



G&W FOODS

FREDONIA, KANSAS
OPEN 7 DAYS
7AM TO 9PM

VISION CARD/WIC • FAX AVAILABLE
CUSTOMER DELIVERY • SENIOR CITIZENS DISCOUNT
POSTAGE STAMPS AVAILABLE
620-378-3612

Prices Effective: September 3 - September 16, 2025 • While Supplies Last



12-24 Oz.
Selected Varieties
**Bob Evans
Side Dishes**
399
ea.



12 Oz.
Black Canyon Angus
**Boneless
Ribeye Steak**

\$14⁹⁹
ea.



3 Lb. Bag
Missouri, New Crop
**Jonathan
Apples**

\$2⁵⁹



Prairie Fresh
All Natural Pork
Family Pack
**Boneless Chops
or Butterfly Chops**

\$2⁴⁹
lb.



GROUND
**FRESH
DAILY!**

**60% Beef 40% Pork
Boston Style Grind**

\$3⁹⁹
lb.



5 Lb. Bag
**Farmer's Promise
Red or Gold Potatoes**

\$2⁴⁹



Mountaire
Family Pack
**Fresh Chicken
Thighs or Drumsticks**

\$1⁶⁹
lb.



California
**Green
Seedless Grapes**

\$2¹⁹
lb.



1 Lb.
**Aunt Minnie's
Hand Breaded
Chicken Tenders**

\$7⁹⁹



24 Pk./12 Oz. Cans
Select Varieties
**Pepsi
Products**

\$10⁹⁹



48 Oz.
Select Varieties
**Blue Bunny
Premium
Ice Cream**

\$2⁹⁹



9-12 Oz.
Select Varieties
**Frito-Lay
Tostito's
Tortilla Chips**

\$3⁹⁹



16-24 Oz.
Select Varieties
**Ragú
Pasta Sauce**

\$1⁷⁹



7-8 Oz.
Select Varieties
**Best Choice
Cheese Shreds
or Chunks**

2/\$4



14.6-29.3 Oz.
Select Varieties
**DiGiorno
Frozen Pizza**

\$4⁹⁹

DOWNLOAD OUR APP TODAY FOR GREAT RECIPES, FLASH SPECIALS
Plus Great Savings On Digital Coupons

AS YOU ARE AWARE, THE CURRENT SUPPLY LEVEL ON SOME ITEMS HAS CREATED A LOWER THAN NORMAL INVENTORY IN OUR STORES.
WE ARE WORKING DAILY WITH OUR SUPPLIERS AND WILL CONTINUE DO OUR BEST TO PROVIDE THE LARGEST SELECTIONS AVAILABLE.

FARM TO TABLE FRESHNESS

Triple Inspected
Daily for Quality!

\$1.99
ea.



Iceberg
Lettuce



Super Select
Cucumbers

69¢
ea.



13 Oz.
Select Varieties
Marzetti's
Salad
Dressings

\$4.99

2/\$3

Red, Yellow
or Orange
Bell Peppers



\$2.49

10 Oz.
Sangria Medley
Grape Tomatoes



Fall Favorites One Stop Shopping For All Of Your Fall Decorations



Washington
Gala Apples
\$1.49
lb.



Washington
Bartlett
Pears
\$1.59
lb.



2 Lb. Bag
Sunrays
Mandarins
\$3.99



12 Oz.
Select Varieties
Joyba
Smoothies
\$2.49



2.5 Oz.
Select Varieties
Seneca
Apple Chips
\$2.19



Green
Cabbage
79¢
lb.



3 Pk., Olathe
Bi Color
Sweet Corn
\$2.49



Zucchini
or Fancy
Yellow Squash
\$1.79
lb.



Vidalia
Jumbo
Sweet Onions
\$1.29
lb.



6 Oz.
Organic
Blueberries

\$3.49
ea.



7.8 Oz.
Josie's Organic
Caesar Salad Kit

\$4.49
ea.

100% GUARANTEED ORGANIC

Don't forget to check in store
for more organic produce specials!

FRESH QUALITY MEATS

Fully Staffed Meat Shops, Where Our Butchers Are Always Happy To Provide Special Cuts At Your Request
Providing Quality And Freshness With USDA Choice Black Canyon Angus Beef, Prairie Fresh All Natural Pork And Springer Mt. All Natural Poultry

Family Pack
80/20% Lean
Ground Beef

\$5.29 lb.

16 Oz.
Hickory or Applewood Smoked
Kentucky Legend
Sliced Bacon
4.99 ea.

PRAIRIE FRESH

Prairie Fresh
Marinated Loins

\$6.99 lb.

