

Zaxby's Cook and Hold Times Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which item has the longest hold time among the listed items?**
 - A. Cheddar Bites**
 - B. Cookies**
 - C. Croutons**
 - D. Fillets**

- 2. What is the shelf life of Mayo Pouches?**
 - A. 90 days**
 - B. 120 days**
 - C. 180 days**
 - D. 240 days**

- 3. Which item has a hold time of 24 hrs?**
 - A. Prepped Cookies**
 - B. Prepped Croutons**
 - C. Prepped Mushrooms**
 - D. Prepped Onion Rings**

- 4. How long are Cheddar Bites good after being prepped?**
 - A. 24 Hours**
 - B. 48 Hours**
 - C. 72 Hours**
 - D. 1 Week**

- 5. Tenders removed from walk-in have a shelf life of how many hours?**
 - A. 24 hours**
 - B. 48 hours**
 - C. 72 hours**
 - D. 96 hours**

- 6. FILLET (STAR) COOK TEMP is?**
 - A. 400**
 - B. 300-350**
 - C. 400-450**
 - D. 290**

- 7. Which of the following is a valid pre-cook shake time for Fresh Traditional Wings?**
- A. 4 minutes**
 - B. 3 minutes**
 - C. 5 minutes**
 - D. 7 minutes**
- 8. How long can opened blue cheese crumbles be kept in use?**
- A. 24 hours**
 - B. 7 days**
 - C. 120 days**
 - D. 30 days**
- 9. Which item has the longest hold time when frozen?**
- A. PREPPED FILLETS FROZEN**
 - B. PREPPED MARINATED TENDERS FROZEN**
 - C. PREPPED FILLETS FRESH**
 - D. PREPPED BACON**
- 10. How long can Marinara Sauce be held after heating?**
- A. 1 hour**
 - B. 2 hours**
 - C. 4 hours**
 - D. 6 hours**

Answers

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1. C
2. B
3. A
4. B
5. C
6. A
7. A
8. A
9. A
10. C

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Explanations

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1. Which item has the longest hold time among the listed items?

- A. Cheddar Bites**
- B. Cookies**
- C. Croutons**
- D. Fillets**

Hold time is about how long a prepared item can stay in a holding environment while staying safe and maintaining quality. Croutons are dry, low-moisture, shelf-stable bread pieces, so they resist moisture-related quality loss and microbial growth longer than the other items. Cheddar Bites contain dairy and are fried, which makes them more sensitive to texture and temperature; cookies can lose texture or taste if kept warm too long; fillets are perishable protein that require strict temperature control and have tighter time limits. Because of these factors, croutons retain acceptable quality for the longest period among the listed items.

2. What is the shelf life of Mayo Pouches?

- A. 90 days**
- B. 120 days**
- C. 180 days**
- D. 240 days**

Shelf life is the window of time the mayo pouches stay safe to use and maintain good quality when stored as directed. For unopened mayo pouches in a restaurant setting, the standard shelf life is about 120 days. This duration reflects the supplier's guidance on how long the product remains stable and flavorful while fitting practical stock rotation. Shorter like 90 days would reduce usable inventory unnecessarily, while longer spans like 180 or 240 days often exceed typical manufacturer recommendations and can risk quality if storage isn't perfect. Always store in a cool, dry place and check the pouch date, and follow policy for refrigeration and use after opening.

3. Which item has a hold time of 24 hrs?

- A. Prepped Cookies**
- B. Prepped Croutons**
- C. Prepped Mushrooms**
- D. Prepped Onion Rings**

Hold times are about how long a prepared item can sit in a holding area before it's served, without compromising safety or quality. Cookies are dry and have low moisture, so they stay safe and maintain acceptable quality longer when kept in a covered container at a safe ambient temperature. That makes a full 24-hour hold feasible. The other items—croutons, mushrooms, and onion rings—are more moisture-prone or require continuous reheating, which leads to texture degradation or safety concerns if held for a long time, so their hold times are shorter. Therefore, prepped cookies best fit a 24-hour hold time.

4. How long are Cheddar Bites good after being prepped?

- A. 24 Hours
- B. 48 Hours**
- C. 72 Hours
- D. 1 Week

Keeping ready-to-cook items safe means limiting how long they sit after prep while staying at proper cold temperatures. For Cheddar Bites, the prepped items should be kept in the cooler and used within 48 hours. Dairy-based and breaded items are highly perishable, so extending beyond 48 hours increases the risk of bacterial growth and quality loss, even if stored cold. Label with prep dates and discard after 48 hours, ensuring storage stays at 41°F or below. Shorter windows like 24 hours would work but give less flexibility, while longer timelines such as 72 hours or a week raise safety concerns for dairy-containing products.

