



G&W FOODS

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

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.



PRAIRIE FRESH

Prairie Fresh
Marinated Loins

\$6.99 lb.



16 Oz.
Hickory or Applewood Smoked
Kentucky Legend Sliced Bacon

4.99 ea.

SIZZLING DEALS FOR YOUR HOLIDAY GRILLING!



BLACK CANYON ANGUS BEEF

Black Canyon Angus®
Picanha or Coulotte Steak

\$9.99 lb.



BLACK CANYON ANGUS BEEF

Black Canyon Angus®
Whole Tri Tips
in Bag Only

\$9.99 lb.



BLACK CANYON ANGUS BEEF

Black Canyon Angus®
Top Sirloin Steak
Any Size Package

\$9.99 lb.



BLACK CANYON ANGUS BEEF

Black Canyon Angus®
Cowboy Cut Bacon Wrapped Top Sirloin Steaks

\$9.99 lb.



BLACK CANYON ANGUS BEEF

Black Canyon Angus®
Family Pack Ribeyes Steaks

\$19.99 lb.



BLACK CANYON ANGUS BEEF

Black Canyon Angus®
Thin Sliced Beef for Fajitas

\$7.99 lb.



BLACK CANYON ANGUS BEEF

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

\$5.49 lb.



PRAIRIE FRESH NATURAL

Prairie Fresh All Natural Pork
Pork Steak or Western Style Ribs

\$2.29 lb.



PRAIRIE FRESH NATURAL

Prairie Fresh All Natural Pork
Family Pack Pork Cutlets

\$2.59 lb.



PRAIRIE FRESH NATURAL

Prairie Fresh All Natural Pork
Pork Butt Roast

\$2.19 lb.



PRAIRIE FRESH NATURAL

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

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

Springer Mountain Farms
Split Chicken Breast

\$2.79 lb.



SPRINGER Mountain Farms

Springer Mountain Farms
Ground Chicken

\$2.99 lb.



Mountaire Fresh Young Chickens

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



STATE FAIR

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

\$4.99



Tyson

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

\$5.99



SMASHED BURGERS

1.5 Lb.
Holten's Smash Burger Sliders

\$9.99



Johnsonville Grillers

16 Oz.
Johnsonville Original or Bacon Cheddar Grillers

\$6.99



SAGER CREEK FARMS

10 Lb.
Sager Creek Farms Bagged Chicken Leg Quarters

\$7.99

smoked meats



LUNCHABLES

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

\$2.99



Eckrich

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

\$3.49



Oscar Mayer Deli Fresh

16 Oz.
Select Varieties
Oscar Mayer Deli Sliced Lunch Meats

\$4.99



Williams

40 Oz., Family Pack
Williams Premium Hickory Smoked Bacon

\$12.99



Williams

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



\$4⁴⁹
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.**

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

GW Base

GW Base_PG5_090325_4C

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

