

# THE PICK



## READY WHEN YOU ARE

The Pick makes healthy eating easy and delicious with a line of prepped, ready-to-use vegetables in over 40 fresh flavors and cuts.

Designed for busy lifestyles, The Pick offers a quick, wholesome solution without compromising on quality or taste. Each item is crafted to complement your favorite recipes or inspire new ones, helping consumers skip the prep and still enjoy fresh, nutrient-rich meals.

Rooted in a trusted produce company, The Pick sources only the best from each harvest, ensuring every cut is crisp, flavorful, and farm-fresh. With eye-catching shapes, colors, and versatility, The Pick brings convenience to the produce aisle, and better choices to every plate. Take your pick, and let us do the work for you.



C-Label



Circle Label

# PRODUCTS

Ready for immediate order

## FRESH CUTS

<p><b>Asparagus &amp; Tri-Color Peppers</b>   6/20 oz. 00007 <span style="float: right;">854340007188</span></p> <p>PACK SIZE: Net w 20 oz. (1.25 lb/567 g) SHELF LIFE: 9 days from date of manufacture CONTAINER SIZE: 7.5"x7.75"x2.5"</p>	<p><b>Broccoli &amp; Cauliflower Florets</b>   6/16 oz. 00008 <span style="float: right;">854340007164</span></p> <p>PACK SIZE: Net w 16 oz. (1 lb/454g) SHELF LIFE: 11 days from date of manufacture CONTAINER SIZE: 7.5"x7.75"x2.5"</p>	<p><b>Broccoli Florets</b>   6/14 oz. 00009 <span style="float: right;">854340007317</span></p> <p>PACK SIZE: Net w 14 OZ. (.86 lb/397g) SHELF LIFE: 11 days from date of manufacture CONTAINER SIZE: 7.5"x7.75"x2.5"</p>
<p><b>Carrot &amp; Celery Sticks</b>   8/12 oz. 00011 <span style="float: right;">854340007270</span></p> <p>PACK SIZE: Net w 12 oz. (.75 lb/340g) SHELF LIFE: 11 days from date of manufacture CONTAINER SIZE: 7.5"x7.75"x2.5"</p>	<p><b>Cauliflower Florets</b>   6/16 oz. 00013 <span style="float: right;">854340007157</span></p> <p>PACK SIZE: Net w 16 oz. (1 lb/454g) SHELF LIFE: 11 days from date of manufacture CONTAINER SIZE: 7.5"x7.75"x2.5"</p>	<p><b>Celery Sticks</b>   8/12 oz. 00014 <span style="float: right;">854340007287</span></p> <p>PACK SIZE: Net w 12 oz. (.75 lb/340g) SHELF LIFE: 11 days from date of manufacture CONTAINER SIZE: 5.25"x5.25"x3"</p>
<p><b>Cole Slaw with Red Cabbage</b>   6/16 oz. 00015 <span style="float: right;">854340007195</span></p> <p>PACK SIZE: Net w 16 oz. (1 lb/454g) SHELF LIFE: 11 days from date of manufacture CONTAINER SIZE: 7.5"x7.75"x2.5"</p>	<p><b>Diced Mirepoix</b>   12/14 oz. 00018 <span style="float: right;">854340007294</span></p> <p>PACK SIZE: Net w 14 oz. (.86 lb/397g) SHELF LIFE: 11 days from date of manufacture CONTAINER SIZE: 5.25"x5.25"x3"</p>	<p><b>Diced Onions</b>   12/6 oz. 00028 <span style="float: right;">854340007386</span></p> <p>PACK SIZE: Net w 6 oz. (.375 lb/170g) SHELF LIFE: 12 days from date of manufacture CONTAINER SIZE: 5.25"x5.25"x1.75"</p>
<p><b>Diced Red Onions</b>   12/6 oz. 00029 <span style="float: right;">854340007393</span></p> <p>PACK SIZE: Net w 6 oz. (.375 lb/170g) SHELF LIFE: 12 days from date of manufacture CONTAINER SIZE: 5.25"x5.25"x1.75"</p>	<p><b>Organic Broccoli Florets</b>   6/10 oz. 00741 <span style="float: right;">854340007652</span></p> <p>PACK SIZE: Net w 10 oz. (.625 lb/283g) SHELF LIFE: 11 days from date of manufacture CONTAINER SIZE: 7.5"x7.75"x2.5"</p>	<p><b>Organic Cauliflower Florets</b>   10/10 oz. 00742 <span style="float: right;">854340007669</span></p> <p>PACK SIZE: Net w 10 oz. (.625 lb/283g) SHELF LIFE: 11 days from date of manufacture CONTAINER SIZE: 7.5"x7.75"x1.5"</p>
