



# 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: October 1 - October 14, 2025 • While Supplies Last



**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**  
lb.



Washington  
**Premium  
Honeycrisp Apples**



13.5 Oz.  
**Marzetti  
Caramel  
Apple Dip**

**\$4.49**



Missouri, 3 Lb. Bag  
**Red  
Delicious  
Apples**

**\$2.79**

**\$8.99**

Gallon  
**Louisburg  
Apple Cider**



**2/\$4**

2.5 Oz.  
**Seneca  
Apple Chips**



## Fall Favorites One Stop Shopping For All Of Your Fall Decorations



**Crisp  
Iceberg  
Lettuce**  
**\$1.99**  
ea.



Hothouse  
**English  
Cucumbers**  
**\$1.19**  
ea.



**Beefsteak  
Tomatoes**  
**\$1.79**  
lb.



California  
**Green  
Seedless  
Grapes**  
**\$2.59**  
lb.



2 Lb. Bag  
**Sunrays  
Mandarins**  
**\$3.99**



2 Lb. Bag  
**Peeled Baby  
Carrots**  
**\$2.99**



8 Oz.  
**Giorgio  
Whole White  
Mushrooms**  
**\$2.29**  
ea.



Michigan  
**Green  
Cabbage**  
**89¢**  
lb.



Arkansas  
**Sweet  
Potatoes**  
**99¢**  
lb.



