



# Lake Meadow Naturals, Inc.

## QUARTER BEEF BREAKDOWN (ESTIMATE)

The Beef is dry aged for 10-14 to enhance quality

**\*\* All cuts, and ground beef are packaged in vacuum sealed packaging\*\***

	DESCRIPTION	QTY.	Approx. Weight	
	BEEF			
22114	BEEF GROUND 1# PACKS	45	45	
22147	BEEF BONES	2	10	
22143	BEEF ARM ROAST	1	2	
22104	BEEF BRISKET ROAST	1	4	
22105	BEEF CHUCK ROAST	3	8	<i>Marbled, Shredding Roast</i>
22107	BEEF CROSS RIB ROAST	1	3	<i>Marbled, Shredding or Slicing Roast</i>
22111	BEEF FILET STEAK	1	1	
22112	BEEF FLANK STEAK	1	1	<i>Marinating, Stir fry</i>
22121	BEEF OSSO BUCCO	4	5	
22148	BEEF PORTERHOUSE STEAK	2	3	
22146	BEEF RIBEYE STEAK	7	7	
22125	BEEF RUMP ROAST	1	3	<i>Lean, Slicing Roast</i>
22127	BEEF SHORT BONE IN RIB	2	4	
22130	BEEF SIRLOIN STEAK	2	4	
22131	BEEF SIRLOIN TIP ROAST	1	3	<i>Lean Slicing Roast</i>
22132	BEEF SIRLOIN TIP STEAK	2	1	<i>Thin, Sandwich Steak</i>
22133	BEEF SKIRT STEAK	1	2	
22134	BEEF SOUP BONES	3	6	
22135	BEEF STEW MEAT	4	4	<i>Slow Cooking</i>
22137	BEEF T-BONE STEAK	3	3	
22140	BEEF TOP ROUND STEAK	2	4	

APPROX TOTAL: 123  
Avg Hang Weight: 175  
Yield: 70%

**\*\*This is an Estimate for a single quarter cow. Actual hang weight and pricing may vary\*\***

**\*\*Alternate and Custom Cuts available upon request and pre-order\*\***