

Cooking Temperatures

Use a Thermometer to Check
Internal Cooking Temperatures!



145° F

Whole Meats



Fish



Eggs for
Immediate Service



155° F

Ground and
tenderized meats



Eggs that
will be held
for service.



165° F

Poultry



Prepared foods heated
for hot holding



Microwave Cooking:

Cover and cook (stir or rotate) to **165°F** or hotter -
then let food stand (with cover on) for 2 minutes.