<p><b>Organic Broc/Caul Florets</b>   6/10 oz. 00743 <span style="float: right;">854340007645</span></p> <p>PACK SIZE: Net w 10 oz. (.625 lb/283g) SHELF LIFE: 11 days from date of manufacture CONTAINER SIZE: 7.5"x7.75"x2.5"</p>	<p><b>Brussels Sprouts Cup</b>   12/10 oz. 01392 <span style="float: right;">854340007935</span></p> <p>PACK SIZE: Net w 10 oz. (.625 lb/283g) SHELF LIFE: 12 days from date of manufacture CONTAINER SIZE: 4.75"x4.75"x3"</p>	<p><b>Peeled Butternut Squash</b>   15 lb. 01575 <span style="float: right;">PLU# 4789</span></p> <p>PACK SIZE: Net w 15 lb. (1 kg) SHELF LIFE: 8 days from date of manufacture CONTAINER SIZE: Varies by squash size</p>
<p><b>Lg Diced Butternut Squash</b>   8/20 oz. 01576 <span style="float: right;">850019059069</span></p> <p>PACK SIZE: Net w 20 oz. (1.25 lb/567 g) SHELF LIFE: 8 days from date of manufacture CONTAINER SIZE: 5.25"x5.25"x3"</p>	<p><b>Cored Pineapple</b>   12/18 oz. 01629 <span style="float: right;">850019059083</span></p> <p>PACK SIZE: Net w 18 oz. (1 lb/510g) SHELF LIFE: 11 days from date of manufacture CONTAINER SIZE: 5.25"x5.25"x4.25"</p>	<p><b>Sliced Summer Squash</b>   6/16 oz. 02419 <span style="float: right;">850019059342</span></p> <p>PACK SIZE: Net w 16 oz. (1 lb/454g) SHELF LIFE: 10 days from date of manufacture CONTAINER SIZE: 7.5"x7.75"x2.5"</p>
<p><b>Sliced Zucchini Squash</b>   6/16 oz. 02420 <span style="float: right;">850019059335</span></p> <p>PACK SIZE: Net w 16 oz. (1 lb/454g) SHELF LIFE: 10 days from date of manufacture CONTAINER SIZE: 7.5"x7.75"x2.5"</p>	<p><b>Shredded Brussels Sprouts</b>   6/10 oz. 02424 <span style="float: right;">850019059359</span></p> <p>PACK SIZE: Net w 10 oz. (.625 lb/283g) SHELF LIFE: 11 days from date of manufacture CONTAINER SIZE: 7.5"x7.75"x2.5"</p>	<p><b>Halved Brussels Sprouts</b>   6/16 oz. 02426 <span style="float: right;">850019059380</span></p> <p>PACK SIZE: Net w 16 oz. (1 lb/454g) SHELF LIFE: 11 days from date of manufacture CONTAINER SIZE: 7.5"x7.75"x2.5"</p>
<p><b>Sliced Summer &amp; Zucchini</b>   6/16 oz. 02442 <span style="float: right;">850019059489</span></p> <p>PACK SIZE: Net w 16 oz. (1 lb/454g) SHELF LIFE: 9 days from date of manufacture CONTAINER SIZE: 7.5"x7.75"x2.5"</p>	<p><b>Primavera Veggie Blend</b>   6/16 oz. 02677 <span style="float: right;">850019059564</span></p> <p>PACK SIZE: Net w 16 oz. (1 lb/454g) SHELF LIFE: 9 days from date of manufacture CONTAINER SIZE: 7.5"x7.75"x2.5"</p>	<p><b>1/2" Diced Peppers Stoplight</b>   8/9 oz. 03279 <span style="float: right;">850019059595</span></p> <p>PACK SIZE: Net w 9 oz. (.56 lb/255g) SHELF LIFE: 9 days from date of manufacture CONTAINER SIZE: 5.25"x5.25"x3"</p>
<p><b>1/2" Diced Green Peppers</b>   8/9 oz. 03284 <span style="float: right;">850019059588</span></p> <p>PACK SIZE: Net w 9 oz. (.56 lb/255g) SHELF LIFE: 9 days from date of manufacture CONTAINER SIZE: 5.25"x5.25"x3"</p>	<p><b>1/4" Diced Celery</b>   8/9 oz. 03285 <span style="float: right;">850019059571</span></p> <p>PACK SIZE: Net w 9 oz. (.56 lb/255g) SHELF LIFE: 11 days from date of manufacture CONTAINER SIZE: 5.25"x5.25"x3"</p>	