SIZZLING DEALS FOR YOUR HOLIDAY GRILLING!

Black Canyon Angus®
Picanha or
Coulotte Steak

\$9.99 lb.

Black Canyon Angus®
Whole Tri Tips
in Bag Only

\$9.99 lb.

Black Canyon Angus®
Top Sirloin Steak
Any Size Package

\$9.99 lb.

Black Canyon Angus®
Cowboy Cut
Bacon Wrapped
Top Sirloin Steaks

\$9.99 lb.

Black Canyon Angus®
Family Pack
Ribeyes Steaks

\$19.99 lb.

Black Canyon Angus®
Thin Sliced
Beef for Fajitas

\$7.99 lb.

Black Canyon Angus®
Family Pack
80/20% Lean
Ground Beef Patties

\$5.49 lb.

PRAIRIE FRESH
NATURAL

Prairie Fresh All Natural Pork
Family Pack
Pork Steak or
Western Style Ribs

\$2.29 lb.

Prairie Fresh All Natural Pork
Family Pack
Pork Cutlets

\$2.59 lb.

PRAIRIE FRESH
NATURAL

Ready
For Your
Crock Pot!

Prairie Fresh All Natural Pork
Pork Butt Roast

\$2.19 lb.

Prairie Fresh All Natural Pork
Spare Ribs

\$2.99 lb.

Seafood

2 Lb.
Sea Best
Argentine
Red Shrimp

\$18.99

16 Oz.
Sea Best
Cod Fillets

\$7.99

51-60 Ct., 10 Oz.
Sea Best
Cooked &
Peeled Shrimp

\$4.99

16 Oz.
Select Varieties
Sea Best
Hush Puppies

\$2.99

1 Lb.
Sea Best
Tilapia

\$4.99

Black Canyon Angus®
Beef or Tri Tip Kabobs

\$9.99 lb.

PRAIRIE FRESH
NATURAL

Prairie Fresh All Natural Pork
Pork Florentines
or Pinwheels

\$4.49 lb.

Our Signature
Bacon Wrapped
Asparagus

\$6.99 lb.

Our Signature
Jalapeno
Cheddar Burgers

\$5.99 lb.

Springer Mountain Farms
Split Chicken Breast

\$2.79 lb.

Springer Mountain Farms
Ground Chicken

\$2.99 lb.

Mountaire
Fresh Boneless
Chicken Breast or
Boneless Thighs

\$3.59 lb.

Manufacturer's Coupon Expires 09/30/2025

\$1.50 OFF ANY ONE
SPRINGER MOUNTAIN FARMS CHICKEN PRODUCT

www.SpringerMTN.com
Social - SMFchicken

13.3-16 Oz.
State Fair
Original or
Beef Corn Dogs

\$4.99

23-32 Oz.
Select Varieties
Tyson Breaded
Chicken Nuggets
Strips or Patties

\$5.99

frozen meat favorites

1.5 Lb.
Holten's Smash
Burger Sliders

\$9.99

16 Oz.
Johnsonville
Original or Bacon
Cheddar Grillers

\$6.99

10 Lb.
Sager Creek Farms
Bagged Chicken
Leg Quarters

\$7.99

9-10.7 Oz.
Select Varieties
Oscar Mayer
Fun Pack
Lunchables

\$2.99

13-14 Oz.
Select Varieties
Eckrich Smoked
Sausage, Ropes
or Links

\$3.49

16 Oz.
Select Varieties
Oscar Mayer
Deli Sliced
Lunch Meats

\$4.99

40 Oz., Family Pack
Williams
Premium
Hickory
Smoked Bacon

\$12.99

12-16 Oz.
Select Varieties
Williams Premium
Sausage Rolls, Links
or Patties

\$3.59

ALWAYS SOMETHING GOOD COOKIN' AT AUNT MINNIE'S
HOME OF THE BEST HAND-BREADED FRIED CHICKEN YOU WILL FIND ANYWHERE!



Kretschmar



1 Lb.
**Kretschmar
Virginia Honey
or Smoked Ham**

\$6⁹⁹

Kretschmar



1 Lb.
**Kretschmar
Cajun or Sundried
Tomato Turkey**

\$9⁹⁹

Kretschmar



1 Lb.
**Kretschmar Colby
or Colby Jack Cheese**

\$6⁹⁹

RESER'S



2/\$6
1 Lb.
Select Varieties
**Reser's
Variety Salads**

RESER'S



1 Lb.
**Reser's
Deviled Egg
Potato Salad**

\$4⁴⁹

**VISIT OUR DELI
FOR GREAT LUNCH OR
DINNER MEALS**



**That Includes An Entrée And
2 Sides, Plus A Free Cookie.**

MADE FRESH HERE!



