



MIDWEST *Kitchens*

GRAB N' GO

Product Catalog



Healthy Living ON THE GO

Midwest Foods understands the challenge of balancing an “on the go” schedule with a healthy lifestyle. That’s why we offer our Midwest Kitchens selection of wholesome, fresh, Grab N’ Go food items that appeal to the jetsetting business traveller, overscheduled student, and health-conscious parent. We make healthy living on the go something sustainable, easy, and delicious.

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We have individually wrapped, pre-packaged grab-and-go items available from our SQF certified and USDA inspected processing facility! Items include sandwiches, salads, snack packs, fruit cups, desserts & parfaits.

Jan. 2024



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ORDER TODAY!

3 convenient ways to reach out:

- Contact your Salesperson
- Email sa@midwestfoods.com,
- Call Customer Service at 773.927.8870





GREAT FOR:

- *C-Stores*
- *Micro-Markets*
- *Self-Checkouts, Cashless, Vending Applications, and more!*

**FULL
NUTRITIONAL
LABEL**

- **ALLERGEN LISTING**
- **EXPIRATION DATE**
- **PRODUCT DESCRIPTION**
- **MICRO INGREDIENT LIST**

**RETAIL
READY**

- **INDIVIDUAL, SCANNABLE
UPC CODES**
- **CONVENIENT PACKAGING**
- **READY TO SELL**

**SQF
CERTIFIED,
USDA
INSPECTED
FACILITY**

- **FOR ALL CURRENT
STANDARDS**



ARTISAN SANDWICHES

MWK-102

UPC
768563636424

Pork Banh Mi 8oz, 8ct

Pulled pork on baguette with gochujange mayonnaise, cucumbers, carrots, radish, cabbage, jalapeno, onions & cilantro

MWK-114

UPC
768563636424

Turkey & Swiss on a Croissant 6oz, 9ct

Turkey breast, swiss cheese & lettuce on a croissant

MWK-117

UPC
768563636455

Chicken Salad Croissant 7oz, 8ct

Chicken salad with grapes, almonds & romaine on a croissant

MWK-118

UPC
768563636462

Chicken Salad w/ Pesto Croissant 7oz, 8ct

Chicken salad with grapes, almonds & romaine on a croissant

MWK-120

UPC
768563636486

The Bavarian on Pretzel Bun 7oz, 8ct

Ham, swiss & dijon mayo on a pretzel roll

MWK-125

UPC
768563639272

Italian Sub 10oz, 8ct

Ham, pepperoni, prosciutto on sub

MWK-135

UPC
768563639227

Caprese Panini 10oz, 8ct

Mozzarella, tomato, and pesto on rustic sourdough

MWK-136

UPC
768563639210

BBQ Pork Panini 10oz, 8ct

BBQ Pulled Pork on rustic sourdough with pickles cheddar cheese & red cabbage

MWK-137

UPC
768563639203

Ham & Cheese Panini 9oz, 8ct

Ham, bacon, & muenser panini

MWK-138

UPC
768563635939

Gochujang Chicken Panini 9oz, 8ct

Chicken breast, kimchi, red cabbage, cilantro & gochujang aioli on rustic sourdough

MWK-144

UPC
768563636097

Turkey & Cheese Panini 11oz, 8ct

Turkey breast, muenster cheese, tomato, spinach & pesto aioli on rustic sourdough bread

MWK-916

UPC
768563637674

Mozzarella Caprese Sandwich 8oz, 8ct

Fresh mozzarella cheese, pesto aioli, tomatoes, arugula, olive oil & basil

MWK-917

UPC
768563637704

Cuban Sandwich 9oz, 8ct

Ham, marinated pork tenderloin, swiss cheese, pickles & mustard

MWK-923

UPC
768563636165

Roast Beef on Everything Bread 6.5oz, 8ct

Roast Beef, cheddar cheese arugula and horseradish mayo on everything bread

Jan. 2024

Contact Customer Service at 773.927.8870 to order | Products subject to availability | 48hr (2 Business-Day) Notice required



