

MIDWEST FRESH

FOODS, INC.

COLUMBUS, OH.

Form 0-NC

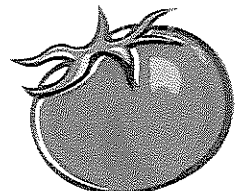
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PRODUCT PRICE LIST ^{Product #} 319 - HST PRICE LIST
Effective - 01/27/09

PRODUCT RANGE: CUSTOMIZED-F

PROD	DESCRIPTION	COMMENTS	PRICES			
			CASE	Each	Lbs.	HALF
430	Apples, Granny Smith		31.00	.51		
720	Avocados, Haas 60		29.99	.74		
860	Bananas		23.25		.68	
900	Blueberries		29.00	2.69		
960	Strawberries, B-1#		23.00		3.96	
990	Raspberries		49.00	4.75		
1010	Blackberries		29.00	3.06		
1040	CHEESE, 2# SLICED SWISS		8.10			
1050	CHEESE, 2# SLICED PROVOLONE		6.50			
1060	CHEESE, 2# SLICED CHEDDAR		8.00			
1070	CHEESE, White CHEDDAR BLOCK		35.00			
1120	Grapes, Thompson White Seedles		26.50		1.55	
1160	Grapes, Red Seedless 18#		29.99		2.11	
1490	Lemons, 165 Ch		29.50	.20		
1540	Limes, 54		9.50	.23		
1600	Cantalope 15		29.00	2.24		
1760	Mangos		14.30	1.94		
2040	Honeydew		26.50	5.59		
2090	Watermelon, LG. 4ct		28.00	7.91		
2300	Oranges, 88		21.00	.33		
3350	Pineapple, X-SWT 8CT GOLDEN		18.99	2.61		
3630	Fennel / Anise		36.50	1.95		
3740	Standard Asparagus 1/2 Crate		27.00		3.68	
3850	Beans, Green Snipped, 2-5#		19.99	15.13		
3910	Beets, Bulk 25#		24.00		1.21	
3940	Broccoli 14's		21.00	1.90		
4020	Cabbage, Green Bag		9.20		.23	
4030	Cabbage, Chopped 4/5#		15.50	4.91		
4050	Cabbage, Red BULK		20.00		.63	
4090	Carrots, 50# Bulk Jumbo		16.99		.48	
4180	Cauliflower, 12's		29.00	3.16		
4210	Celery, 24's		36.50	2.00		
4305	CHEESE, MOZZERELLA SHRED 5#		15.60			
4330	Corn Crate		26.50	.56		
4370	Cucumber 24 ct.		19.99	1.00		
4380	Cukes, English		19.90	2.32		
4440	Eggplant		24.50	1.94		
4530	Garlic, Peeled 4-5#		28.00	8.54		
4650	Kale		15.50	.79		
4680	Lettuce, Iceberg Head 24ct		25.00	1.45		
4750	Lettuce, Romaine Calif 24ct		22.00	1.05		
4740	Lettuce, Romaine Hearts		29.00			
4760	Lettuce, Chopped Romaine		16.35	3.22		
4830	Lettuce, SHRED ROMAINE-TGIF1/4		16.79	3.27		
4831	LETTUCE, SHRED ROMAINE 1/8COSI		16.99	4.11		
4850	Lettuce, Red Leaf Cal		19.99	.92		
4870	Lettuce, Green Leaf Cal		19.99	1.00		
4881	Lettuce, Leaf Filets		18.95			



