

 **FRESH MIDWEST**
Grab N Go

CONVENIENCE
QUALITY
FRESHNESS





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Grab N Go

Welcome to Fresh Midwest, where convenience meets quality in every bite. We specialize in delivering individually wrapped, pre-packaged grab-and-go items that cater to the evolving needs of modern foodservice environments. From sandwiches and salads to snack packs, breakfast items, fruit cups, and desserts, our offerings are crafted in our SQF certified and USDA inspected processing facility, ensuring the highest standards of safety and taste. Each product is retail-ready, complete with nutritional labels, allergen information, and scannable UPC codes, making them an ideal choice for chefs and foodservice directors seeking to streamline operations without compromising on quality. Perfect for c-stores, micro-markets, vending machines, and more—Fresh Midwest is your partner in delivering quick, delicious solutions that keep your customers coming back for more.

*your trusted partner in
fresh, quality food*

**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



Sandwiches



Turkey & Provolone 8ct

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

MWK-113

UPC: 768563636417

Turkey & Swiss on a Croissant 8ct

Turkey breast, swiss cheese & lettuce on a croissant

MWK-114

UPC: 768563636424

Tuna Salad & Cucumber 8ct

Tuna salad, cucumber & lettuce on wheat

MWK-115

UPC: 768563636431

Egg Salad on Wheat 8ct

Egg salad & lettuce on wheat bread

MWK-116

UPC: 768563636448

Chicken Salad Croissant 8ct

Chicken salad with grapes, almonds & romaine on a croissant

MWK-117

UPC: 768563636035

The Bavarian on Pretzel Bun 8ct

Ham, swiss & dijon mayo on a pretzel roll

MWK-120

UPC: 768563636073

PB & J Crunch 8ct

Peanut butter & strawberry jelly with granola on white bread

MWK-122

UPC: 768563636509

Italian Sub 8ct

Ham, pepperoni, prosciutto, provolone, lettuce,

MWK-125

UPC: 768563639272

Caprese Panini 8ct

Mozzarella, tomato, and pesto on rustic sourdough

MWK-135

UPC: 768563639227

Ham & Cheese Panini with Bacon 8ct

Ham, bacon, & muenster panini

MWK-137

UPC: 768563639203

Turkey & Cheese Panini 8ct

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

MWK-146

UPC: 768563636097

Mozzarella Caprese Sandwich 8ct

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

MWK-916

UPC: 768563637674

Cuban Sandwich 8ct

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

MWK-917

UPC: 768563637704

Roast Beef on Everything Bread 8ct

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

MWK-923

UPC: 768563636165



**Veggie & Hummus Wrap
8ct**

Broccoli, peppers, lettuce, red onion, zucchini, tomato and carrots with hummus

MWK-610
UPC: 768563636851

Turkey & Cheese Wrap 8ct

Turkey, cheddar, romaine and tomato with ranch dressing on a flour tortilla

MWK-613
UPC: 768563636882

Italian Chopped Wrap 8ct

Smoked ham, pepperoni, hard salami, provolone, pepperoncini, sliced tomatoes, lettuce, oregano & balsamic

MWK-628
UPC: 768563638800

Chicken Caesar Wrap 8ct

Chicken Caesar with shaved parmesan on a flour tortilla

MWK-611
UPC: 768563636868

**Curry Chicken Salad Wrap
8ct**

Chicken, mayonnaise, cream cheese, raisins, celery, red onion, curry

MWK-614
UPC: 768563635984

Southwest Veggie 8ct

Vegetarian refried beans, black bean & corn mix, quinoa, pepperjack,

MWK-633
UPC: 768563637766

**Buffalo Style Chicken
Wrap 8ct**

Buffalo chicken, celery, carrots, red cabbage, spinach and blue cheese on a flour

