and not enough produce.

As it continues to warm up, cooking outside becomes much more appealing. This could be grilling, cooking over a fire, or using a flattop griddle. There are a variety of ways to cook outdoors and many of these cooking methods help to lighten up meals. Grilling allows grease cooking out of the meat to drain off and away from the finished product. Don't forget to trim, or cut, excess fat off your protein before cooking or prior to eating. It is possible to better control grease when cooking indoors as well. Drain grease after browning meat and don't add more grease to cook an already higher fat cut of meat. For example, I recently read a recipe that called for 2 tsp. butter in a skillet, prior to cooking bacon! There is enough fat in bacon that slices are practically swimming in it when frying them in a skillet. There is no need to add butter to this cooking process.

When you are using lower-fat cuts of meat, choose oils higher in unsaturated fats for your cooking process, and be mindful of the portions used. This can be great to use when making a stir-fry blend using chicken breast or shrimp and multiple vegetables. If your goal is to make lean meals go even further, try using spray oil in place of bottled. Coating the pan with a layer of spray may help to more evenly distribute the cooking oil without saturating the ingredients. This method can be used inside or outside on a larger flat top surface.



Incorporating beans and lentils into your proteins is another way to lighten up meals. These proteins mix especially well with ground meats whether you're making sloppy joe, soup, taco meat, or hamburgers. Not only are beans and lentils a fiber-rich protein, they are also inexpensive and help your protein dollars stretch farther. Green lentils may be pressed into burger patties, red lentils could easily be mixed into soups, and black beans stir well into ground taco meat. This list is not exhaustive, find a bean or color of lentil that you like best and begin experimenting! As they say, "Don't knock it before you try it!"



Article Credit: Jessica Riffle

Photo Credit: Canva



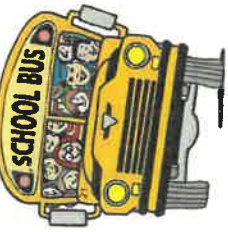
Molly Hoag, Health & Human Sciences Educator www.extension.purdue.edu/wells

News Notes To Parents is a product of Purdue Extension—Wells County. If you have comments or need information, call (260) 824-6412. The office is located at 1240 4-H Park Road, Bluffton.

Tell someone about us!



Extension - Health and Human Sciences

Purdue University prohibits discrimination against any member of the University community on the basis of race, religion, color, sex, age, national origin or ancestry, genetic information, marital status, parental status, sexual orientation, gender identity and expression, disability or status as a victim



Bethlehem Lutheran School Lunch Menu May 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 <p>School Lunch</p>					
3	4 Popcorn Chicken Mashed Potatoes Fresh Carrots Fruit Dinner Roll	5 Nachos with Meat and Cheese Salad Refried Beans Pears	6 French Toast Sausage Hash Brown Patty Veggy Juice	7 Chicken Tender Wrap Corn Applesauce Rice Krispy Treat	8 Cheeseburger Fresh Vegy Waffle Fries Peaches	9
10	11 Max Sticks Marinara Sauce Green Beans Fruit	12 Chicken Nug- gets Broccoli Baked Beans Applesauce Soft Pretzel	13 Corndog Salad Tator Tots Apple Slices	14 Soft Taco with Meat and Cheese Mixed Vegys Fruit	15 Chicken and Waffles Hash Brown Patty Veggy Juice	1+
17	18 Cheese Pizza Peas Fresh Vegy Peaches	19 Pancakes Sausage Hash Brown Patty Veggy Juice	20 Walking Taco Refried Beans Fruit	21 Pretzel Dog French Fries Fresh Vegys Banana Rice Krispy Treat	22 Ham and Cheese Sandwich Fresh Vegys Chips Frozen Fruit	23
24	25 NO SCHOOL Memorial Day	26 Hot Dog Potato / Fries Fresh Vegy Juice	27 Some sort of Chicken Entree Baked Beans Fresh Vegy Fruit	28 Last Day of School Picnic	29	30
31	