WEDGE SANDWICHES

| | |
|---------------------|---|
| MWK-103 | Turkey on 7-Grain Wheat 8oz, 8 ct |
| UPC 768563639265 | <i>Turkey strawberry rhubarb, swiss & kale on 7-grain wheat bread</i> |
| MWK-105 | Ham on 7-Grain Wheat 8oz, 8ct |
| UPC 768563639258 | <i>Ham, tomatoes, lettuce & muenster cheese on 7-grain wheat bread</i> |
| MWK-108 | “The Rachel” Marble Rye 8oz, 8ct |
| UPC 768563635922 | <i>Turkey breast, sauerkraut, Thousand Island dressing & swiss cheese</i> |

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|---------------------|---|
| MWK-110 | Ham & Cheddar on White 7oz, 8ct |
| UPC 768563636387 | <i>Ham, cheddar, lettuce & tomato on white bread</i> |
| MWK-111 | Turkey & Cheddar on White 7oz, 8ct |
| UPC 768563636189 | <i>Turkey, cheddar, lettuce & tomato on white bread</i> |



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WEDGE SANDWICHES

MWK-112 Turkey Club 7oz, 8ct

UPC
768563636400 Turkey, cheddar, lettuce, tomato, bacon & mayo on wheat bread

MWK-113 Turkey & Provolone 7oz, 8ct

UPC
768563636417 Turkey, provolone & lettuce with herb mayo on 12 grain bread

MWK-115 Tuna Salad & Cucumber 9oz, 8ct

UPC
768563636431 Tuna salad, cucumber & lettuce on wheat bread

MWK-116 Egg Salad on Wheat 8oz, 8ct

UPC
768563636363 Egg salad & lettuce on wheat bread

MWK-122 PB & J on White 6oz, 8ct

UPC
768563636509 Peanut butter & strawberry jelly with granola on white bread



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WRAPS

MWK-610

UPC
768563636851

Veggie & Hummus Wrap 12oz, 8ct

Broccoli, peppers, lettuce, red onion, zucchini, tomato and carrots with hummus on a flour tortilla

MWK-611

UPC
768563636318

Chicken Caesar Wrap 10oz, 8ct

Chicken Caesar with shaved parmesan on a flour tortilla

MWK-612

UPC
768563636875

Buffalo Style Chicken Wrap 10oz, 8ct

Buffalo chicken, lettuce and cabbage in a flour tortilla

MWK-613

UPC
768563636882

Turkey & Cheese Wrap 10oz, 8ct

Broccoli, peppers, lettuce, red onion, zucchini, tomato and carrots with hummus on a flour tortilla

MWK-614

UPC
768563635984

Curry Chicken Salad Wrap 10oz, 8ct

Chicken breast, raisins, celery, sliced almonds & lettuce in a flour tortilla

MWK-615

UPC
768563638893

Asian Style Chicken Wrap 9oz, 8ct

Broccoli, peppers, lettuce, red onion, zucchini, tomato and carrots with hummus on a flour tortilla

MWK-618

UPC
768563639302

Turkey & Swiss on Beet Wrap 10oz, 8ct

Turkey breast, lettuce, ranch dressing, swiss cheese, tomatoes, pickled onion & carrots on a beet tortilla

MWK-619

UPC
768563639296

Artichoke & Feta Wrap 10oz, 8ct

Hummus, artichoke, cucumber, lettuce, tomato & onion in Angelic's sprouted kale & spinach tortilla

