



Cooking and Reheating Temperatures

Proper cook temperatures (*left*) and temperatures for other food tasks (*right*) must be reached in order to protect people from getting sick. Always use your thermometer to check temperatures and avoid the Temperature Danger Zone!

Cook*		Food Tasks
Poultry (chicken, turkey, duck), stuffed meat, stuffed fish, stuffed pasta	165°F	Reheating foods prepared onsite Cooking via microwave
Ground meats, ground fish, eggs for later service	155°F	
Beef, pork, lamb, veal, fish, shellfish, eggs for immediate service	145°F	
Vegetables, fruits, grains, legumes	135°F	Reheating commercially processed & ready-to-eat foods Hot holding
	41°F	Cold holding

