



Safe Cooking Temperatures

165°F

Poultry: Chicken, turkey, duck
Stuffed foods: Stuffed poultry, stuffed fish, stuffed meats, stuffed pastas
All food cooked in the microwave oven

155°F

Ground meat, raw eggs and dishes containing raw eggs

145°F

Raw shell eggs cooked to order
Individual cuts of meat: beef, veal, lamb and pork

135°F

Cooked fruits and vegetables intended for hot holding



DANGER ZONE

42°F – 134°F

Food held in this range allows bacteria to grow rapidly



**Cook food to safe internal temperatures
to reduce the risk of foodborne illness.**