

Staying out of the Food Danger Zone

Cooking Requirements for Specific Types of Food*	
Minimal Internal Temperature	Type of Food
165° F (74° C) for 15 seconds	<ul style="list-style-type: none"> • Poultry, whole or ground • Stuffing made with fish, meat, or poultry • Stuffed meat, seafood, poultry, or pasta • Dishes including previously cooked TCS** ingredients
155° F (68° C) for 15 seconds	<ul style="list-style-type: none"> • Ground meat (beef, pork, and other) • Mechanically tenderized meat • Ground seafood • Shell eggs held for hot service
145° F (63° C) for 15 seconds	<ul style="list-style-type: none"> • Seafood – fish, shellfish, crustaceans • Steaks/chops of beef, pork, veal, and lamb • Commercially raised game • Shell eggs being served immediately
145° F (63° C) for 4 minutes	<ul style="list-style-type: none"> • Roasts of beef, pork, veal, and lamb
135° F (57° C)	<ul style="list-style-type: none"> • Fruits, vegetables, grains (rice, pasta) and legumes (beans, refried beans) that will be hot-held for service

Delivery Temperatures of Foods/Ingredients*	
Type of Food	Minimum Temperature to Receive at
Cold TCS Food	41° F (5° C) or lower, unless otherwise stated
Milk	45° F (7° C), cool to 41° F (5° C) in 4 hours
Shell Eggs	45° F (7° C)
Hot Food	135° F (57° C)
Frozen Food	Should be frozen solid when received

*Temperature recommendations per the ServSafe National Restaurant Association ServSafe Manager Course

**TCS: Temperature Controlled for Safety. TCS foods are any foods that allow bacteria to grow well and therefore need to be time and temperature controlled for food safety. These foods include milk, eggs, fish, meat, poultry, baked potatoes, cooked vegetables, cut/diced fresh fruits and vegetables – essentially any foods you would put in your refrigerator (and some you may not).