



**MIDWEST
FOODS**

Weekly Specials

April 23rd, 2024



FEATURED ITEMS

Item Number	Description	Region
210155	Asparagus White 11# Case	Holland
MWF-7887	Greens Collard 12ct LOCAL Chicago Urban Farm Solutions	Illinois
MWF-8040	Kale Green 24ct LOCAL Chicago Urban Farm Solutions IL	Illinois
MWF-8039	Kale Lacinato 24ct LOCAL Chicago Urban Farm Solutions, IL	Illinois
13300	Mango Fresh 7-10ct	Mexico
MWF-2011	Fiddlehead Ferns 3# Case	Washington



LOCAL ITEMS

Item Number	Description	Farm	Region
156400P	Beet Jumbo Gold Sack 25#	Rice Lake	Michigan
176100P	Beet Jumbo Striped Sack 25#	Rice Lake	Michigan
156500P	Beets Jumbo Red 25#	Rice Lake	Michigan
MWF-8233	Lettuce Aquaponic 4#	Windy City Harvest	Illinois
180000P	Parsnip Loose 20#	Superior	Michigan
MWF-7822	Spinach 6#	Chicago Urban Farm Solutions	Illinois
7807184	Sprouts Bean 5#	Phoenix Bean	Illinois



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ORGANIC ITEMS

Item Number	Description	Region
MWF-1359	Anise Domestic (Fennel) ORGANIC 24ct	California
MWF-1040	Apples Fuji 100ct Case ORGANIC	Washington
01-1494	Apples Granny Smith ORGANIC 88ct	Washington
MWF-1856	Apples Gala 88ct Case ORGANIC	Washington
01-11955	Apples Honeycrisp 88ct ORGANIC	Washington
45323133	Arugula Baby ORGANIC 2#	California/Arizona
125858	Banana ORGANIC 40#	various
01-3812	Berries Black ORGANIC 12/6oz Case	Mexico
01-1436	Berries Blue ORGANIC 12/6oz Case	Mexico
01-2877	Berries Rasp ORGANIC 12/6oz	Mexico
01-1012	Berries Straw ORGANIC 8/1# Case	Mexico
335435	Broccoli ORGANIC 14ct	California/Arizona
01-12130	Carrot Baby Peeled Rainbow 12-12oz ORGANIC	California
4634153	Carrot Rainbow Large ORGANIC 25#	California
MWF-7556	Chard Rainbow ORGANIC 24ct Case	Mexico
01-2882	Kale Green ORGANIC 24ct	Mexico
MWF-1348	Kale Black Tuscan (Lacinato) ORGANIC 24ct	Mexico
01-12249	Kale Baby ORGANIC 2# Clamshell	California/Arizona
01-11460	Lettuce Mesclun (Spring Mix) 2# ORGANIC Clamshell	California/Arizona
MWF-7561	Lettuce Romaine Hearts 48ct ORGANIC Case	California/Arizona
01-11735	Spinach Baby ORGANIC 2# Foodservice	California