

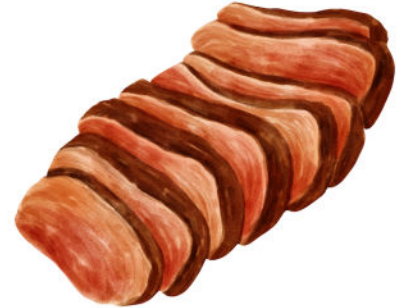


CHICKEN

White Meat	165°F
Dark Meat	170-180°F
Ground Chicken	165°F

STEAKS

Rare	125-134°F
Medium-Rare	135-144°F
Medium	145-154°F
Medium-Well	155-164°F
Well	165°F+

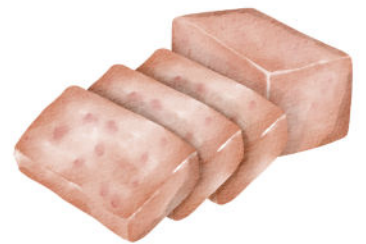


SEAFOOD

Salmon and Fish:	125-145°F
Shellfish (Lobster, Crab, Shrimp)	Cook Until Opaque

PORK

Chops, Tenderloin, Ham	145°F
Ground Pork	165°F
Pulled Pork	205°F
Pre-Cooked Ham	165°F



GROUND MEATS

Ground Beef	165°F
Ground Pork	165°F
Ground Chicken	165°F
Ground Turkey	165°F

