



## Safe Cooking Temperatures

POUTLRY AND CHICKEN	165 F
MICROWAVING	165° F - let sit for 2 minutes
REHEATED ITEMS for hot holding	165° F - 15 seconds

GROUND MEATS, beef, pork, lamb,	155° F
EGGS for hot holding	155° F
TENDERIZED MEAT	155° F

BEEF and VEAL STEAKS	145°F
PORK CHOPS	145° F
LAMB CHOPS	145° F
FISH	145° F
EGGS for immediate service	145° F
ROASTS: beef, pork, veal, lamb	145° F = 4 minute hold; 130° F = 112 minute hold; 158° F - no hold

HEATING UP PRE-COOKED COMMERCIAL ITEMS ( corn dogs, chicken nuggets, etc.)	135° F
GRAINS, LEGUMES, FRUITS, VEGETABLES, for hot holding	135° F

<b>HOT HOLDING any food item</b>	<b>135° F</b>
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