MWK-911

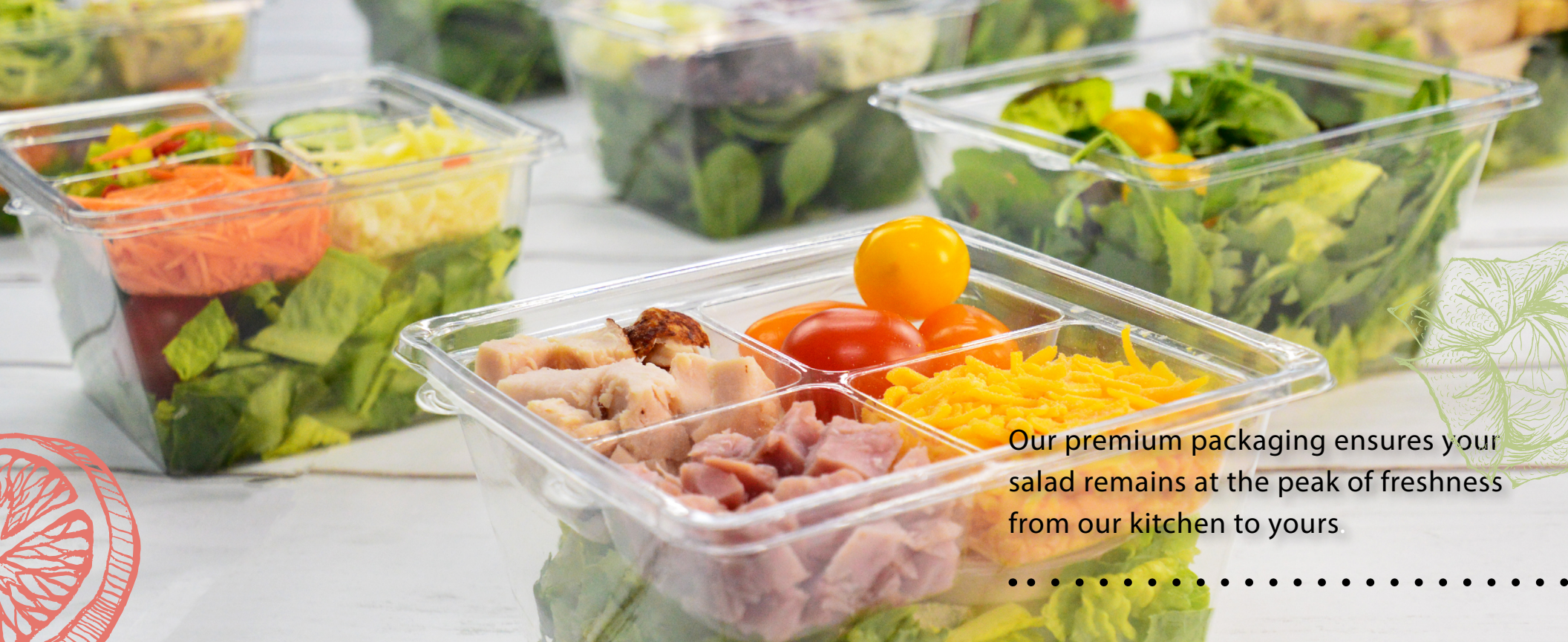
UPC
768563637629

Chicken Bacon Wrap 10oz, 8ct

Chicken breast, arugula, ranch dressing, bacon, red onion & swiss cheese on a flour tortilla

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Our premium packaging ensures your salad remains at the peak of freshness from our kitchen to yours.



SALADS

| | | | |
|--------------------------------|---|--------------------------------|---|
| MWK-410 UPC 768563636660 | Garden Salad 10oz, 4ct Carrots, peppers, tomatoes, cucumbers, swiss & lettuce with ranch dressing | MWK-417 UPC 768563636110 | Asian Style Chicken Salad 10oz, 4ct Asian blend, chicken, mandarin oranges & wonton strips with sesame dressing |
| MWK-413 UPC 768563636691 | Spinach & Blue Cheese Salad 7oz, 4ct Spinach and blue cheese with sunflower seeds, apples, dried cranberries, red onions & balsamic | MWK-424 UPC 768563636714 | Chicken Cobb Salad 10oz, 4ct Lettuce, chicken breast, tomato, blue cheese crumbles, hard boiled egg & bacon with balsamic dressing |
| MWK-414 UPC 768563636707 | Greek Salad 9oz, 4ct Kalamata olives, peppers, tomatoes, cucumbers, feta & lettuce with champagne dressing | MWK-425 UPC 768563639234 | Seoul Salad with Gochujang Chicken 9oz, 4ct Asian lettuce blend, chicken breast with rib meat, bell peppers, gochujang sauce & wonton strips |
| MWK-415 UPC 768563636714 | Chef Salad 10oz, 4ct Ham, turkey, cheese, egg, tomatoes & lettuce with ranch dressing | MWK-430 UPC 768563639111 | Green Goodness Salad 10oz, 4ct Romaine, baby kale, radicchio, zucchini noodles, feta, marinated artichoke hearts & grape tomatoes with lime vinaigrette |
| MWK-416 UPC 768563636721 | Chicken Caesar Salad 10oz, 4ct Chicken, parmesan, tomatoes, croutons & lettuce with Caesar dressing | MWK-435 UPC 768563635977 | Green Power Salad 10oz, 4ct Baby kale, cabbage, carrots, broccoli, cauliflower, dried cranberries, toasted almonds, & green onions with lime dressing |

