

Temperature Rules! Cooking for Food Service

165 °F (15 seconds*)

- Poultry - chicken, turkey - whole, parts or ground
- Soups, stews, dressing, casseroles, mixed dishes
- Stuffed meat, poultry, fish and pasta
- Leftovers (to reheat)
- Food, covered, cooked in microwave oven (hold covered for **2 minutes** after removal)

155 °F (15 seconds)

- Hamburger, meatloaf and other ground meats; ground fish
- Fresh shell eggs- cooked and held for service (such as scrambled)

145 °F (15 seconds)

- Beef, corned beef, pork, ham - roasts (hold **4 minutes**)
- Beef, lamb, veal, pork - steaks or chops
- Fish, shellfish
- Fresh shell eggs - broken, cooked and served immediately)

135 °F (15 seconds)

- Precooked, processed commodity foods (items containing meat, cheese, eggs)
- Ready-to-eat, canned foods and foods from intact packages (such as frozen soups or hot dogs, from a commercial processor)
- Ham, other roasts – processed, fully-cooked (to reheat)
- Fruits and Vegetables that are cooked

41 °F or below

- Correct holding temperature of potentially hazardous foods (cold)

* Hold at specified temperature or above for 15 seconds unless otherwise stated.



Hold all hot food at
135 °F or above
after cooking

The Temperature Danger Zone: 41° - 135°