

Identification of Meat Cuts

Beef

1. Top Sirloin Steak
 - \$7.49/pound
 - Comes from the Sirloin
 - Dry-heat Method
2. Top Round London Broil
 - \$4.99/pound
 - Comes from the Round
 - Moist-heat Method
3. Boneless Ribeye Steak
 - \$14.99/pound
 - Comes from the Rib
 - Dry-heat Method
4. Beef Loin NY Strip Steak
 - \$4.77/pound
 - Comes from the Sirloin
 - Dry-heat Method
5. Ground Chuck
 - \$3.24/pound
 - Comes from the Chuck
 - Moist-heat Method
6. Beef loin T-Bone Steak
 - \$8.98/pound
 - Comes from the Short Loin
 - Dry-heat Method
7. Beef Tenderloin Steak
 - \$23.98/pound
 - Comes from the Short Loin
 - Dry-heat Method
8. Beef Inside Skirt Steak
 - \$5.48/pound
 - Comes from the Flank and Short Plate
 - Moist-heat Method
9. Beef Bottom Round Steak
 - \$4.98/pound
 - Comes from the Round
 - Moist-heat Method
10. Beef Brisket, trimmed
 - \$3.68/pound
 - Comes from the Brisket and Fore Shank
 - Moist-heat Method

Pork

1. Pork Boston Butt Roast
 - \$1.98/pound
 - Comes from the Shoulder Butt
 - Moist-heat Method
2. Pork Sirloin Chops
 - \$2.28/pound
 - Comes from the Loin
 - Dry-heat Method
3. Pork Boston Butt Country-Steak Rib
 - \$2.58/pound
 - Comes from the Picnic Shoulder
 - Moist-heat Method
4. Pork Spareribs
 - \$2.98/pound
 - Comes from the Sparerib/Belly
 - Moist-heat Method
5. Spiral sliced Honey-glazed Ham
 - \$2.99/pound
 - Comes from the Ham
 - Dry-heat Method

Went to the grocery store on Friday, November 30, 2012.
College Station HEB
1900 South Texas Ave.
College Station, TX 77840