

Pennsylvania Farm to School Network Success Story:

GETTYSBURG AREA SCHOOL DISTRICT

Adams County, PA



The food service department at Gettysburg Area School District has taken its program outside the cafeteria and into the middle school Family Consumer Sciences (FCS) classroom. Nicholas Milone, Food Service Director, wanted to expand the school menu and thought what better way than to involve the students who eat the food every day.

Nicholas guest lectures the FCS classroom each semester, beginning with an overview of the [National School Lunch](#) and [School Breakfast](#) programs and how to

create a lunch menu including the five elements of a reimbursable meal: milk, fruit, vegetables, grains and meat/meat alternatives.

Students are then tasked with creating their own reimbursable meal and presenting it to their classmates. The class decides on the best meal, which is then served on the lunch menu for the whole school to try.

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**-Nicholas Milone, Gettysburg Area SD
Food Service Director**





As students learn about nutrition and experiment with food throughout the semester, they are engaged in the content, care deeply about their daily nutrition and know what tasty, nutritious food is. "Comfort food is so much different today compared to past generations," says Nicholas. "Students are more culinary adventurous than ever before and willing to explore the culinary possibilities with their pallets. Students incorporate ethnic foods from Latin America, Asia and the Mediterranean in their diet. It's wonderful to see the transformation and I am excited to explore new concepts with the students to keep our program fresh and fun."



The FCS class gives students the power to make choices about the foods they eat and they are more likely to try new foods in this setting when they are doing so with their peers. "We're all in this together," says Nicholas, "figuring out what we like and what we don't like."





The Gettysburg Area School District has many creative plans for inside the cafeteria as well. Nicholas is open to the students' ideas for improving school lunches and wants to provide them with meals they'll enjoy. He brings in samples of future menu items for students to try and works to create versions of meals that students eat outside of school. "We want a really great Chick-Fil-A sandwich," students once requested, and Nicholas delivered. He created a mock crispy chicken sandwich that the students enjoyed as a grab-and-go food item during lunch.

This upcoming school year, the food service program plans to incorporate more local products into the menu, particularly highlighting farms and produce from Adams County, known as the "Pennsylvania Fruit Belt." We look forward to seeing the creative ways Gettysburg Area School District continues its farm to school work.



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