



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 20 - September 2, 2025 • While Supplies Last



GROUND FRESH DAILY!

12 Oz. Select Varieties Bar-S Hot Dogs **99¢**

\$5²⁹ lb.

Family Pack
80/20% Lean Ground Beef

5/\$3

Olathe
Bi Color Sweet Corn

\$1⁹⁹ lb.

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

\$12⁹⁹ lb.

Family Pack
Black Canyon Angus®
Bone-In K.C. Strip Steaks

\$2²⁹ lb.

California
Red Seedless Grapes

Great on the Smoker or on the Grill!

\$1³⁹ lb.

Mountaire
Family Pack
Whole Chicken Fryers

\$2⁹⁹

New Crop! Missouri
3 Lb. Bag
Gala Apples

\$5⁹⁹

3 Lb.
Select Varieties
Reser's Salads

\$6⁴⁹

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

BUY 1 GET 1 FREE

6-10.75 Oz. Select Varieties
Frito-Lay Lay's Potato Chips or Doritos

2/\$3

16 Oz. Select Varieties
Oscar Mayer Hot Dogs

2/\$5

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

2/\$5

48 Oz. Select Varieties
Blue Ribbon Classics Frozen Dairy Dessert

\$2⁴⁹

10-16 Oz. Select Varieties
Post Cereals

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!

\$2⁹⁹

24 Oz.
Select Varieties
**Tasteful Selections
Bite Sized Potatoes**





\$1¹⁹
lb.

**Jumbo Sweet
Vidalia Onions**



\$1²⁹
lb.

**Michigan
Fancy
Zucchini
Squash**

\$1²⁹
lb.

**14 Oz.
Dole Classic
Coleslaw**



\$3⁹⁹

**13 Oz.
Marzetti
Slaw Dressing**





\$1⁷⁹
lb.

**SC Big Smiles
Yellow Peaches**



\$2⁹⁹

**Pint
Fresh
Blueberries**



\$1⁷⁹
lb.

**New Crop!, Washington
Bartlett Pears**

AVAILABLE
FOR A
LIMITED TIME!



\$1⁹⁹
lb.

**Hatch
Peppers**



99¢
ea.

**Hass
Avocados**



\$1⁶⁹

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



\$1⁴⁹
lb.

**Hot House
Beefsteak
Tomatoes**



\$1¹⁹

**12 Oz. Bag
Peeled
Baby Carrots**



\$3⁴⁹

**5 Oz.
Select Varieties
Jackson's
Sweet Potato Chips**



\$1⁹⁹
ea.

**Stalk
Josie's
Organic Celery**

low prices on everyday organic favorites



\$4⁹⁹
lb.

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

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


Black Canyon Angus®
Family Pack
Patio or
Charcoal Steaks

20 Oz. Select Varieties
Hormel
Side Dishes
3.99

\$6.99
lb.


Black Canyon Angus®
Family Pack
Sirloin Tip Steaks

\$7.99
lb.

SIZZLING DEALS FOR YOUR HOLIDAY GRILLING!


Johnsonville
Fresh Bratwurst
Select Varieties
19 Oz.

\$5.99


Eckrich
Smoked Sausage
Select Varieties
13-14 Oz.

2/\$5


Oscar Mayer All
Beef Hot Dogs
Regular Or Bun Length
15 Oz.

\$5.99


Family Pack
80/20% Lean
Ground Beef
Patties

\$5.79

Great on the Grill!


Black Canyon Angus®
Rump or Bottom
Round Roast

\$5.99
lb.


Black Canyon Angus®
90/10% Lean
Ground Beef
or Patties

\$6.99
lb.


Black Canyon Angus®
Lean Stew Meat

\$6.99
lb.


Prairie Fresh
All Natural Pork
Family Pack
Butterfly or
Boneless Chops

\$2.59
lb.


Prairie Fresh
All Natural Pork
2 Pack
Pork Butts

\$1.89
lb.


Prairie Fresh
All Natural Pork
Baby Back Ribs

\$3.49
lb.

Seafood


26-30 Ct., 16 Oz.
Sea Best
Cooked &
Peeled Shrimp

\$8.99
lb.


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

\$5.99


16 Oz.
Sea Best
Tilapia Fillets

\$4.99


19-24.6 Oz.
Select Varieties
Mrs. Paul's
Breaded Fillets
or Fish Sticks

\$6.99


16 Oz.
Sea Best
Salmon Fillets

\$7.99


Black Canyon Angus®
Steak Fingers

\$7.99
lb.

Grill or Fry!


Our Signature
Bacon Wrapped
Jalapeño Poppers

\$9.99
lb.


Prairie Fresh All Natural Pork
Bacon Wrapped
Pork Ribeyes

\$3.99
lb.


Any Size Package
Our Signature
Seasoned Split Broilers

\$1.99
lb.


