



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.

Apr. 2024



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-114 Turkey & Swiss on a Croissant 5.4oz, 9ct

UPC
768563636424 Turkey breast, swiss cheese & lettuce on a croissant

MWK-117 Chicken Salad Croissant 6.8oz, 8ct

UPC
768563636455 Chicken salad with grapes, almonds & romaine on a croissant

MWK-120 The Bavarian on Pretzel Bun 6.8oz, 8ct

UPC
768563636486 Ham, swiss & dijon mayo on a pretzel roll

MWK-125 Italian Sub 9.6oz, 8ct

UPC
768563639272 Ham, pepperoni, prosciutto, provolone, lettuce, pepperoncini, tomato & red balsamic dressing on a sub roll

MWK-135 Caprese Panini 8.8oz, 8ct

UPC
768563639227 Mozzarella, tomato, and pesto on rustic sourdough

MWK-136 BBQ Pork Panini 10oz, 8ct

UPC
768563639210 BBQ Pulled Pork on rustic sourdough with pickles, cheddar cheese & red cabbage

MWK-137 Ham & Cheese Panini with Bacon 8.2oz, 8ct

UPC
768563639203 Ham, bacon, & muenster panini

MWK-146 Turkey & Cheese Panini 8oz, 8ct

UPC
768563636097 Turkey breast, muenster cheese, tomato, spinach & pesto aioli on rustic sourdough bread

MWK-916 Mozzarella Caprese Sandwich 7.8oz, 8ct

UPC
768563637674 Fresh mozzarella cheese, pesto aioli, tomatoes, arugula, oilive oil & basil

MWK-917 Cuban Sandwich 8.1oz, 8ct

UPC
768563637704 Ham, marinated pork tenderloin, swiss cheese, pickles & mustard

MWK-923 Roast Beef on Everything Bread 8.1oz, 8ct

UPC
768563636165 Roast beef, cheddar cheese arugula and horseradish mayo on everything bread

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WEDGE SANDWICHES

MWK-103 UPC 768563639265	Turkey & Swiss on 7-Grain Wheat 7.5oz, 8 ct Turkey, Swiss, strawberry rhubarb preserves & kale on Angelic's 7-grain wheat bread
MWK-105 UPC 768563639258	Ham & Muenster on 7-Grain Wheat 6.7oz, 8ct Ham, Muenster, lettuce & tomato on Angelic's 7-grain wheat bread
MWK-110 UPC 768563636387	Ham & Cheddar on White 7oz, 8ct Ham, cheddar, lettuce & tomato on white bread
MWK-111 UPC 768563636394	Turkey & Cheddar on White 7oz, 8ct Turkey, cheddar, lettuce & tomato on white bread
MWK-112 UPC 768563636400	Turkey Club on Wheat 6.5oz, 8ct Turkey, cheddar, lettuce, tomato, bacon & mayo on wheat bread

MWK-113 UPC 768563636417	Turkey & Provolone 7oz, 8ct Turkey, provolone & lettuce with herb mayo on 12 grain bread
MWK-115 UPC 768563636431	Tuna Salad & Cucumber 7.6oz, 8ct Tuna salad, cucumber & lettuce on wheat bread
MWK-116 UPC 768563636448	Egg Salad on Wheat 6.4oz, 8ct Egg salad & lettuce on wheat bread
MWK-122 UPC 768563636509	PB & J Crunch 5.6oz, 8ct Peanut butter & strawberry jelly with granola on white bread



