



**MIDWEST
FOODS**



Weekly Specials

NOVEMBER 4TH, 2025

Featured Items



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



Apples Crimson Crisp
88 CT | MWF-13094
Local - Garwood, IN



Apples Evercrisp
88 CT | 01-11845
Local - Garwood, IN



Apples Ludacrisp
88 CT | MWF-13095
Local - Garwood, IN



Apples Sugar Bee
88 CT | MWF-3179
Local - Garwood, IN



Apples Lucy Glo
Yellow outside/ red flesh
60 CT EURO | MWF-3177



Apples Lucy Rose
Red outside/ red flesh
60 CT EURO | MWF-3178



Apples Green Dragon
28 CT | MWF-1586



Apples Hidden Rose
28 CT | MWF-8059



Cranberries
24 - 12 OZ | 181902

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-7876	Chard Rainbow 12ct BIPOC LOCAL	Chicago Urban Farm Solutions	Illinois
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
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
01-2216	Radish Cello 14-1# LOCAL	Superior Sales	Michigan
171300P	Squash Acorn Green Bushel (32-36# avg) LOCAL	Superior Sales	Michigan
172100P	Squash Butternut Case 32-36# avg LOCAL	Superior Sales	Michigan
01-11741	Squash Carnival 40# LOCAL	Superior Sales	Michigan
73852	Squash Kabocha 32-36# avg Case LOCAL	Superior Sales	Michigan
172900P	Squash Spaghetti Bushel 32-36# avg LOCAL	Superior Sales	Michigan
01-11753	Squash Sweet Dumpling 1 1/9th bu LOCAL	Superior Sales	Michigan
149100	Wheatgrass Tray (9# Avg. Wt.) LOCAL	Chicago's Indoor Garden	Illinois

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