

Montgomery County School Nutrition

Meal Storage

Refrigeration

- All foods requiring refrigeration need to be kept at a temperature of 41°F or below.
- Consume by the “Best By” date located on the product (if available) or within 5 days.
 - Milk carton
 - Cut up fruit (apple slices, orange slices, etc.)
 - Cut up vegetables (carrots, broccoli, celery, etc.)
 - Fresh/processed, pre-bagged fruit and vegetables (grapes, etc.)
 - Cheese (string cheese, sliced cheese, etc.)
 - Previously frozen items (consume within 3 days)

Shelf-Stable

- Shelf-stable items should be stored at a temperature of 75°F or below
- No refrigeration required
- Consume by the “Best By” date located on the product (if available)
 - Cereals
 - Crackers
 - Chips
 - Juice boxes

Heating Instructions

*After following the heating instructions, food must be consumed within two hours.

*Frozen items should remain frozen or heated and consumed within 24 hours of thawing under refrigeration.

*Please note: Since the type of products vary, and all microwaves/ovens vary in power, all cooking times are approximate and may need to be adjusted based on this information.

* Refrigerated entrée items that are received in bowls may be heated in microwave in the package they are received in (pasta, taco filling, etc).

Suggested Microwave Heating Instructions:

- Remove all wrappers
 - Place item on a paper towel or microwave safe container
 - Place in microwave
 - Microwave on HIGH for approximately 90 seconds or longer. Product is ready to consume when the internal temperature reaches 165°F. Caution, as contents will be hot after heating.

Suggested Oven Heating Instructions:

- Preheat oven to 350°F.
- Remove all wrappers and place item on baking sheet.
- Cooking time may vary. Product is ready to consume when the internal temperature reaches 165°F. Caution, as contents will be hot after heating.

For nutritional information or further instructions please contact the School Nutrition Department at 859-497-8578.