8 Piece
**Aunt Minnie's
Dark Meat Chicken**

\$7⁹⁹

Tyson



1 Lb.
**Tyson
Boneless Wings**

\$4⁹⁹

Tyson



**Tyson Chicken &
Cheese or Buffalo
Chicken Crisпитos**

2/\$3

Mrs. Gerry's
The Best in Salads



1 Lb.
**Mrs. Gerry's
Macaroni & Cheese**

\$2⁹⁹

\$6⁴⁹

26 Oz.
Select Varieties
**Café Valley
Glazed Cakes**



\$4⁹⁹

12 Ct.
Original or Savory
**King's Hawaiian
Rolls**



\$3⁴⁹

3.5-5 Oz.
**Rich's Funfetti
or Reese's
Cake Parfaits**



\$3⁹⁹

12 Ct., Select Varieties
**Café Valley
Girl Scout
Cupcakes**



\$4⁴⁹

13.5 Oz., Select Varieties
**Best Choice
Frosted Sugar
Cookies**



\$4⁹⁹

16 Oz.
Select Varieties
**Olson's Sliced
Crème Cakes**



\$4⁹⁹

4 Ct.
Apple or Cherry
**Café Valley
Turnovers**



\$2⁹⁹

20 Oz.
Select Varieties
**Toufayan
Bagels**



shop great selections of frozen entrées, fruits & veggies, pizzas & desserts



19-24 Oz.
Select Varieties
**Totino's
Pizza Rolls**

\$3⁹⁹



8-20 Ct., Select Varieties
**Blue Ribbon
Classics
Ice Cream Novelties**

\$5⁹⁹



7-12 Oz.
Select Varieties
**Pillsbury Toaster
Strudel or Scrambles**

\$3⁴⁹



12 Oz.
Select Varieties
**Flav•R•Pac
Frozen Vegetables**

2/\$3



16-28 Oz., Select Varieties
**Red Robin, Arby's,
Checkers, Nathan's,
Idahoan, Sonic
Frozen Potatoes
or Onion Rings**

\$4⁴⁹



9.8-10.7 Oz.
Select Varieties
**Totino's
Frozen Pizzas**

2/\$4



24-28 Oz.
Select Varieties
**Banquet
Family Size Dinners**

\$3⁹⁹



48 Oz.
Select Varieties
**Hiland Old Recipe
Premium Ice Cream,
No Sugar Added
Ice Cream or Yogurt**

\$4⁹⁹



6 Ct., Select Varieties
**Prairie Farms
Old Fashioned
Ice Cream Cones**

\$5⁹⁹

GROCERY FAVORITES

Find Great Savings on National Brands and Private Label Products

Along With Extra Savings All “Pink Tag” Items

\$2⁹⁹

6-10 Ct.
Select Varieties
Quaker
Instant Oatmeal



2/\$5

8-24 Oz.
Select Varieties
American Beauty
Pasta





Select Varieties
Tide Pods or
Liquid Detergent

\$12⁹⁹



7.5-15 Oz.
Select Varieties
Chef Boyardee
Can or Microwave Pasta

4/\$5



4-5 Oz.
Select Varieties
Knorr Rice or
Pasta Sides

2/\$3



14.5-15.25 Oz.
Select Varieties
Libby's Canned
Vegetables

\$1²⁹



4 Pk.
Select Varieties
Dole
Fruit Bowls

2/\$6



16 Oz.
Select Varieties
Olive Garden
Salad Dressings

\$3⁹⁹



8.9-12.6 Oz.
Select Varieties
Kellogg's Cereals

\$3⁴⁹



6-10 Ct. or 8 Oz.
Select Varieties
Hostess
Snack Cakes

\$2⁹⁹



12-16 Oz., Select Varieties
Betty Crocker
Cake Mixes,
Brownie Mixes
or Frostings

\$1⁷⁹



10 Ct. or 3-12 Oz.
Select Varieties
Starbucks
K-Cups,
Ground or Whole
Bean Coffee

\$8⁹⁹



16.3 Oz.
Select Varieties
Peter Pan
Peanut Butter

\$2⁹⁹



16-24.3 Oz.
Select Varieties
Dawn Spray or
EZ Squeeze
Dish Soap

\$4⁹⁹



6 Mega Rolls
Select Varieties
Cottonelle
Bath Tissue

\$7⁴⁹



16 Lb.
Select Varieties
Friskies
Dry Cat Food

\$16⁹⁹



14-16 Lb.
Select Varieties
Beneful
Dry Dog Food

\$19⁹⁹



12 Oz., Select Varieties
G Hughes
Sugar Free
Dressing

\$3⁹⁹



18 Oz., Select Varieties
G Hughes
Sugar Free
BBQ Sauce

\$4⁷⁹

SHOP OUR ALWAYS FARM FRESH DAIRY FAVORITES

Including products from our hometown Hiland Dairy!



