

## Meal Temperature Log

**Use a food thermometer and the Safe Minimum Cooking Temperature chart to ensure that foods are cooked to a safe internal temperature.**

Date:	Temp.	Time	Comments
Soup-			
Entrée-			
Vegetable-			
Fruit-			
Milk-			
Other-			

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Soup-			
Entrée-			
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Milk-			
Other-			

## Safe Minimum Cooking Temperature

\*Hot foods must meet the following internal temperatures prior to serving:

Category	Food	Temperature (°F)	Rest Time
Ground Meat	Beef, Pork, Veal, Lamb	160	None
	Turkey, Chicken	165	None
Fresh Beef, Veal, Lamb	Steaks, Roasts, Chops	145	3 minutes
Poultry	Chicken & Turkey, whole	165	None
	Poultry breasts, roasts	165	None
	Poultry thighs, legs, wings	165	None
	Duck & Goose	165	None
	Stuffing (cooked alone or in bird)	165	None
Pork and Ham	Fresh Pork	145	3 minutes
	Fresh Ham	145	3 minutes
	Precooked Ham (to reheat)	140	3 minutes
Eggs & Egg Dishes	Eggs	Cook until yolk and white are firm	None
	Egg Dishes	160	None
Leftovers & Casseroles	Leftovers	165	None
	Casseroles	165	None
Seafood	Fin Fish	145	None

\*After reaching minimum internal cook temperature, hot foods must be held at 140°F