



G & W FOODS

101 S. FIRST STREET
IOLA, KS 66749
OPEN 7 DAYS A WEEK
7AM TO 10 PM
620-228-5570

Prices Effective: August 6 - August 19, 2025 • While Supplies Last



20 Oz.
Selected Varieties
Reser's
Side Dishes
2.99
ea.

\$14.99
lb.



Black Canyon Angus
T-Bone Steak



\$2.49

3 Pk., First of The Season
**Olathe
Bi Color Sweet Corn**



\$2.29
lb.

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



\$6.99

27.2 Oz., Selected Varieties
**Prairie Fresh
Marinated Pork Loins**



\$1.79

**Green
Seedless Grapes**



\$2.99
lb.

Mountaire
Family Pack
**Fresh Chicken
Wings**



\$2.99
lb.

Northwest
**Dark Red
Sweet Cherries**



\$7.99

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



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

2/\$5



7.5-15 Oz. or 4 Ct.
Select Varieties
**Chef Boyardee
or Hunt's
Can Pasta,
Microwave Pasta
or Snack Pack
Puddings**

10/\$10



24 Pk.
Select Varieties
**Niagara
Drinking Water**

2/\$5



8 Pk./12 Oz. Bottles
Select Varieties
**Gatorade
Sports Drinks**

\$6.99



46-48 Oz.
Select Varieties
**Blue Bunny
Premium
Ice Cream**

\$3.49



11-23 Oz.
Select Varieties
**Red Baron
Pizza**

\$3.99

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.

FARM TO TABLE FRESHNESS

*Triple Inspected
Daily for Quality!*

\$1.49
lb.

**Southern
Peaches**



Pint
**Fresh
Blueberries**

\$2.49
lb.



**Cotton
Candy Grapes**

\$3.99
lb.

\$1.99
lb.

**Hatch
Peppers**



AVAILABLE FOR
LIMITED TIME!

\$3.19

24 Oz., Select Varieties
**Tasteful Selections
Bite Size Potatoes**



**Vidalia
Onions**

\$1.29
lb.



**Hass
Avocados**

\$1.19
ea.



**Bunch
Fresh
Cilantro**

89¢
lb.



**Black
Plums**

\$1.99
lb.



**Washington
Pink Lady
Apples**

\$1.19
lb.



9-12 Oz.
Select Varieties
**Dole American
or Italian Salad**

\$2.49

**On The Vine
Tomatoes**



\$1.39
lb.

**Super Select
Cucumbers**



89¢
ea.



5 Oz.
Select Varieties
**Fresh Gourmet
Croutons**

\$1.69

low prices on everyday organic favorites



3 Pk.
**Josie's Organic
Romaine Hearts**

\$3.49



**Josie's Organic
Broccoli**

\$3.99
lb.



**Josie's Organic
Cauliflower**

\$4.29
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

GROUND FRESH DAILY!

Family Pack
80/20% Lean Ground Beef

\$4.99 lb.

24 Oz. Select Varieties
Wright Sliced Bacon
999 ea.

BLACK CANYON
ANGUS BEEF

Black Canyon Angus®
Any Size Package
Top Round Steaks

\$6.99 lb.

START YOUR MORNING WITH THESE GREAT BREAKFAST DEALS!

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

\$3.59

Kentucky Legend
Sliced Bacon
Select Varieties
16 Oz.

\$4.99

Williams
Sliced Bacon
40 Oz.

\$12.99

Jimmy Dean
Sausage Roll
Select Varieties
16 Oz.

\$3.99

\$1.00 OFF
Any one pound package of
KENTUCKY LEGEND BACON

Redeemable only at participating retailers

0035600-008039

Black Canyon Angus
London
Broil or Top
Round Roast

\$6.99

Black Canyon Angus
Family Pack
Cube Steaks

\$7.49

GROUND FRESH DAILY!

Ground Fresh Daily
90/10% Lean
Ground Beef

\$6.79

PRAIRIE FRESH NATURAL

Prairie Fresh
All Natural Pork
Family Pack
Butterfly or
Boneless Chops

\$2.59 lb.

PRAIRIE FRESH NATURAL

Prairie Fresh
All Natural Pork
Light Spare Ribs
or Boneless
Country Style Ribs

\$2.99 lb.

PRAIRIE FRESH NATURAL

Prairie Fresh
All Natural Pork
Boneless Pork
Loin Roast or
Butt Roast

\$2.49 lb.

Seafood

Fresh Never Frozen
Chilean Salmon Fillets

\$12.99 lb.

100-150 Ct., 24 Oz.
Best Choice Cooked Shrimp

\$10.99

2 Lb.
Louisiana Select Breaded Shrimp

\$14.99

2 Lb.
Louisiana Select Breaded Catfish Strips

\$17.99

2 Lb.
Sea Best Argentine Red Shrimp

\$17.99

GROUND FRESH DAILY!

PRAIRIE FRESH NATURAL

Prairie Fresh All Natural Pork
Ground Pork

\$2.99 lb.