MWK-612
UPC: 768563636325

**Asian Style Chicken Wrap
8ct**

Fire braised chicken breast, Asian style lettuce blend & Asian sesame

MWK-615
UPC: 768563638893

**Pesto Chicken Caprese
Wrap 8ct**

Sliced chicken tossed in pesto, mozzarella, spinach, tomatoes & Italian

MWK-634
UPC: 768563637773

Artichoke & Feta Wrap 8ct

Marinated artichoke hearts, feta cheese, lettuce, tomato, cucumbers, red onions

MWK-619
UPC: 768563639296

Salads



Garden Salad 4ct

Carrots, peppers, tomatoes, cucumbers, swiss & lettuce with ranch dressing

MWK-410

UPC: 768563636660

Spinach & Blue Cheese Salad 4ct

Spinach and blue cheese with sunflower seeds, apples, dried cranberries, red onions & balsamic

MWK-413

UPC: 768563636691

Greek Salad 4ct

Kalamata olives, peppers, tomatoes, cucumbers, feta & lettuce with champagne dressing

MWK-414

UPC: 768563636707

Chicken Caesar Salad 4ct

Chicken, parmesan, tomatoes, croutons & lettuce with Caesar dressing

MWK-416

UPC: 768563637070

Asian Style Chicken Salad 4ct

Asian blend, chicken, mandarin oranges & wonton strips with sesame dressing

MWK-417

UPC: 768563636110

Southwest Chicken Salad 4ct

Chicken breast with rib meat, pepper jack cheese, corn, black beans, jalapenos & lettuce with chipotle ranch dressing

MWK-418

UPC: 768563638558

Seoul Salad with Gochujang Chicken 4ct

Asian lettuce blend, chicken breast with rib meat, bell peppers, gochujang sauce &

MWK-425

UPC: 768563639234

Green Goodness Salad 4ct

Romaine, baby kale, radicchio, zucchini noodles, feta,

MWK-430

UPC: 768563639111

Green Power Salad 4ct

Baby kale, cabbage, carrots, broccoli, cauliflower, dried cranberries, toasted almonds, & green onions with lime dressing

MWK-435

UPC: 768563635977

Greek Style Grain Salad 4ct

Romaine, Greek Quinoa salad, tomatoes, Kalamata olives, feta & Greek

MWK-436

UPC: 768563638565



Protein Packs & Snacks



Veggie & Hummus Dipper 8ct

*Hummus with celery, carrots, peppers,
tomatoes and pita chips*

MWK-510
UPC: 768563635861

Grapes & Colby 9ct

Grapes & Colby 6oz, 9ct

MWK-514
UPC: 768563636776

Chicken Salad Snacker 8ct

*Chicken salad with assorted peppers &
pita chips*

MWK-519
UPC: 768563636288

Peanut Butter Snack Pack 8ct

*Peanut butter, celery, hard boiled egg, fire
roasted almonds & dried*

MWK-511
UPC: 768563636745

Pepperoni & Cheese 9ct

Pepperoni, swiss cheese & crackers

MWK-516
UPC: 768563636783

Simply Eggs 9ct

Hard boiled eggs with arugula

MWK-520
UPC: 768563636820

Midwest Power Pack 8ct

*Cheese curds, apples, sausage and grapes
with crackers*

MWK-512
UPC: 768563636752

Tuna Salad Snacker 8ct

*Tuna salad with assorted peppers & pita
chips*

MWK-518
UPC: 768563636271

Quinoa Salad Snack Cup 9ct

*Red & white quinoa, garbanzo beans, red
onions, cucumber, grape tomatoes,
Kalamata olives, feta & Greek dressing*