14-16 Oz.
Select Varieties
Daisy Dips
or Squeeze
Sour Cream

2/\$5



5.3 Oz.
Select Varieties
Chobani
Yogurt

5/\$5⁵⁰



11-16.5 Oz., Selected Varieties
Pillsbury
Cookie Dough,
Big Crescent Rolls
or Pizza Crust

\$3⁴⁹



8 Oz.
Select Varieties
Hiland or
Prairie Farms
Sour Cream
or Dips

3/\$5



16 Oz.
Selected Varieties
Hiland or
Prairie Farms
Cottage Cheese

\$2⁹⁹



64 Oz.
Select Varieties
Hiland
Iced Coffee or
Orange Juice

\$4⁹⁹



8 Oz.
Salted or Unsalted
Hiland or
Prairie Farms
Butter Quarters

2/\$5



64 Oz.
Original or Raspberry
Hiland
Lemonade

\$1⁹⁹

SCAN THE CODE TO VISIT OUR WEBSITE FOR *More Great Recipes!*



6.5-8.5 Oz.
Select Varieties
**Frito-Lay
Cheetos**

\$4.49



15.5 Oz.
Select Varieties
**Frito-Lay
Tostitos Salsa**

\$3.99



7.75-8 Oz., Select Varieties
**Best Choice
Potato Chips**

2/\$5

20 Oz.
**Bimbo Soft
White Bread**



2/\$4

20 Oz.
**Lewis Honey
Wheat Bread**



\$2.79

8 Ct.
**Ozark Hearth
Jumbo
Hamburger
Buns**



2/\$4

specialty foods



18 Oz.
Select Varieties
**Stubb's
BBQ Sauce**

\$4.99



18 Oz.
Select Varieties
**Country Bob's
Marinade**

\$4.79



12 Oz.
**Ragin' Cajun
Sweet & Spicy
Pickles**

\$6.99



5-6.25 Oz.
Select Varieties
**Kinder's
Seasoning**

\$5.69



2.6-3.5 Oz.
Select Varieties
**Dan-O's
Seasoning**

\$6.99

Shop Best Choice For Your Best Value



15.5-16 Oz., Select Varieties
**Best Choice
Salsa or
Picante Sauce**

\$2.29



64 Oz., Select Varieties
**Best Choice
Apple Juice or
Apple Juice Blends**

2/\$5



8 Oz., Select Varieties
**Best Choice
Cream Cheese
Spreads**

2/\$4



12.3-16.5 Oz., Select Varieties
**Best Choice
Frozen Waffles
or Pancakes**

2/\$4



28-32 Oz., Select Varieties
**Best Choice
Frozen Hash Browns**

\$2.99

Great Party Favorites From Our Deli



8 Oz.
**Red Apple
Smoked Gruyere,
Cheddar or
Gouda**

\$6.99



5 Oz. Pillow Pack
**Kretschmar
Hard Salami
or Pepperoni**

\$4.49



16 Oz.
**Pancho White,
Original or
Chipotle Queso**

\$5.99



10 Oz.
Select Varieties
Sabra Hummus

\$3.99



7 Oz.
Select Varieties
Sabra Guacamole

\$3.49



1 Lb.
**Aunt Minnie's
Tortilla Chips**

\$2.49

Best Prices for Drinks



12 Pk./12 Oz. Cans
Select Varieties
**Coca Cola
Products**

\$7.49



6 Pk./16.9 Oz. Bottles
Select Varieties
**Pepsi
Products**

\$4.99



8 Pk./12 Oz. Bottles
Select Varieties
**Coca Cola
Products**

\$5.49



8 Pk./12 Oz. Cans
Select Varieties
**Bubly
Sparkling Water**

\$3.99



28 Oz.
Select Varieties
**Powerade
Sports Drinks**

4/\$5

Select Varieties
**RC Cola or
7-Up Products
2 Liters**

\$1.99



.5 Liter Bottles
Select Varieties
**RC Cola or
7-Up Products
6 Pack**

\$4.99