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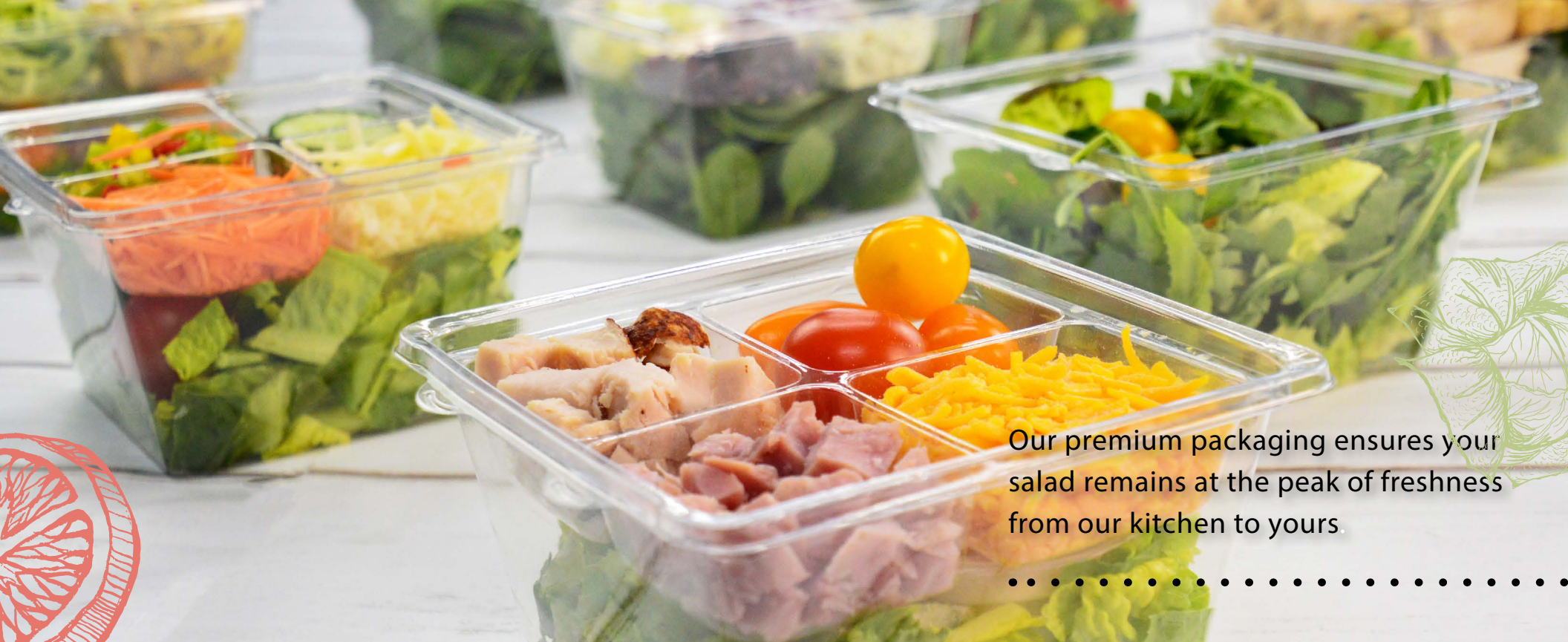