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PROTEIN PACKS & SNACKS

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|--------------------------------|--|
| MWK-510 UPC 768563635861 | Hummus Dipper 8oz, 8ct <i>Hummus with celery, carrots, peppers, tomatoes and pita chips</i> |
| MWK-511 UPC 768563636745 | After School Snack Pack 8oz, 8ct <i>Peanut butter, celery, hard boiled egg, fire roasted almonds & dried cranberries</i> |
| MWK-512 UPC 768563636752 | Midwest Kitchens Snack Pack 8oz, 8ct <i>Cheese curds, apples, sausage and grapes with crackers</i> |
| MWK-513 UPC 768563636769 | Apple Snacker 4oz, 9ct <i>Granny Smith apples with Nutella & caramel</i> |
| MWK-514 UPC 768563636240 | Grapes & Colby 6oz, 9ct <i>Fresh red grapes and colby cubes</i> |

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| MWK-516 UPC 768563636783 | Pepperoni & Cheese 4oz, 9ct <i>Pepperoni, swiss cheese & crackers</i> |
| MWK-518 UPC 768563636271 | Tuna Salad Snacker 8oz, 8ct <i>Tuna salad with assorted peppers & pita chips</i> |
| MWK-519 UPC 768563636288 | Chicken Salad Snacker 8oz, 8ct <i>Chicken salad with assorted peppers & pita chips</i> |
| MWK-520 UPC 768563636820 | Simply Eggs 4oz, 9ct <i>Hard boiled eggs with arugula</i> |
| MWK-522 UPC 768563636844 | Veggie Dipper 6oz, 9ct <i>Celery, carrots & peppers with ranch</i> |



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PROTEIN PACKS & SNACKS

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|--------------------------------|--|
| MWK-545 UPC 768563639081 | Chef's Box 8oz, 8ct Oven roasted browned turkey, hard boiled egg, cheddar cheese cubes & almonds |
| MWK-547 UPC 768563639135 | Brie & Apples Box 5 oz, 8ct Brie wedge, granny smith apples, hard salami & multigrain crackers |
| MWK-548 UPC 768563639159 | Italiano Box 6oz, 8ct Sliced prosciutto, fresh sliced cantaloupe & parmesan cheese crisp |
| MWK-555 UPC 768563639142 | Mezze Box 6oz, 8ct Kalamata olives, grape tomatoes, stone fire naan bread & tzatziki sauce |

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| MWK-560 UPC 768563639388 | Sticks Snacker 6oz, 8ct Jicama, celery & ranch dressing |
| MWK-563 UPC 768563636371 | Squirrel Snack 7oz, 8ct Grapes, almonds, dates & apricots |
| MWK-564 UPC 768563639364 | Sweetie Snack 6oz, 8ct Nutella, grapes, and green & red apple slices |
| MWK-565 UPC 768563639333 | PB Pick Me Up Snack Box 6.2oz, 8ct Apples, celery & honey peanut butter |