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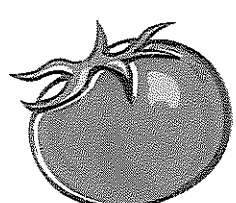
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PROD	DESCRIPTION	COMMENTS	PRICES			
			CASE	Each	Lbs.	HALF
4940	Mushrooms, Large 10#	~2.75	18.99			
4950	Mushrooms, Med. 10#		16.50		2.15	
4970	Mushrooms, Sliced		16.50			
5080	Mushrooms, Shitaki		16.75			
5100	Mushrooms, Crimini		12.50			
5130	Mushrooms, Portabella 5#		13.25			
5240	Onions, Red 25# X-Large		13.99		.66	
5270	Onions, Spanish JBO 50#		15.99		.42	
5310	Onions, Green 48 Calif		16.50	.50		
5330	Onions, WLPLD 30#		23.00			
5400	Onions, GREEN CLN+TRIM		16.95			
5530	Peppers, Green		19.99	.46		
5610	Peppers, Jalapeno		16.50		2.35	
5670	Peppers, Red Large		25.50	1.32		
5840	Potatoes, Red B 50#		26.99		.71	
6010	Potatoes, 70ct		25.50		.89	
6020	Potatoes, 80ct		26.95		.81	
6030	Potatoes, 90ct		26.00		.68	
6040	Potatoes, 100ct		22.00		.63	
6070	Potatoes, 60ct IDAHO		29.00			
6120	Potatoes, Idaho No.2 50#		25.00		.62	
6330	Yams, 50 CT		26.00			
6430	Squash, Zucchini GREEN		21.10		1.69	
6460	Squash, Yellow Med.		21.10		1.69	
6500	Shallots, Peeled 1-5#		17.00			
6520	Spinach, Cello 4/2.5# SB		18.49	7.28		
6640	Sprouts, Bean 10#		7.99		1.08	
6850	Tomato, 6x6 25#		19.99		.91	
6870	Tomato, 5x6 25#		19.00		.96	
6990	Tomato, Cherry		16.99	2.32		
7000	Tomato, Vine Ripe 4x5 20#		19.99		1.61	
7010	Tomato, Vine Ripe 4x4 20#		19.99		1.61	
7040	Tomatoes, Sundried 5#		20.00			
7080	Tomato, Roma 25#		17.99		.96	
7450	Ginger Root		33.00		1.48	
7470	Bok Choy 30#		29.00	2.32		
7600	Milk, 2% 4/1 Gal. (DK. BLUE CAP)		15.00	3.75		
7610	Milk, 2% Half Pints		14.40	.29		
7620	Heavy Whipping Cream 120T		35.30	2.94		
7630	Buttermilk, 9 1/2 Gal.		21.20	2.49		
7640	Cottage Cheese 4-5# Tubs		36.00	9.00		
7650	Half & Half P.C. 402ct.		12.00			
7660	QUARTS! Half & Half		24.70	2.06		
7665	Milk, Whole 4/1Gal. (RED CAP)		15.20	3.94		
7675	Milk, 5 Gal. 2% DISP-CORR.		16.50			
7680	Margarine, Oleo 30/1#		27.10			
7690	Butter Solids UNSALTED		100.00			
7700	Sour Cream 4/5#		26.10	6.91		



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			CASE	Each	Lbs.	HALF
7750	Sour Cream (INDIVIDUAL) 100pk		12.50			
7780	CHEESE, BLEU CRUMBLE (5# BAG)		18.30			
7781	CHEESE, AMER SLICE 120 CT. 5#		15.50			
7782	CHEESE, CHEDDAR SHRED 5#BAG		18.00			
7783	CHEESE, PARMESAN SHRED 5# BAG		25.60			
7784	CHEESE, FETA ()		27.50			
7785	CHEESE, PROVOLONE BLOCK		36.00			
7786	CHEESE, SWISS BLOCK		27.50			
7787	CHEESE, PARMESAN WHEEL		90.50			
7788	CHEESE, MONTEREY SHRED 5# BAG		12.90			
8040	Pickle Spears (5 gallon)		29.00			
8140	Pepper Diced 2/5#(PRE-ORDER)		39.00	24.14		
8190	ColeSlaw Mix ND 4/5# 72007		14.75	4.75		
8220	Onions, Diced 4/5#		18.75	6.21		
8250	Celery, Sticks 2-5# Applebees		18.75	12.03	bag	
8370	Broccoli, Florets 18#		29.99			
8390	Carrot Sticks 2-5# PRE-ORDER		18.50	11.65		
8440	Carrot, Matchstick 4-5# N+D		19.99	7.91		
8480	Tossed Salad Mix 4/5# F.W		14.75	4.75		
8500	Lettuce, Chopped 4-5#		14.75	4.11		
8540	Lettuce Shredded 4-5# (73418)		14.75	4.27		
8620	Dill			1.03	16.46	
8640	Mint			.91	14.56	
8650	Sage			.84	15.19	
8670	Basil			.99	10.20	
8700	Tarragon			.99	14.50	
8710	Cilantro 30ct		14.99	.65		
8720	Chives			.99	12.99	
8740	Oregano			.99	10.25	
8750	Rosemary			.99	10.25	
8760	Thyme			.99	10.25	
8770	Mesc Mix 3#		11.00			
8910	Whip Cream (12-14oz)		29.99	3.28		
8940	CHEESE, RICOTTA		9.99			
9150	Eggs, Large White 15Dz		19.80			
8192	A/B SHRED CABBAGE 72209		14.50	3.92		
4861	Lettuce, 4way BLEND 5/4# TGI		19.30			
4700	Lettuce, BABY ICEBERG		45.99			
3742	Jumbo Asparagus 1/2 Crate		39.99			
180	Apples, Red Del. 88 ct.		31.75	.45		
6260	Potatoes, Whole Peeled		29.95			
8380	Cauliflower Florets(2-5#)				3.09	
2250	Orange JUICE FRESH 4/1GAL			4.79		
2100	Watermelon, Seedless 5 CT			6.96		