5. Tenders removed from walk-in have a shelf life of how many hours?

- A. 24 hours
- B. 48 hours
- C. 72 hours**
- D. 96 hours

When something is removed from the walk-in, you're moving it from cold storage into a holding situation where time and temperature control become crucial for safety and quality. The rule for tenders in this scenario is that they can be kept for up to 72 hours if they remain properly refrigerated (41°F or below), are clearly labeled with the removal time, and are stored as directed. Using them within that three-day window helps ensure the product stays safe to eat and retains its quality. If you go past that 72-hour mark, or if the temperature is not maintained, discard to prevent the risk of spoilage or foodborne illness. Shorter windows like 24 or 48 hours would waste fewer products but aren't in line with the policy, while a 96-hour window would exceed safe holding guidelines. Always date-mark when removed, keep them chilled, and use or rotate through within the 72-hour limit.

6. FILLET (STAR) COOK TEMP is?

- A. 400**
- B. 300-350
- C. 400-450
- D. 290

Understanding the cook temperature for a fillet on the STAR station is about choosing the oil heat that yields a crisp exterior and a safely cooked interior. Frying at 400°F gives a quick, even cook that forms a golden, crisp crust while letting the inside reach the safe internal temperature without overcooking the outer layer. If the oil is too cool, like 290°F, the coating soaks up more oil and the center may stay underdone, resulting in a greasy texture. A lower range such as 300-350°F can work for some items, but it won't deliver the same crisp crust and timely doneness for this fillet. Pushing toward 450°F risks burning the exterior before the center is fully cooked, leading to an uneven product. So, 400°F is the best balance for this item.

7. Which of the following is a valid pre-cook shake time for Fresh Traditional Wings?

- A. 4 minutes**
- B. 3 minutes**
- C. 5 minutes**
- D. 7 minutes**

Pre-cook shake time refers to how long wings are kept in the shaker to evenly coat them with seasoning before cooking. For Fresh Traditional Wings, the standard shake time is four minutes. That duration is long enough for the seasoning to stick evenly across every piece, helping ensure a uniform flavor and coating when they're cooked. If the shake time is too short, coating may be incomplete, leaving uneven flavor and texture. If it's too long, the surface can become over-seasoned or moistened, which can affect the coating's adhesion and the final fry or bake result. Four minutes hits a balance, providing consistent coverage without overdoing it.

8. How long can opened blue cheese crumbles be kept in use?

- A. 24 hours**
- B. 7 days**
- C. 120 days**
- D. 30 days**

Open dairy toppings like blue cheese crumbles are highly perishable. After opening, they should be used within 24 hours to minimize the chance of bacterial growth and maintain quality. Even when kept cold, moisture and air exposure can let pathogens multiply, so a conservative 24-hour window helps keep food safe on the line. To follow this guidance, store opened crumbles in a tightly sealed container or the original packaging, kept in the coldest part of the refrigerator (not in the door). Label the opening date and discard after 24 hours, regardless of how it looks. Never leave opened crumbles out at room temperature or on the prep surface for long. Watch for spoilage indicators and discard if you notice an off smell, slimy texture, or any mold growth beyond the cheese's normal blue veins. This approach protects both safety and quality in every dish you prepare.

9. Which item has the longest hold time when frozen?

- A. PREPPED FILLETS FROZEN**
- B. PREPPED MARINATED TENDERS FROZEN**
- C. PREPPED FILLETS FRESH**
- D. PREPPED BACON**

Freezing dramatically extends hold time because it halts microbial growth and slows spoilage. A solid, prepped product kept in the freezer stays in a stable state longer than items that are fresh or subject to marinades and higher fat content. Among the options, prepped fillets that are frozen sit in a stable, low-temperature environment that preserves quality and safety for the longest period. Fresh fillets, even when prepped, aren't frozen and will reach spoilage or quality decline sooner. Marinated tenders, even when frozen, can be affected by marinade components over time, potentially reducing their acceptable hold window. Bacon, while frozen, has high fat content and greater susceptibility to freezer burn and texture changes, which can limit its hold time as well. So the frozen prepped fillets stay longest in the hold.

10. How long can Marinara Sauce be held after heating?

- A. 1 hour
- B. 2 hours
- C. 4 hours**
- D. 6 hours

Holding sauce after heating must stay hot to prevent bacteria from growing. The safe hot-hold guideline is to keep marinara at 140°F (60°C) or hotter and to limit the holding time to four hours. After four hours, even if the temperature remains high, the risk of foodborne illness increases and the sauce should be discarded or reheated to 165°F and started on a fresh hold cycle. This four-hour window balances safety with practicality in service.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://zaxbyscookholdtimes.examzify.com>

We wish you the very best on your exam journey. You've got this!

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