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FRUIT CUPS

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|--------------------------------|--|
| MWK-202 UPC 768563636554 | Cantaloupe Chunks 6.5oz, 9ct Cleaned, peeled and cut cantaloupe chunks |
| MWK-209 UPC 768563636530 | Fresh Fruit 6.5oz, 9ct Cleaned and peeled fresh fruit mix |
| MWK-213 UPC 768563635946 | Jack Fruit Cup 6.5oz, 9ct Mandarin oranges, grapes, jackfruit |
| MWK-216 UPC 768563636233 | Watermelon Chunks 6.5oz, 9ct Fresh cut watermelon chunks |

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| MWK-221 UPC 768563636172 | Pineapple Chunks 6.5oz, 9ct Cleaned, peeled and cut pineapple chunks |
| MWK-222 UPC 768563635984 | Strawberry Cup 6.5oz, 9ct Fresh strawberries |
| MWK-224 UPC 768563636165 | Whole Grapes 6.5oz, 9ct Cleaned seedless grapes |



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PARFAIT CUPS

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|--------------------------------|---|
| MWK-310 UPC 768563635915 | Blueberry Granola Parfait 7oz, 9ct Vanilla yogurt with blueberries and granola |
| MWK-311 UPC 768563636622 | Strawberry Parfait 7oz, 9ct Strawberry yogurt with strawberries and granola |
| MWK-312 UPC 768563636639 | Greek Berry Parfait 6oz, 9ct Greek vanilla nonfat yogurt with strawberries, blackberries, blueberries & granola |

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| MWK-314 UPC 768563636653 | Strawberry Chocolate Parfait 7oz, 9ct Vanilla yogurt with strawberries, granola and chocolate chips |
| MWK-332 UPC 768563635960 | Fruit Salsa with Greek Yogurt 7oz, 9ct Fat free greek vanilla yogurt with mango, pineapple, strawberries, honeydew, apples & kiwi |
| MWK-335 UPC 768563639180 | Greek Vanilla & Goji Berries 7oz, 9ct Vanilla greek yogurth with goji berries and meseli |



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BREAKFAST



MWK-804 **Egg & Suasage Sunrise Burrito 8oz, 8ct**
 UPC
 768563638716 Scrambled egg, sausage crumbles, onions, bell peppers & shredded cheddar cheese in a flour tortilla

MWK-807 **Break-the-Fast Egg & Bacon Tacos 6oz, 8ct**
 UPC
 768563638671 Fried egg patty, bacon & cheddar cheese in flour tortilla with hot sauce

MWK-810 **Egg & Cheese Biscuit 4oz, 8ct**
 UPC
 768563636936 Egg & cheddar cheese on a flaky biscuit

MWK-813 **Breakfast Croissant 7oz, 8ct**
 UPC
 768563636202 Sausage, cage free egg patty & cheddar cheese on a croissant

MWK-814 **Veggie Breakfast Burrito 8oz, 8ct**
 UPC
 768563636974 Scrambled egg, red onion & bell peppers in a flour tortilla

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DESSERTS



| | |
|--------------------------------|---|
| MWK-709 UPC 768563637827 | Banana Rama Pudding Dessert 5oz, 9ct <i>Banana pudding, fresh bananas, whipped cream & vanilla wafers</i> |
| MWK-710 UPC 768563636899 | Oreo Delight 5oz, 9ct <i>Chocolate pudding with Oreo crumbles and whipped cream</i> |
| MWK-711 UPC 768563636905 | Vanilla Goodness 5oz, 9ct <i>Vanilla pudding with wafers and whipped cream</i> |

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| MWK-712 UPC 768563636912 | Italian Cannoli Dipper 3oz, 9ct <i>Cannoli shells with a ricotta cream</i> |
| MWK-713 UPC 768563636929 | Strawberry Short Cake 5 oz, 9ct <i>Yellow cake with strawberry glaze and whipped cream</i> |
| MWK-722 UPC 768563635991 | Vegan Chocolate Pudding 5 oz, 9ct <i>Avocado, coconut milk, maple syrup, stevia, cocoa powder & toasted coconut</i> |

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All pictured items
assembled &
photographed on site in
our facility

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Midwest Foods



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