Springer Mountain Farms
Boneless Chicken
Breast or Tenders

\$4.99
lb.


Mountaire Fresh Chicken
Family Pack
Boneless Breast
Tenders or
Boneless Thighs

\$3.79
lb.


Mountaire Fresh Chicken
Family Pack
Chicken
Drumsticks

\$1.29
lb.


10 Lb. Bag
Sager Creek Farms
Chicken
Leg Quarters

\$8.99
ea.


www.SpringerMTN.com
Social - SMFchicken


22.5-24 Oz.
Select Varieties
Fast Fixin'
Breaded Chicken
Nuggets, Strips
or Patties

\$4.99


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

\$3.69


30.4-32 Oz.
Select Varieties
El Monterey
Burritos or
Chimichangas

\$5.99


32 Oz.
Holtzen's
Chop House
Smashed Burgers

\$12.99


16 Oz.
Select Varieties
Jimmy Dean
Sausage Rolls

\$3.99

smoked meats


16 Oz.
Select Varieties
Oscar Mayer
Sliced Bacon

\$5.99


12-14 Oz., Select Varieties
Johnsonville
Smoked Sausages,
Rope or Links

\$3.99


7-8 Oz.
Select Varieties
Smithfield
Prime Deli Sliced
Lunch Meats

\$3.79


13.9-16.1 Oz.
Select Varieties
Oscar Mayer
Uploaded Lunchables

\$3.99


40 Oz.
Williams Premium
Bacon Family Size
Sliced Slab Bacon

\$12.99

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



Kretschmar



1 Lb.
**Kretschmar
Black Forest or
Sweet Cherrywood Ham**

\$6⁹⁹

Kretschmar



1 Lb.
**Kretschmar
Yellow or White
American Cheese**

\$6⁹⁹

MADE FRESH HERE!



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

\$7⁹⁹

MADE FRESH HERE!



8 Piece
**Aunt Minnie's
Fried Chicken**

\$10⁹⁹



1 Lb.
**Fair Market
Fully Cooked
Seasoned
Shredded Chicken**

\$5⁹⁹

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



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

Kretschmar



**Kretschmar
Fully Cooked Ribs**

\$12⁹⁹

ZARDA
HICKORY PIT BAR-B-Q



3 Lb.
**Original or Grandma's
Zarda
Baked Beans**

\$10⁹⁹

MADE FRESH HERE!



1 Lb.
**Aunt Minnie's
7 Layer Bean Dip**

\$4⁹⁹

MADE FRESH HERE!