Signature meat items

Black Canyon Angus
Steak Fingers

\$7.99 lb.

Our Signature
Jalapeno Cheddar
Brat Patties

\$4.99 lb.

Great on the Grill!

PRAIRIE FRESH NATURAL

Prairie Fresh All Natural Pork
Bacon Wrapped Stuffed Chops

\$4.99 lb.

Springer Mountain Farms
Whole Wings or
Drumettes

\$3.49 lb.

Springer Mountain Farms
Ground Chicken

\$2.99 lb.

Mountaire
Fresh Young Chicken
Boneless Breast
or Thighs

\$3.49 lb.

Mountaire
Fresh Young Chicken
Family Pack
Leg Quarters

99¢ lb.

Manufacturer's Coupon Expires 06/30/2025

\$1.50 OFF ANY ONE
SPRINGER MOUNTAIN FARMS CHICKEN PRODUCT

www.SpringerMTN.com
Social - SMFchicken

21.36 Oz.
Select Varieties
Bar-S Corn Dogs

\$4.49

12.8-18.8 Oz.
Select Varieties
Jimmy Dean Breakfast Sandwiches

\$6.99

23-32 Oz.
Select Varieties
Tyson Chicken Nuggets, Patties or Fun Nuggets

\$6.99

60.8-64 Oz.
Select Varieties
El Monterey Value Pack Burritos or Chimichangas

\$9.99

6 Lb.
Holten Party Box of Beef Patties

\$25.99

9-16 Oz.
Select Varieties
Land O'Frost Premium Lunch Meats

\$5.49

12 Oz.
Oscar Mayer Sliced Turkey Bacon

\$3.99

12-14 Oz.
Select Varieties
Hillshire Farm Smoked Sausage or Polish Kielbasa

\$3.49

2 Oz.
Select Varieties
Carl Buddig Thin Sliced Lunch Meats

59¢

13.9-16.1 Oz.
Selected Varieties
Oscar Mayer Uploaded Lunchables

\$3.99

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**

\$5⁹⁹

WILSON



1 Lb.
**Wilson
Roast Beef**

\$8⁹⁹

Kretschmar



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

\$6⁹⁹

RESER'S



2/**\$6**

1 Lb.
Select Varieties
Reser's Salads

ZARDA
HICKORY PIT BAR-B-Q



1 Lb.
Classic or Grandma's
**Zarda
Baked Beans**

\$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**

\$7⁹⁹

Mrs. Gerry's
The Best in Salads



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

\$2⁹⁹

STATE FAIR



4 Oz.
**State Fair
Corn Dogs**

2/**\$3**



**Aunt Minnie's
Super Sub**

\$8⁹⁹

\$8⁹⁹

27.5 Oz.
**Rich's Boston
Crème Cake**



\$5⁹⁹

12.3 Oz.
Original or With Cheese
**Miller Pretzilla
Pretzel Bites**



\$3⁴⁹

3.5-5 Oz., Select Varieties
**Rich's
Funfetti or Reeses
Cake Parfaits**



\$4⁹⁹

4 Oz.
Select Varieties
**JJ's
Snack Pies**



\$3⁹⁹

8 Oz.
**Olson's
Sliced Angel
Food Cake**



\$3⁹⁹

6 Ct.
Select Varieties
**Clyde's
Glazed Donuts**



\$5⁴⁹

14 Oz.
Select Varieties
**37th Street
Danishes**



\$3⁹⁹

24 Oz.
**Goldminer
Sourdough
Square**



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

SNICKERS ICE CREAM



4-10 Ct.
Select Varieties
**Dove, Snickers,
M&M, or Twix
Ice Cream Bars
or Sandwiches**

\$3⁹⁹

HUNGRY-MAN



13-16 Oz.
Select Varieties
**Hungry-Man
Frozen Dinners**

\$3⁷⁹

Michelina's



4.5-8.5 Oz.
Select Varieties
**Michelina's
Frozen Entrées**

2/**\$3**

Totino's



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

\$3⁹⁹

Voila!



21 Oz.
Select Varieties
**Voila!
Skillet Meals**

\$4⁹⁹

BIRDS EYE



10-16 Oz.
Select Varieties
**Birds Eye
Frozen Vegetable Blends**

\$2¹⁹

Blue Bunny



6-9 Ct.
Select Varieties
**Blue Bunny Mini Bars,
Mini Cones or
Mini Sandwiches**

\$3⁹⁹

Country Vanilla



4 Qt. Pail
Select Varieties
**Hiland
Ice Cream**

\$7⁴⁹

Prairie Farms



12 Ct.
Select Varieties
**Prairie Farms
Ice Cream Sandwiches**

\$5⁴⁹

GROCERY FAVORITES

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

2/\$4

10-10.75 Oz.
Select Varieties

**Hostess
Bagged Donuts**



\$5.99

9.6 Oz. or 10 Ct.
Select Varieties

**Folgers
Ground Coffee
or K-Cups**



5.34-7.44 Oz. or 4-10 Ct., Select Varieties
**Nature Valley, Fiber One,
General Mills
Bars, or
Betty Crocker
Fruit Snacks,
Old El Paso
Taco Shells**

