G&W FOODS

416 W. MYRTLE ST.
INDEPENDENCE, KS 67301

Vision Card & WIC Accepted
Postage Stamps & Fax Available

620-331-9500

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

12 Oz.
Black Canyon Angus
Boneless Ribeye Steak
$14.99 ea.

3 Lb. Bag
Missouri, New Crop
Jonathan Apples
$2.59

Prairie Fresh
All Natural Pork
Family Pack
Boneless Chops or Butterfly Chops
$2.49 lb.

60% Beef 40% Pork Boston Style Grind
$3.99 lb.

5 Lb. Bag
Farmer's Promise Red or Gold Potatoes
$2.49

Mountaire
Family Pack
Fresh Chicken Thighs or Drumsticks
$1.69 lb.

California
Green Seedless Grapes
$2.19 lb.

1 Lb.
Aunt Minnie's Hand Breaded Chicken Tenders
$7.99

24 Pk./12 Oz. Cans
Select Varieties
Pepsi Products
$10.99

48 Oz.
Select Varieties
Blue Bunny Premium Ice Cream
$2.99

9-12 Oz.
Select Varieties
Frito-Lay Tostito's Tortilla Chips
$3.99

16-24 Oz.
Select Varieties
Ragú Pasta Sauce
$1.79

7-8 Oz.
Select Varieties
Best Choice Cheese Shreds or Chunks
2/$4

14.6-29.3 Oz.
Select Varieties
DiGiorno Frozen Pizza
$4.99

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.

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FARM TO TABLE FRESHNESS

Triple Inspected Daily for Quality!

$1.99 ea.

Iceberg Lettuce

69¢ ea.

Super Select Cucumbers

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.

low prices on everyday organic favorites

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

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

Family Pack
80/20% Lean Ground Beef
$5.29 lb.

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 All Natural Pork
Family Pack
Pork Steak or Western Style Ribs
$2.29 lb.

Prairie Fresh
All Natural Pork
Pork Butt Roast
$2.19 lb.

Prairie Fresh
All Natural Pork
Family Pack
Pork Cutlets
$2.59 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

Signature meat items

Black Canyon Angus®
Beef or Tri Tip Kabobs
$9.99 lb.

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.

frozen meat favorites

13.3-16 Oz.
Select Varieties
State Fair Original or Beef Corn Dogs
$4.99

23-32 Oz.
Select Varieties
Tyson Breaded Chicken Nuggets Strips or Patties
$5.99

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

smoked meats

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!

1 Lb.
Kretschmar Virginia Honey or Smoked Ham
$6.99

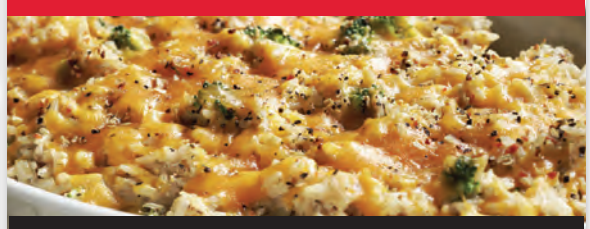
1 Lb.
Kretschmar Cajun or Sundried Tomato Turkey
$9.99

1 Lb.
Kretschmar Colby or Colby Jack Cheese
$6.99

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

$4.49
1 Lb.
Reser's Deviled Egg Potato Salad

Visit Our Deli For Great Lunch or Dinner Meals



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

8 Piece
Aunt Minnie's Dark Meat Chicken
$7.99

1 Lb.
Tyson Boneless Wings
$4.99

Tyson Chicken & Cheese or Buffalo Chicken Crispitos
2/$3

1 Lb.
Mrs. Gerry's Macaroni & Cheese
$2.99

$6.49
26 Oz.
Select Varieties
Café Valley Glazed Cakes

$4.99
12 Ct.
Original or Savory
King's Hawaiian Rolls

$3.49
3.5-5 Oz.
Rich's Funfetti or Reese's Cake Parfaits

$3.99
12 Ct., Select Varieties
Café Valley Girl Scout Cupcakes

$4.49
13.5 Oz., Select Varieties
Best Choice Frosted Sugar Cookies

$4.99
16 Oz.
Select Varieties
Olson's Sliced Crème Cakes

$4.99
4 Ct.
Apple or Cherry
Café Valley Turnovers

$2.99
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
$3.99

8-20 Ct., Select Varieties
Blue Ribbon Classics Ice Cream Novelties
$5.99

7-12 Oz.
Select Varieties
Pillsbury Toaster Strudel or Scrambles
$3.49

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
$4.49

9.8-10.7 Oz.
Select Varieties
Totino's Frozen Pizzas
2/$4

24-28 Oz.
Select Varieties
Banquet Family Size Dinners
$3.99

48 Oz.
Select Varieties
Hiland Old Recipe Premium Ice Cream, No Sugar Added Ice Cream or Yogurt
$4.99

6 Ct., Select Varieties
Prairie Farms Old Fashioned Ice Cream Cones
$5.99

GROCERY FAVORITES

Find Great Savings on National Brands and Private Label Products
Along With Extra Savings All "Pink Tag" Items

$2.99

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

$12.99

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 **$1.29**

4 Pk.
Select Varieties
Dole Fruit Bowls **2/$6**

16 Oz.
Select Varieties
Olive Garden Salad Dressings **$3.99**

8.9-12.6 Oz.
Select Varieties
Kellogg's Cereals **$3.49**

6-10 Ct. or 8 Oz.
Select Varieties
Hostess Snack Cakes **$2.99**

12-16 Oz., Select Varieties
Betty Crocker Cake Mixes, Brownie Mixes or Frostings **$1.79**

10 Ct. or 3-12 Oz.
Select Varieties
Starbucks K-Cups, Ground or Whole Bean Coffee **$8.99**

16.3 Oz.
Select Varieties
Peter Pan Peanut Butter **$2.99**

16-24.3 Oz.
Select Varieties
Dawn Spray or EZ Squeeze Dish Soap **$4.99**

6 Mega Rolls
Select Varieties
Cottonelle Bath Tissue **$7.49**

16 Lb.
Select Varieties
Friskies Dry Cat Food **$16.99**

14-16 Lb.
Select Varieties
Beneful Dry Dog Food **$19.99**

12 Oz., Select Varieties
G Hughes Sugar Free Dressing **$3.99**

18 Oz., Select Varieties
G Hughes Sugar Free BBQ Sauce **$4.79**

SHOP OUR ALWAYS FARM FRESH DAIRY FAVORITES
Including products from our hometown Hiland Dairy!

2/$5

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

5/$5.50

5.3 Oz.
Select Varieties
Chobani Yogurt

$3.49

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

8 Oz.
Select Varieties
Hiland or Prairie Farms Sour Cream or Dips **3/$5**

16 Oz.
Selected Varieties
Hiland or Prairie Farms Cottage Cheese **$2.99**

64 Oz.
Select Varieties
Hiland Iced Coffee or Orange Juice **$4.99**

8 Oz.
Salted or Unsalted
Hiland or Prairie Farms Butter Quarters **2/$5**

64 Oz.
Original or Raspberry
Hiland Lemonade **$1.99**

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