WRAPS

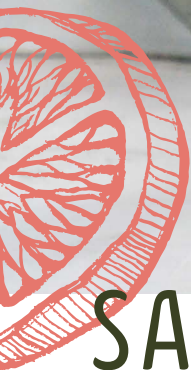
MWK-610 UPC 768563636851	Veggie & Hummus Wrap 9.4oz, 8ct Broccoli, peppers, lettuce, red onion, zucchini, tomato and carrots with hummus on a flour tortilla	MWK-619 UPC 768563639296	Artichoke & Feta Wrap 9oz, 8ct Marinated artichoke hearts, feta cheese, lettuce, tomato, cucumbers, red onions & hummus in Angelic's kale & spinach tortilla
MWK-611 UPC 768563636868	Chicken Caesar Wrap 9oz, 8ct Chicken Caesar with shaved parmesan on a flour tortilla	MWK-620 UPC 768563639289	Greek Wrap on Gluten Free Tortilla 9oz, 8ct Red pepper hummus, artichoke hearts, lettuce, mushrooms & sun-dried tomatoes in a gluten-free tortilla
MWK-612 UPC 768563636875	Buffalo Style Chicken Wrap 9.2oz, 8ct Buffalo chicken, celery, carrots, red cabbage, spinach and blue cheese on a flour tortilla	MWK-628 UPC 768563638800	Italian Chopped Wrap 9.6oz, 8ct Smoked ham, pepperoni, hard salami, provolone, pepperoncini, sliced tomatoes, lettuce, oregano & balsamic dressing in a tortilla
MWK-613 UPC 768563636882	Turkey & Cheese Wrap 9oz, 8ct Turkey, cheddar, romaine and tomato with ranch dressing on a flour tortilla	MWK-633 UPC 768563637766	Southwest Veggie 10.9oz, 8ct Vegetarian refried beans, black bean & corn mix, quinoa, pepperjack, pickled jalapenos, romaine & southwest ranch dressing in a chipotle tortilla
MWK-614 UPC 768563635984	Curry Chicken Salad Wrap 8.3oz, 8ct Chicken, mayonnaise, cream cheese, raisins, celery, red onion, curry powder, almonds, cilantro, honey & lettuce in sweet potato wrap	MWK-634 UPC 768563637773	Pesto Chicken Caprese Wrap 13.75oz, 8ct Sliced chicken tossed in pesto, mozzarella, spinach, tomatoes & Italian dressing in a sun-dried tomato tortilla
MWK-615 UPC 768563638893	Asian Style Chicken Wrap 9.1oz, 8ct Fire braised chicken breast, Asian style lettuce blend & Asian sesame dressing on a flour tortilla	MWK-911 UPC 768563637629	Chicken Bacon Wrap 9.1oz, 8ct Fire-braised chicken breast, bacon, swiss cheese, arugula, red onion & ranch dressing 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 8.4oz, 4ct <i>Carrots, peppers, tomatoes, cucumbers, swiss & lettuce with ranch dressing</i>
MWK-413 UPC 768563636691	Spinach & Blue Cheese Salad 7oz, 4ct <i>Spinach and blue cheese with sunflower seeds, apples, dried cranberries, red onions & balsamic</i>
MWK-414 UPC 768563636707	Greek Salad 8.2oz, 4ct <i>Kalamata olives, peppers, tomatoes, cucumbers, feta & lettuce with champagne dressing</i>
MWK-415 UPC 768563636714	Chef Salad 10.5oz, 4ct <i>Ham, turkey, cheese, egg, tomatoes & lettuce with ranch dressing</i>
MWK-416 UPC 768563636721	Chicken Caesar Salad 8.5oz, 4ct <i>Chicken, parmesan, tomatoes, croutons & lettuce with Caesar dressing</i>
MWK-417 UPC 768563636110	Asian Style Chicken Salad 9oz, 4ct <i>Asian blend, chicken, mandarin oranges & wonton strips with sesame dressing</i>

MWK-418 UPC 768563638558	Southwest Chicken Salad 7.9oz, 4ct <i>Romaine, black beans, corn, grilled chicken, pickled jalapenos, pepper jack & southwest ranch dressing</i>
MWK-424 UPC 768563636677	Chicken Cobb Salad 8.7oz, 4ct <i>Lettuce, chicken breast, tomato, blue cheese crumbles, hard boiled egg & bacon with balsamic dressing</i>
MWK-425 UPC 768563639234	Seoul Salad with Gochujang Chicken 8.1oz, 4ct <i>Asian lettuce blend, chicken breast with rib meat, bell peppers, gochujang sauce & wonton strips</i>
MWK-430 UPC 768563639111	Green Goodness Salad 8.7oz, 4ct <i>Romaine, baby kale, radicchio, zucchini noodles, feta, marinated artichoke hearts & grape tomatoes with lime vinaigrette dressing</i>
MWK-435 UPC 768563635977	Green Power Salad 7.6oz, 4ct <i>Baby kale, cabbage, carrots, broccoli, cauliflower, dried cranberries, toasted almonds, & green onions with lime dressing</i>
MWK-436 UPC 768563638756	Greek Style Grain Salad 9.25oz, 4ct <i>Romaine, Greek Quinoa salad, tomatoes, Kalamata olives, feta & Greek vinaigrette</i>