MWK-521
UPC: 768563638664

Apple Snacker with Caramel 9ct

Granny Smith apples with caramel

MWK-513
UPC: 768563636769

Veggie Dipper 9ct

Celery, carrots & peppers with ranch

MWK-522
UPC: 768563636844



Protein Packs & Snacks



Chef's Box 8ct

Oven roasted browned turkey, hard boiled egg, cheddar cheese cubes & almonds

MWK-545

UPC: 768563639081

Italiano Box 8ct

Sliced prosciutto, fresh sliced cantaloupe & parmesan cheese crisp

MWK-548

UPC: 768563639159

Sweetie Snack 8ct

Nutella, grapes, and green & red apple slices

MWK-564

UPC: 768563639364

Brie & Apples Box 8ct

Brie wedge, granny smith apples, hard salami & multigrain crackers

MWK-547

UPC: 768563639135

Sticks Snacker 8ct

Jicama, celery & ranch dressing

MWK-560

UPC: 768563639388

PB Pick Me Up Snack Box 8ct

Apples, celery & honey peanut butter

MWK-565

UPC: 768563639333

Squirrel Snack 8ct

Almonds, apricots, medjool dates, & grapes

MWK-563

UPC: 768563636370

Fruit Cups



**Cantaloupe Chunks
6.5oz, 9ct**

Cleaned, peeled and cut cantaloupe chunks

MWK-202
UPC: 768563636554

**Watermelon Chunks
6.5oz, 9ct**

Fresh cut watermelon chunks

MWK-216
UPC: 768563636592

Strawberry Cup 6.5oz,

Fresh strawberries

MWK-222
UPC: 768563636547

Fresh Fruit 6.5oz, 9ct

Cleaned and peeled fresh fruit mix

MWK-209
UPC: 768563636530

Mixed Berry 6.5oz, 9ct

A mix of fresh berries, cleaned

MWK-218
UPC: 768563636530

Whole Grapes 6.5oz, 9ct

Cleaned seedless grapes

MWK-224
UPC: 768563636578

**Pineapple Chunks 6.5oz,
9ct**

Cleaned, peeled and cut pineapple chunks

MWK-221
UPC: 768563636585



Breakfast Items



Egg & Suasage Sunrise Burrito 8ct

*Scrambled egg, sausage crumbles, onions,
bell peppers &*

MWK-804
UPC: 768563638718

Break-the-Fast Egg & Bacon Tacos 8ct

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

MWK-807
UPC: 768563638671

Egg & Cheese Biscuit 8ct

Egg & cheddar cheese on a flaky biscuit

MWK-810
UPC: 768563636936

Breakfast Croissant 8ct

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

MWK-813
UPC: 768563636974

Veggie Breakfast Burrito 8ct

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

MWK-814
UPC: 768563636974

Ham & Cheese Croissant 8ct

Egg, ham & cheddar cheese on a croissant

MWK-815
UPC: 616421217578

Feta & Cheese Croissant 8ct

Feta & cheese on a croissant

MWK-817
UPC: 616421217585

Desserts & Parfaits



**Banana Rama Pudding
Dessert 9ct**

Banana pudding, fresh bananas, whipped cream & vanilla wafers

MWK-709
UPC: 768563637827

**Strawberry Short Cake
9ct**

Yellow cake with strawberry glaze and whipped cream

MWK-713
UPC: 768563636929

**Blueberry Granola
Parfait 9ct**

Vanilla yogurt with blueberries and granola

MWK-310
UPC: 768563636615

Oreo Delight 9ct

Chocolate pudding with Oreo crumbles and whipped cream

MWK-710
UPC: 768563636899

**S'mores Pudding Cup
9ct**

Chocolate pudding, mini marshmallows, mini chocolate chips & graham cracker

MWK-722
UPC: 768563638756

Strawberry Parfait 9ct

Strawberry yogurt with strawberries and granola

MWK-311
UPC: 768563636622

Vanilla Goodness 9ct

Vanilla pudding with wafers and whipped cream

MWK-711
UPC: 768563636905

Blackberry Cobbler 9ct

Pound cake, blackberries, Caramel, glazed pecans and whipped cream

MWK-723
UPC: 616421217400

Greek Berry Parfait 9ct

Greek vanilla nonfat yogurt with strawberries,

MWK-312
UPC: 768563636639

**Italian Cannoli Dipper
9ct**

Cannoli shells with a ricotta cream

MWK-712
UPC: 768563636912

**Toasted Coconut Dream
9ct**

Greek yogurt with kiwi, pineapple, blueberries, coconut & granola

MWK-331
UPC: 616421217394



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Distributed by Midwest Foods

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773.927.8870 | midwestfoods.com

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All pictured items
assembled &
photographed on site in
our facility

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