Pork prices were up 0.4 percent in September over the previous month and also reflected a 3.2 percent increase year-over-year, according to USDA's latest consumer price index data.

Poultry prices reflected a similar bump, rising 0.3 percent in September over the previous month and jumping 5.9 percent compared to September 2012.

Beef and veal prices, meanwhile, took a hit in September, falling 0.3 percent over August despite a slight 1.7 percent increase year-over-year.

Meat prices — a component of the consumer price index for food at home — are forecast to rise 1 percent to 2 percent this year, after climbing 3.4 percent in 2012 and 8.8 percent in 2011.

The forecast for 2014 remains conservative but has prices for all three major proteins rising slightly. Beef and veal prices are projected up 2.5 to 3.5 percent, while pork is seen up 2 percent to 3 percent, and poultry is projected to climb 3 percent to 4 percent.

The food-at-home CPI remained flat in September but was up 1 percent from last September, while the food-away-from-home (restaurant) index increased 0.1 percent in September and was up 1.9 percent from last September. Food-at-home prices, which are forecast to rise by less than 2 percent this year, are forecast to jump to 2.5 to 3.5 percent in 2014.