PROTEIN PACKS & SNACKS



MWK-510 UPC 768563636738	Veggie & Hummus Dipper 6oz, 8ct <i>Hummus with celery, carrots, peppers, tomatoes and pita chips</i>	MWK-518 UPC 768563636806	Tuna Salad Snacker 6oz, 8ct <i>Tuna salad with assorted peppers & pita chips</i>
MWK-511 UPC 768563636745	Peanut Butter Snack Pack 6.2oz, 8ct <i>Peanut butter, celery, hard boiled egg, fire roasted almonds & dried cranberries</i>	MWK-519 UPC 768563636813	Chicken Salad Snacker 6oz, 8ct <i>Chicken salad with assorted peppers & pita chips</i>
MWK-512 UPC 768563636752	Midwest Power Pack, 8ct <i>Cheese curds, apples, sausage and grapes with crackers</i>	MWK-520 UPC 768563636820	Simply Eggs 3oz, 9ct <i>Hard boiled eggs with arugula</i>
MWK-513 UPC 768563636769	Apple Snacker with Caramel 6, 9ct <i>Granny Smith apples with caramel</i>	MWK-521 UPC 768563638664	Quinoa Salad Snack Cup 6.5oz, 9ct <i>Red & white quinoa, garbanzo beans, red onions, cucumber, grape tomatoes, Kalamata olives, feta & Greek dressing</i>
MWK-514 UPC 768563636776	Grapes & Colby 6oz, 9ct <i>Fresh red grapes and colby cubes</i>	MWK-522 UPC 768563636844	Veggie Dipper 5.9oz, 9ct <i>Celery, carrots & peppers with ranch</i>
MWK-516 UPC 768563636783	Pepperoni & Cheese 6oz, 9ct <i>Pepperoni, swiss cheese & crackers</i>		

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PROTEIN PACKS & SNACKS

MWK-540 UPC 768563637735	Crackers & Hummus 4oz 12ct <i>Crackers & hummus</i>
MWK-545 UPC 768563639081	Chef's Box 8oz, 8ct <i>Oven roasted browned turkey, hard boiled egg, cheddar cheese cubes & almonds</i>
MWK-547 UPC 768563639135	Brie & Apples Box 5oz, 8ct <i>Brie wedge, granny smith apples, hard salami & multigrain crackers</i>
MWK-548 UPC 768563639159	Italiano Box 6oz, 8ct <i>Sliced prosciutto, fresh sliced cantaloupe & parmesan cheese crisp</i>
MWK-560 UPC 768563639388	Sticks Snacker 6oz, 8ct <i>Jicama, celery & ranch dressing</i>

MWK-561 UPC 768563639371	Quick Pack 5oz, 8ct <i>Crackers, turkey & swiss cheese</i>
MWK-563 UPC 768563636370	Squirrel Snack 7oz, 8ct <i>Almonds, apricots, medjool dates, & grapes</i>
MWK-564 UPC 768563639364	Sweetie Snack 6oz, 8ct <i>Nutella, grapes, and green & red apple slices</i>
MWK-565 UPC 768563639333	PB Pick Me Up Snack Box 6.2oz, 8ct <i>Apples, celery & honey peanut butter</i>

