



## Vegetables

Acorn Squash	Flesh Raw	74%	Eggplant	Trim, Pared, and Sliced	81%
Artichoke	Edible Leaves and Base	40%	Endive	Trimmed and Cored	86%
Asparagus	Trimmed Ends	80%	Fennel	Trimmed and Cored	86%
Beets	Peeled and Diced	91%	Garlic	Peeled Cloves	87%
Broccoli	Cored. Florets Only	47%	Ginger Root	Peeled Root	83-90%
Brussel Sprouts	Trim and Ready To Cook	90%	Iceberg Lettuce		62%
Butternut Squash		84%	Leek	Bulb and Flower Leaves	44%
Red & Green Cabbage	Trimmed Without Core	64%	Mushrooms		90%
Carrots		68%	Onions		63%
Cauliflower	Cored. Florets Only.	53%	Peppers		59%
Celery		60%	Potatoes	Skinned By Hand and Raw	63%
Cilantro		90%	Romaine		86%
Corn	Raw Kernals Cut Off Cob	36%	Spinach	Trimmed Leaves	72%
Cucumber	Pared and Sliced	84%	Zucchini		78%

## Fruits

Apples	Peeled and Cored	40%	Mango	Without Pit and Skin	69%
Avocado	Skin and Seeded	63%	Oranges	Pared, Flesh	44%
Banana		66%	Papayas		65%
Blackberries		96%	Peaches	Without Pit and Skin	76%
Cantaloupe	Rind and Seeded	43%	Pears	Without Pit and Skin	78%
Cherries	Flesh	62%	Pineapple	Peeled and Cored	38%
Coconut	Meat	48%	Plantains	Fully Ripe	65%
Figs	Without Stem	97%	Plums	Pitted	94%
Grapefruit	Segments Without Membrane	52%	Pomegranates	Seeded	44%
Grapes	Stems Removed	96%	Prickle Pear	Pulp	44%
Honeydew	Rind and Seeded	48%	Strawberries	Good Quality, No Stem	90%
Lemons	Juiced and Strained	36%	Tomato	Stem and Base	90%
Lime/Lemon Zest		16%	Watermelon	Rind and Seeded	52%
Limes	Juiced and Strained	47%			



### Meat

Beef	Chuck	85%	Lamb	Breast And Flank	89%
	Flank	90%		Chop	75%
	Flap Meat	80%		Foreleg	70%
	Inside Round	65%		Loin	89%
	Neck	75%		Rib	81%
	Rib Chop	83%		Shoulder	86%
	Rump	79%	Pork	Bacon	93%
	Shank Hind	43%		Butt Boneless	85%
	Shank Fore	61%		Chop	75%
	Shoulder Clod	75%		Ham	85%
	Short Ribs	68%		Picnic	81%
	Sirloin Butt	70%		Shoulder	84%
	Sirloin Top Full Cut	71%		Tender	95%
	Steak Club	83%	Veal	Chuck	80%
	Steak Porterhouse	91%		Flank	99%
	Steak T-Bone	88%		Fore Shank	52%
	Tender PSMO	75%		Leg, Boned and Trimmed	68%
Cut Steak	Ribeye Steak Lip Off	72%		Loin	83%
	Ribeye Steak Lip On	78%		Plate	79%
	Strip Steak Center Cut	50%		Rib	77%
	Strip Steak End Cut	63%		Round	77%
	Top Butt Steak Cap On	52%			
	Top Butt Steak Center Cut	38%			
	Peeled Tenderloin	52%			
	Peeled Tenderloin c/c	38%			



**Poultry and Fish**

Game Hen	With Neck and Giblets	91%	Bass	Without Skin Filet	59%
	Breast Skin On	74%	Clams	Edible Portion	15%
Chicken	Broiler/Fryer Without Neck/Giblets	89%	Cod	Filet Without Skin	30%
	Drum	63%	Crab	Blue From Shell	17%
	Thighs	70%		Dungeness From Shell	27%
	Wings	50%		King From Shell	25%
	Breast	87%	Crawfish	Tail	12%
	Breast Quarter	75%		Back	23%
	Drum	69%	Flounder	Filet Without Skin	41%
	Leg	75%	Frog Legs	Flesh	65%
	Leg Quarter	71%	Halibut	Filet Without Skin	59%
	Thigh	82%	Trout	Filet Without Skin	59%
Duck	Dressed	88%	Lobster	Meat Body Claw Tail	28%
	Legs	24%	Oyster	Meat and Liquor	18%
	Wings	11%	Snapper	Filet With Skin	73%
Turkey	Whole, Dressed	90%	Salmon	Meat Boneless Raw	88%
Venison	Loin Chop	75%	Shrimp	Cleaned Without Shell	81%