\$2.49



15 Oz.
Select Varieties
**Van Camp's
Pork & Beans**

99¢



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

\$3.99



15-16 Oz.
Select Varieties
**Hunt's
Manwich Sauce**

2/\$3



4 Oz.
Select Varieties
**Betty Crocker
Box Potatoes**

2/\$4



4-10 Oz.
Select Varieties
**Old El Paso Refried
Beans, Green Chiles
or Enchilada Sauce**

2/\$4



15-16 Oz.
Select Varieties
**Skippy
Peanut Butter**

2/\$4



11.4-13 Oz.
Select Varieties
**Quaker
Cap'n Crunch
or Life Cereal**

\$3.49



128 Oz.
Select Varieties
**Hawaiian Punch
Fruit Drinks**

\$3.49



6-10 Ct.
Select Varieties
**Hostess
Snack Cakes**

\$2.99



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

\$1.79



56-57 Oz.
Select Varieties
**Xtra Liquid
Detergent**

\$3.29



12 Rolls
Select Varieties
**Fiora
Bath Tissue**

\$5.49



12-18 Oz.
Select Varieties
**Dawn
Dish Soap**

\$3.49



3-3.15 Lb.
Select Varieties
**Meow Mix
Dry Cat Food**

\$6.49



12 Oz.
Select Varieties
**Briannas
Salad Dressing**

\$3.79



3-4.4 Oz.
Select Varieties
**Alessi
Bread Sticks**

\$2.19

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



\$2.99

16.3 Oz.
Select Varieties
**Pillsbury Grands!
Biscuits**



5/\$5.50

5.3 Oz.
Select Varieties
**Chobani
Greek Yogurt**



\$3.99

16 Oz.
Salted or Unsalted
**Best Choice
Butter Quarters**



16 Oz or Half Gallon
Select Varieties
**Hiland or
Prairie Farms
Cottage Cheese
or Buttermilk**

\$2.99



Half Gallon
Select Varieties
**Hiland
Almond or
Soy Milk**

\$3.29



24 Oz.
Select Varieties
**Hiland or
Prairie Farms
Sour Cream**

\$3.99



Half Gallon
Select Varieties
**Hiland
Orange Juice**

\$4.79



8 Oz.
Salted or Unsalted
**Hiland
Butter Quarters**

2/\$5

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



5.25-6 Oz.
Select Varieties
**Frito-Lay
Funyuns**

\$4.49



14.5-18 Oz.
Select Varieties
**Frito-Lay
Multi Packs**

\$9.99



9-12 Oz.
Select Varieties
**Frito-Lay
Tostitos**

\$3.99

20 Oz.
Select Varieties
**Sara Lee
Artesano
Bread**



\$2.99

20 Oz.
**Ozark Hearth
Butter Bread**



\$2.29

8 Ct.
**Bunny
Hamburger or
Hot Dog Buns**



2/\$5

specialty foods



14.1 Oz.
**Pomi
Pizza Sauce**
\$2.99



16 Oz.
**Bob's Red Mill
Pizza Crust Mix**
\$5.29



17 Oz.
Select Varieties
DaVinci Olive Oil

\$9.99



1.2-1.6 Oz.
Select Varieties
Knorr Pasta Sauce Mix

2/\$3



9.5-10 Oz.
Select Varieties
Mezzetta Olives

\$6.49

Shop Best Choice For Your Best Value



24-32 Oz.
Select Varieties
**Best Choice
Frozen Potatoes**

\$3.49



16 Oz.
Select Varieties
**Best Choice
Pickles**

\$2.79



20-24 Oz.
**Best Choice
Ketchup or
Mustard**

\$1.49



8 Ct.
Select Varieties
**Best Choice
Toaster Pastries**

2/\$4



8 Ct.
Select Varieties
**Best Choice
Instant Oatmeal**

2/\$5

Great Party Favorites From Our Deli



8 Oz.
**BelGioioso
Mozzarella Pearls**

\$2.99



8 Oz.
**BelGioioso
Mozzarella Balls**

\$2.99



8 Oz.
**BelGioioso
Mozzarella
Sliced Log**

\$2.99



8 Oz.
**Red Apple
Gouda Cheese**

\$5.99



7.2 Oz.
Select Varieties
**Snack Factory
Pretzel Crisps**

\$3.99



10 Oz.
Select Varieties
Sabra Hummus

\$3.99

Best Prices for Drinks



2 Liter
Select Varieties
**Coca Cola
Products**

\$1.79



2 Liter
Select Varieties
**Pepsi
Products**

\$2.39



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

\$4.99



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

\$7.99



28 Oz. Bottles
Select Varieties
**BodyArmor
Sport Drinks**

\$1.79

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

3/\$5



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

\$3.99