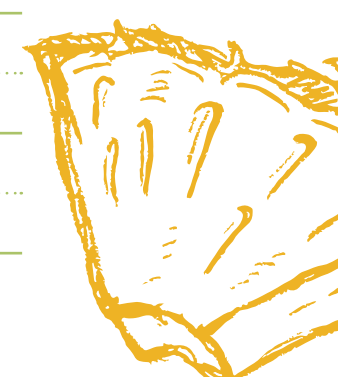


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FRUIT CUPS



MWK-202 UPC 768563636554	Cantaloupe Chunks 6.5oz, 9ct <i>Cleaned, peeled and cut cantaloupe chunks</i>
MWK-209 UPC 768563636530	Fresh Fruit 6.5oz, 9ct <i>Cleaned and peeled fresh fruit mix</i>
MWK-216 UPC 768563636592	Watermelon Chunks 6.5oz, 9ct <i>Fresh cut watermelon chunks</i>
MWK-220 UPC 768563639104	Tropical Fruit 6.5oz, 9ct <i>Mango, papaya, blueberries, kiwi</i>

MWK-221 UPC 768563636585	Pineapple Chunks 6.5oz, 9ct <i>Cleaned, peeled and cut pineapple chunks</i>
MWK-222 UPC 768563636547	Strawberry Cup 6.5oz, 9ct <i>Fresh strawberries</i>
MWK-224 UPC 768563636578	Whole Grapes 6.5oz, 9ct <i>Cleaned seedless grapes</i>

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PARFAIT CUPS



MWK-310	Blueberry Granola Parfait 7oz, 9ct
UPC 768563636615	Vanilla yogurt with blueberries and granola
MWK-311	Strawberry Parfait 7oz, 9ct
UPC 768563636622	Strawberry yogurt with strawberries and granola

MWK-312	Greek Berry Parfait 6oz, 9ct
UPC 768563636639	Greek vanilla nonfat yogurt with strawberries, blackberries, blueberries & granola
MWK-331	Toasted Coconut Dream 6oz, 9ct
UPC 616421217394	Greek yogurt with kiwi, pineapple, blueberries, coconut & granola



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BREAKFAST



MWK-804 Egg & Suasage Sunrise Burrito 7.9oz, 8ct

UPC
768563638718
Scrambled egg, sausage crumbles, onions, bell peppers & shredded cheddar cheese in a flour tortilla

MWK-807 Break-the-Fast Egg & Bacon Tacos 5.85oz, 8ct

UPC
768563638671
Fried egg patty, bacon & cheddar cheese in flour tortilla with hot sauce

MWK-810 Egg & Cheese Biscuit 4.3oz, 8ct

UPC
768563636936
Egg & cheddar cheese on a flaky biscuit

MWK-813 Breakfast Croissant 6.3oz, 8ct

UPC
768563636202
Sausage, cage free egg patty & cheddar cheese on a croissant

MWK-814 Veggie Breakfast Burrito 7.9oz, 8ct

UPC
768563636974
Scrambled egg, red onion & bell peppers in a flour tortilla

MWK-830 Breakfast English Muffin- With Sausage 7oz, 8ct

UPC
768563636196
Sausage, egg, cheese on english muffin

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DESSERTS



MWK-709 UPC 768563637827	Banana Rama Pudding Dessert 4.5oz, 9ct <i>Banana pudding, fresh bananas, whipped cream & vanilla wafers</i>
MWK-710 UPC 768563636899	Oreo Delight 5.2oz, 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>
MWK-712 UPC 768563636912	Italian Cannoli Dipper 3oz, 9ct <i>Cannoli shells with a ricotta cream</i>

MWK-713 UPC 768563636929	Strawberry Short Cake 5.2oz, 9ct <i>Yellow cake with strawberry glaze and whipped cream</i>
MWK-722 UPC 768563638756	S'mores Pudding Cup 6oz, 9ct <i>Chocolate pudding, mini marshmallows, mini chocolate chips & graham cracker pieces</i>
MWK-723 UPC 616421217400	Blackberry Cobbler 5.3oz, 9ct <i>Pound cake, blackberries, Caramel, glazed pecans and whipped cream</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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