



**MIDWEST
FOODS**



Weekly Specials

OCTOBER 14TH, 2025

Featured Items



Apple Cider
25-1 PT | MWF-7977
4-1 GAL | 365582DG
Local - Garwood, IN



Apples Honeycrisp
88 CT | 01-11390
Local - Garwood, IN



Cranberries
24-12 OZ | 181902



Pumpkin Mini Orange
1/2 BU | 01-1309
Local MI/WI



Pumpkin Mini White
1/2 BU | 01-1309
Local MI/WI



Pumpkin Mini Variety
1/2 BU | MWF-10806
Local MI/WI



Pumpkin Large Carving
Each | 01-1477
Local - Superior, MI



Pumpkin Medium Carving
Each | 01-1668
Local WI/IN



Squash Honeynut
1/2 BU | MWF-3173
Local - Parrfection, WI



Squash Red Kuri
40 LB | 3465753764
Local - Superior, MI

Organic Items

Item Number	Description	Region
MWF-1856	Apples Gala 88ct Case ORGANIC	Washington
45323133	Arugula Baby ORGANIC 2#	California
125858	Banana ORGANIC 40#	Various
01-3812	Berries Black ORGANIC 12/6oz Case	California
01-1436	Berries Blue ORGANIC 12/6oz Case	California
01-2877	Berries Rasp ORGANIC 12/6oz	California
01-1012	Berries Straw ORGANIC 8/1# Case	California
01-12130	Carrot Baby Peeled Rainbow 12-12oz ORGANIC	California
4634153	Carrot Rainbow Large ORGANIC 25#	California
01-11912	Chard Green ORGANIC 24ct	Various
MWF-7556	Chard Rainbow ORGANIC 24ct Case	California
MWF-7650	Chard Red ORGANIC 24ct	Various
01-12249	Kale Baby ORGANIC 2# Clamshell	California
01-11460	Lettuce Mesclun (Spring Mix) 2# ORGANIC Clamshell	California
163800	Lettuce Romaine Hearts 12/3ct ORGANIC	California
01-11735	Spinach Baby ORGANIC 2# Clamshell	California

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Local Items

01-11140	Bean Sprouts 10# BIPOC LOCAL	Canyon Foods	Illinois
157700P	Cabbage Green 45-50# AVG. Case LOCAL	Various	WI/IN/MI
157900P	Cabbage Red 45# Case LOCAL	Various	Indiana/Michigan
MWF-7945	Carrot Orange Nantes Bunch w/Tops 12ct BIPOC LOCAL	Chicago Urban Farm Solutions	Illinois
MWF-7876	Chard Rainbow 12ct BIPOC LOCAL	Chicago Urban Farm Solutions	Illinois
159600P	Celery 30ct LOCAL	Superior	Michigan
01-12241	Cucumber Basket 24ct Case LOCAL	Various	Indiana/Michigan
01-11407	Cucumber Pickling 20# LOCAL	Windy City Harvest	Illinois
149700P	Eggplant 24ct Case LOCAL	Various	Indiana/ Michigan
MWF-7887	Greens Collard 12ct BIPOC LOCAL	Chicago Urban Farm Solutions	Illinois
MWF-8040	Kale Green 24ct BIPOC LOCAL	Chicago Urban Farm Solutions	Illinois
MWF-8039	Kale Lacinato 24ct BIPOC LOCAL	Chicago Urban Farm Solutions	Illinois
MWF-11792	Lettuce Green Butter Whole 8# (2-4#) Case LOCAL	Pure Farms	Wisconsin
MWF-11790	Lettuce Mix Whole 8# (2-4#) Case LOCAL	Pure Farms	Wisconsin
01-1274	Micro Greens Arugula 8oz LOCAL	Garfield Produce	Illinois
01-12146	Micro Greens Cilantro 8oz LOCAL	Garfield Produce	Illinois
154501	Micro Greens Rainbow Mix 8oz LOCAL	Garfield Produce	Illinois
MWF-8242	Mushroom Lion's Mane 5# Case BIPOC LOCAL	Sunny Oaks	Illinois
165400	Mushroom Oyster 5# BIPOC LOCAL	Sunny Oaks	Illinois
165800	Mushroom Shiitake "A" MED 5# BIPOC LOCAL	Sunny Oaks	Illinois
01-11663	Pepper Anaheim 20# Case LOCAL	Garwood Orchards	Indiana
167500	Pepper Banana 10# Case LOCAL	Garwood Orchards	Indiana
01-4579	Pepper Jalapeno 5# BREAK LOCAL	Various	Wisconsin/Indiana
01-4583	Pepper Serrano 5# BREAK LOCAL	Garwood Orchards	Indiana
01-2216	Radish Cello 14-1# LOCAL	Superior Sales	Michigan
171300P	Squash Acorn Green Bushel (32-36# avg) LOCAL Superior MI	Superior Sales	Michigan
172100P	Squash Butternut Case 32-36# avg LOCAL Superior MI	Superior Sales	Michigan
01-11741	Squash Carnival 40# LOCAL Superior MI	Superior Sales	Michigan
6-2382	Squash Delicata 30# Case LOCAL Superior MI	Superior Sales	Michigan
73852	Squash Kabocha 32-36# avg Case LOCAL Superior MI	Superior Sales	Michigan
172900P	Squash Spaghetti Bushel 32-36# avg LOCAL Superior MI	Superior Sales	Michigan
01-11753	Squash Sweet Dumpling 1 1/9th bu LOCAL Superior MI	Superior Sales	Michigan
01-1856	Squash Turban 40# LOCAL Superior MI	Superior Sales	Michigan
149100	Wheatgrass Tray (9# Avg. Wt.) LOCAL	Chicago's Indoor Garden	Illinois

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