# PRODUCTS

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## FRIES

**Butternut Squash Fry, Crinkle Cut** | 6/20 oz.

00016

854340007133

**PACK SIZE:** Net w 20 oz.(1.25 lb/567 g)  
**SHELF LIFE:** 8 days from date of manufacture  
**CONTAINER SIZE:** 7.5"x7.75"x2.5"

**Sweet Potato Fry, Crinkle Cut** | 6/20 oz.

00017

854340007140

**PACK SIZE:** Net w 20 oz.(1.25 lb/567 g)  
**SHELF LIFE:** 11 days from date of manufacture  
**CONTAINER SIZE:** 7.5"x7.75"x2.5"

## NOODLES

**Beet Noodles** | 6/16 oz.

00019

854340007027

**PACK SIZE:** Net w 16 oz.(1 lb/454g)  
**SHELF LIFE:** 9 days from date of manufacture  
**CONTAINER SIZE:** 7.5"x7.75"x2.5"

**Butternut Squash Noodles** | 6/16 oz.

00020

854340007010

**PACK SIZE:** Net w 16 oz.(1 lb/454g)  
**SHELF LIFE:** 9 days from date of manufacture  
**CONTAINER SIZE:** 7.5"x7.75"x2.5"

**Sweet Potato Noodles** | 6/16 oz.

00023

854340007034

**PACK SIZE:** Net w 16 oz.(1 lb/454g)  
**SHELF LIFE:** 9 days from date of manufacture  
**CONTAINER SIZE:** 7.5"x7.75"x2.5"

**Summer Squash Noodles** | 6/16 oz.

00024

854340007065

**PACK SIZE:** Net w 16 oz.(1 lb/454g)  
**SHELF LIFE:** 9 days from date of manufacture  
**CONTAINER SIZE:** 7.5"x7.75"x2.5"

**Summer & Zucchini Noodles** | 6/16 oz.

00025

854340007072

**PACK SIZE:** Net w 16 oz.(1 lb/454g)  
**SHELF LIFE:** 9 days from date of manufacture  
**CONTAINER SIZE:** 7.5"x7.75"x2.5"

**Zucchini Squash Noodles** | 6/16 oz.

00027

854340007003

**PACK SIZE:** Net w 16 oz.(1 lb/454g)  
**SHELF LIFE:** 9 days from date of manufacture  
**CONTAINER SIZE:** 7.5"x7.75"x2.5"

## RICES

**Broccoli Rice** | 10/12 oz.

02682

850019059540

**PACK SIZE:** Net w 12 oz.(.75 lb/340g)  
**SHELF LIFE:** 11 days from date of manufacture  
**CONTAINER SIZE:** 7.5"x7.75"x1.5"

**Cauliflower Rice** | 10/12 oz.

02679

850019059557

**PACK SIZE:** Net w 12 oz.(.75 lb/340g)  
**SHELF LIFE:** 11 days from date of manufacture  
**CONTAINER SIZE:** 7.5"x7.75"x1.5"

**Broccoli & Cauliflower Rice** | 6/16 oz.

00031

854340007126

**PACK SIZE:** Net w 16 oz.(1 lb/454g)  
**SHELF LIFE:** 11 days from date of manufacture  
**CONTAINER SIZE:** 7.5"x7.75"x1.5"

## SALSAS

**Spicy Mango Pineapple Salsa** | 12/7.5 oz.

01343

854340007904

**PACK SIZE:** Net w 7.5 oz.(.469 lb/213g)  
**SHELF LIFE:** 14 days from date of manufacture  
**CONTAINER SIZE:** 5.25"x5.25"x1.75"

**Spicy Pico De Gallo** | 12/7.5 oz.

01356

854340007829

**PACK SIZE:** Net w 7.5 oz.(.469 lb/213g)  
**SHELF LIFE:** 12 days from date of manufacture  
**CONTAINER SIZE:** 5.25"x5.25"x1.75"

**Mild Pico De Gallo** | 12/7.5 oz.

01357

854340007812

**PACK SIZE:** Net w 7.5 oz.(.469 lb/213g)  
**SHELF LIFE:** 12 days from date of manufacture  
**CONTAINER SIZE:** 5.25"x5.25"x1.75"

## STIR FRY BLENDS

**Asian Blend Stir Fry** | 6/16 oz.

02427

850019059366

**PACK SIZE:** Net w 16 oz.(1 lb/454g)  
**SHELF LIFE:** 9 days from date of manufacture  
**CONTAINER SIZE:** 7.5"x7.75"x2.5"

**Tri-Colored Peppers & Onions Stir Fry Blend** | 6/16 oz.

02432

850019059373

**PACK SIZE:** Net w 16 oz.(1 lb/454g)  
**SHELF LIFE:** 9 days from date of manufacture  
**CONTAINER SIZE:** 7.5"x7.75"x2.5"

**THE PICK**

# GO MODE

FRESH FUEL FOR  
WHATEVER'S NEXT

Snack time just got a fresh upgrade. Go Mode offers a variety of perfectly portioned fruit and veggie combos that are washed, cut, and ready to enjoy—anytime, anywhere. Whether you're headed to work, the gym, or just need a pick-me-up, Go Mode gives you clean, craveable fuel without the fuss.