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

\$2⁴⁹

\$5⁹⁹

**HEARTLAND
PIES**
BY TIPPIN'S



24 Oz.
**Heartland
Apple Pie**

\$4⁹⁹

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



\$8⁹⁹



27.5 Oz.
**JWA Boston
Creme Cake**

\$5⁴⁹

13 Oz.
**Select Varieties
MJay Brownies**



\$4⁴⁹

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



\$5⁹⁹



12 Ct./24 Oz.
**Clyde's
Glazed Yeast
Ring Donuts**

\$5⁴⁹

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



\$5⁹⁹

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



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



7.5-10.9 Oz.
**Select Varieties
Totino's Pizza
or Pizza Rolls**

2/\$4



22-32 Oz.
**Select Varieties
Ore-Ida
Frozen Potatoes**

\$3⁹⁹



12 Ct.
**Blue Bunny
Bomb Pops**

2/\$5



16-22 Oz.
**Select Varieties
Louisa Ravioli
or Tortellini**

\$4⁴⁹



8.8-12.6 Oz.
**Select Varieties
Stouffer's
Entrées**

\$3⁴⁹



14.3-22 Oz.
**Select Varieties
Farm Rich Appetizers**

\$5⁹⁹



24-32 Oz.
**Select Varieties
Edwards Pies**

\$7⁴⁹



48 Oz.
**Select Varieties
Hiland
Light Ice Cream**

\$3⁴⁹



12 Ct.
**Select Varieties
Prairie Farms
Fudge Bars,
Just Dipped Bars or
Orange Dream Bars**

\$4⁹⁹

GROCERY FAVORITES

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

4/\$5

18 Oz.
Select Varieties
KC Masterpiece
BBQ Sauce



2/\$5

21-28 Oz.
Select Varieties
Bush's Best
Baked Beans



24 Oz.
Hidden Valley
Ranch
Salad Dressings

\$4⁴⁹



16.3 Oz.
Select Varieties
Peter Pan
Peanut Butter

\$2⁴⁹



10 Oz.
Select Varieties
Ro*tel
Tomatoes

2/\$3



16 Oz.
Select Varieties
Pace Picante
or Salsa

2/\$5



4.3-7.2 Oz.
Select Varieties
Rice-A-Roni or
Pasta Roni Sides

2/\$3



24-32 Oz.
Select Varieties
Mt. Olive
Pickles

\$3²⁹



15 Oz.
Select Varieties
Wish-Bone
Salad Dressings

\$2⁹⁹



24 Oz.
Select Varieties
Hunt's
Pasta Sauce

2/\$3



9.5-10.75 Oz.
Select Varieties
Hostess
Bag Donuts

2/\$5



10 Ct.
Select Varieties
Donut Shop, McCafé,
Green Mountain
K-Cups

\$8⁴⁹



8-15.4 Lb.
Royal Oak
Charcoal
Briquets or
Lump Charcoal

\$6⁹⁹



12 Lb.
Kingsford
Match Light
Charcoal

\$12⁹⁹



25-48 Ct.
Select Varieties
Hefty
Storage or
Freezer Bags

\$4⁴⁹



6 Ct. Triple Rolls
or 12 Mega Rolls
Fiora Paper
Towels or
Bath Tissue

\$8⁴⁹



8 Pk., Select Varieties
Honest Kids
Organic
Fruit Juice

\$5⁴⁹



4 Ct., Select Varieties
Go Go
Squeeze
Apple Sauce

\$3²⁹

SHOP OUR ALWAYS FARM FRESH DAIRY FAVORITES

Including products from our hometown Hiland Dairy!



2/\$6

8-12 Oz.
Select Varieties
Kraft
Cheese Singles



2/\$5

16 Oz.
Select Varieties
Daisy
Sour Cream



\$2⁹⁹

8 Oz., Selected Varieties
Pillsbury Grands!
Biscuits, Crescents,
or Cinnamon Rolls



Gallon
Select Varieties
Red Diamond
Tea

\$3⁹⁹



16-24 Oz.
Selected Varieties
Hiland
Cottage Cheese,
Cheese or
Butter Quarters

\$3⁹⁹



16 Oz.
Select Varieties
Hiland
Sour Cream
or Dips

2/\$5



Quart
Hiland
Half & Half

\$4²⁹



32 Oz.
Select Varieties
Hiland
Coffee
Creamers

\$2⁹⁹

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



6.5-13.7 Oz.

Select Varieties

**Nabisco Ritz,
Triscuit, Wheat Thins
or Chips Ahoy**

\$3⁹⁹



9.1-11.5 Oz.

Select Varieties

**On The Border
Tortilla Chips**

2/\$7



15 Oz., Select Varieties

**Frito-Lay Jar Queso,
Ranch, French Onion,
Spinach or Jalapeno Dips**

\$4⁴⁹

20 Oz.
**Sara Lee
Classic
White Bread**



2/\$5

8 Ct.
**Ball Park
Hamburger or
Hot Dog Buns**



\$2⁷⁹

20 Oz.
**Ozark Hearth
Texas Toast**



2/\$4

8 Ct.
**Best Choice
Hamburger or
Hot Dog buns**



2/\$3

specialty foods



7.5 Oz.

Select Varieties

**Annie's
Baked Crackers**

\$5⁴⁹



6 Oz.

Select Varieties

**Blue Diamond
Almonds**

\$4⁴⁹



1.2 Oz.

**Jack Link's
Beef & Cheese Sticks**

\$1⁵⁹



2.2 Oz.

Select Varieties
**Snappdragon
Noodle Soup**

\$2²⁹



3-3.53 Oz.

Select Varieties
Hi-Chew Fruity Candy

\$1⁶⁹

Shop Best Choice For Your Best Value



20-24 Oz.

**Best Choice
Ketchup or Mustard**

\$1⁴⁹



12 Pk./12 Oz. Cans
Select Varieties
**Best Choice
Soda**

\$3⁹⁹



24-30 Oz.
Select Varieties
**Best Choice
Coffee**

\$9⁹⁹



30 Oz.
Select Varieties
**Best Choice
Mayonnaise**

\$3⁹⁹



64 Oz. Select Varieties
**Best Choice
Cranberry Juice
Cocktails**

\$2⁹⁹

Great Party Favorites From Our Deli



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

\$3⁴⁹



14 Oz.
**Kretschmar Beef
or Beef & Garlic
Summer Sausage**

\$8⁹⁹



6 Oz. Select Varieties
**Kaukauna
Cheeseballs**

\$3⁹⁹



8 Oz.
**BelGioioso
Mozzarella Pearls**

\$2⁹⁹



8 Oz.
**BelGioioso
Mozzarella Balls**

\$2⁹⁹



8 Oz.
**BelGioioso
Mozzarella
Sliced Log**

\$2⁹⁹

Best Prices for Drinks



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

\$10⁹⁹



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

\$4⁴⁹



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

\$4⁹⁹



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

5/\$5⁵⁰



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

\$3⁹⁹

12 Oz. Cans
Select Varieties
**RC Cola or
7•Up Products
12 Pack**

\$4⁹⁹



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

\$4⁹⁹