## PRODUCTS

Ready for immediate order

### FRUIT CUPS

**Cantaloupe Small Cups** | 12/5.5 oz.  
03572 **850019059687**

PACK SIZE: Net w 5.5 oz. (.344 lb/156g)  
SHELF LIFE: 8 days from date of manufacture  
CONTAINER SIZE: 5.25"x5.25"x1.75"

**Cantaloupe Large Cups** | 8/11 oz.  
03567 **850019059670**

PACK SIZE: Net w 11 oz. (.688 lb/312g)  
SHELF LIFE: 8 days from date of manufacture  
CONTAINER SIZE: 5.25"x5.25"x3"

**Pineapple Small Cups** | 12/5.5 oz.  
03571 **850019059700**

PACK SIZE: Net w 5.5 oz. (.344 lb/156g)  
SHELF LIFE: 8 days from date of manufacture  
CONTAINER SIZE: 5.25"x5.25"x1.75"

**Pineapple Large Cups** | 8/11 oz.  
03568 **850019059694**

PACK SIZE: Net w 11 oz. (.688 lb/312g)  
SHELF LIFE: 8 days from date of manufacture  
CONTAINER SIZE: 5.25"x5.25"x3"

**Fruit Small Cups** | 12/5.5 oz.  
03564 **850019059618**

PACK SIZE: Net w 5.5 oz. (.344 lb/156g)  
SHELF LIFE: 8 days from date of manufacture  
CONTAINER SIZE: 5.25"x5.25"x1.75"

**Fruit Large Cups** | 8/11 oz.  
03565 **850019059625**

PACK SIZE: Net w 11 oz. (.688 lb/312g)  
SHELF LIFE: 8 days from date of manufacture  
CONTAINER SIZE: 5.25"x5.25"x3"

**Tropical Small Cups** | 12/5.5 oz.  
03569 **850019059649**

PACK SIZE: Net w 5.5 oz. (.344 lb/156g)  
SHELF LIFE: 8 days from date of manufacture  
CONTAINER SIZE: 5.25"x5.25"x1.75"

**Tropical Large Cups** | 8/11 oz.  
03570 **850019059632**

PACK SIZE: Net w 11 oz. (.688 lb/312g)  
SHELF LIFE: 8 days from date of manufacture  
CONTAINER SIZE: 5.25"x5.25"x3"

**Watermelon Small Cups** | 12/5.5 oz.  
03573 **850019059663**

PACK SIZE: Net w 5.5 oz. (.344 lb/156g)  
SHELF LIFE: 5 days from date of manufacture  
CONTAINER SIZE: 5.25"x5.25"x1.75"

**Watermelon Large Cups** | 8/11 oz.  
03566 **850019059656**

PACK SIZE: Net w 5.5 oz. (.344 lb/156g)  
SHELF LIFE: 5 days from date of manufacture  
CONTAINER SIZE: 5.25"x5.25"x3"

### BULK PACK FRUIT

**Fruit Salad, Cubed 1"** | 15 lb.  
04480

PACK SIZE: Net w 15 lb. (1 kg)  
SHELF LIFE: 8 days from date of manufacture  
CONTAINER SIZE: 15.75"x11.5"x5.5"

**Cantaloupe, Cubed 1"** | 15 lb.  
03252

PACK SIZE: Net w 15 lb. (1 kg)  
SHELF LIFE: 8 days from date of manufacture  
CONTAINER SIZE: 15.75"x11.5"x5.5"

**Honeydew, Cubed 1"** | 15 lb.  
03256

PACK SIZE: Net w 15 lb. (1 kg)  
SHELF LIFE: 8 days from date of manufacture  
CONTAINER SIZE: 15.75"x11.5"x5.5"

**Pineapple, Cubed 1"** | 15 lb.  
03236

PACK SIZE: Net w 15 lb. (1 kg)  
SHELF LIFE: 8 days from date of manufacture  
CONTAINER SIZE: 15.75"x11.5"x5.5"

**Mango, Cubed 1"** | 15 lb.  
3515

PACK SIZE: Net w 15 lb. (1 kg)  
SHELF LIFE: 8 days from date of manufacture  
CONTAINER SIZE: 15.75"x11.5"x5.5"