5 Oz.  
**Organic Girl  
Spring Mix**

**\$3.99**



2 Lb. Bag  
**Organic  
Gala Apples**

**\$4.39**

**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**

**\$5.49** lb.

**BLACK CANYON**  
ANGUS BEEF

Black Canyon Angus®  
Family Pack  
**Charcoal or Patio Steak**

**\$7.49** lb.

## STOCK UP THAT FREEZER!

**Limit 2 Please!**

**PRAIRIE FRESH NATURAL**

Prairie Fresh All Natural Pork  
2 Pack  
**Whole Pork Shoulder Butt**

**\$1.89** lb.

**Limit 2 Please!**

Family Pack  
Sold in Approx. 10 Lb. Tubes  
**80/20% Lean Ground Beef**

**\$4.99** lb.

**Limit 2 Please!**

**PRAIRIE FRESH NATURAL**

Prairie Fresh All Natural Pork  
**Whole Boneless Pork Loin**

**\$1.99** lb.

**Limit 2 Please!**

**Mountainaire**  
Fresh Young Chickens

Mountainaire  
5 Lb. Big Bags  
**Fresh Boneless Chicken Breast**

**\$13.99**

**BLACK CANYON**  
ANGUS BEEF

Black Canyon Angus  
**Lean Beef Stew Meat**

**\$7.49** lb.

**BLACK CANYON**  
ANGUS BEEF

Black Canyon Angus  
**Cube Steak**

**\$7.99** lb.

**BLACK CANYON**  
ANGUS BEEF

Black Canyon Angus  
**Flat Iron Steaks**

**\$9.99** lb.

**PRAIRIE FRESH NATURAL**

Prairie Fresh All Natural Pork  
**Pork Tenderloin**

**\$3.59** lb.

**PRAIRIE FRESH NATURAL**

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

**\$2.79** lb.

**PRAIRIE FRESH NATURAL**

Prairie Fresh All Natural Pork  
Family Pack  
**Tenderized Chops or Cutlets**

**\$2.99** lb.

27.2 Oz., Select Varieties  
**Prairie Fresh Marinated Tenderloins and Fillets**

**\$6.99**

# Seafood

**SHRIMP**  
71.90  
**SHRIMP**  
71.90

71-90 Ct., 16 Oz.  
**Best Choice Cooked Shrimp**

**\$7.99**

**SEA BEST**

16 Oz.  
**Sea Best Cod Fillets**

**\$8.99**

**Mrs. Paul's**  
CRUNCHY BREADED FILLINGS  
10  
**FISH STICKS**  
CRUNCHY BREADED  
44

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

**\$5.99**

**SEA BEST**  
Tilapia Fillets

16 Oz.  
**Sea Best Tilapia Fillets**

**\$4.99**

**Lobster Delights**  
CRAB DELIGHTS  
LOUIS KEMP

8 Oz.  
Chunk or Flake style  
**Louis Kemp Imitation Crab or Lobster Meat**

**\$2.99**

## Signature meat items

**PRAIRIE FRESH NATURAL**

Prairie Fresh All Natural  
**Boneless Pork Loin & Vegetable Roast Kits**

**\$3.99** lb.

**Mountainaire**  
Fresh Young Chickens

**Mountainaire Fresh Chicken Stuffed Chicken Breast or Pork Chops**

**\$3.99** lb.

**PRAIRIE FRESH NATURAL**

Prairie Fresh All Natural  
**Spinach and Cheese Stuffed Pork Florentines**

**\$3.99** lb.

Daily Market Made  
**Fresh Ground Pork Breakfast or Italian Sausage**

**\$2.99** lb.

**SPRINGER**  
Mountain Farms

**Springer Mountain Farms Boneless Chicken Breast Fillets**

**\$4.99** lb.

**SPRINGER**  
Mountain Farms

**Springer Mountain Farms Boneless Chicken Breast Tenders**

**\$5.49** lb.

**SPRINGER**  
Mountain Farms

**Springer Mountain Farms Ground Chicken**

**\$2.99** lb.

**Mountainaire**  
Fresh Young Chickens

**Mountainaire Family Pack Chicken Breast Tenders**

**\$3.49** lb.

10 Lb. Bag  
**Sager Creek Farms Chicken Leg Quarters**

**\$7.99** lb.

**Manufacturer's Coupon Expires 10/31/2025**

**\$1.50 OFF ANY ONE**  
SPRINGER MOUNTAIN FARMS CHICKEN PRODUCT

**www.SpringerMTN.com**  
Social - SMFchicken

**EL MONTEREY**  
BURRITOS  
8 PACK  
**EL MONTEREY**  
MILD BEAN & CHEDDAR CHIMICHANGAS  
8 PACK

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

**\$5.99**

**Johnsonville**  
Italian SAUSAGE  
MILD  
**Johnsonville**  
Italian SAUSAGE  
SWT

16 Oz.  
Select Varieties  
**Johnsonville Ground Sausage Breakfast or Italian**

**\$4.99**

**Butterball**  
Turkey Burgers  
6  
**Butterball**  
Turkey Burgers  
6

2 Lb.  
**Butterball Original Turkey Burgers**

**\$9.99**

**Fast Fixin'**  
100% NATURAL  
CHICKEN BREAST  
MILK SAUSAGE  
100% NATURAL  
CHICKEN BREAST  
MILK SAUSAGE

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

**\$4.99**

**Williams**  
Premium or J.C. Potter  
**Sliced Bacon**

40 Oz., Family Pack

**\$13.99**

## smoked meats

**Eckrich**  
SMOKED SAUSAGE  
14 Oz.  
Select Varieties  
**Eckrich Smoked Sausage**

**\$2.99**

**CURLY'S**  
Pulled Pork  
**CURLY'S**  
Pulled Chicken

12-16 Oz.  
Select Varieties  
**Curly's Pulled Meat**

**\$5.49**

**Oscar Mayer**  
Deli Fresh  
THIN SLICED LUNCH MEATS  
**Oscar Mayer**  
Deli Fresh  
THIN SLICED LUNCH MEATS

16 Oz.  
Select Varieties  
**Oscar Mayer Deli Fresh Thin Sliced Lunch Meats**

**\$5.99**

**LUNCHABLES**  
THURSDAY AND FRIDAY  
CRACKER STACK  
**LUNCHABLES**  
PIZZA WITH PEPPERONI

12-16 Oz.  
Select Varieties  
**Oscar Mayer Fun Pack Lunchables**

**\$3.99**

**Williams**  
Country SAUSAGE  
MILD  
**Williams**  
Country SAUSAGE  
MILD

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

**\$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  
Honey or Original  
Ham Off The Bone**

**\$7<sup>49</sup>**

**Kretschmar**



1 Lb.  
**Kretschmar  
Mesquite or Hickory  
Smoked Turkey Breast**

**\$9<sup>99</sup>**

**Kretschmar**



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

**\$6<sup>99</sup>**

**RESER'S  
FINE FOODS**



1 Lb.  
**Reser's  
Bacon Ranch  
Pasta Salad**

**\$3<sup>49</sup>**

**ZARDA  
HICKORY PIT BAR-B-Q**



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

**\$4<sup>49</sup>**

**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**

**\$7<sup>99</sup>**

**Mrs. Gerry's  
The Best in South**



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

**\$2<sup>99</sup>**

**STATE FAIR**



4 Oz.  
**State Fair  
Corn Dogs**

**2/\$3**

**Tyson**



**Tyson Whole  
Smoked Chicken**

**\$8<sup>99</sup>**

**\$6<sup>99</sup>**

16 Oz.  
Select Varieties  
**The Father's Table  
Cheesecake**



**\$4<sup>49</sup>**

20 Oz.  
**Portofino Sourdough  
or Roasted Garlic &  
Black Pepper Bread**



**\$5<sup>49</sup>**

12 Ct.  
Select Varieties  
**Best Choice  
Cookies**



**\$3<sup>99</sup>**

13.5 Oz.  
Select Varieties  
**Shirley's No  
Bake Cookies**



**5/\$4**

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



**\$5<sup>99</sup>**

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



**\$2<sup>50</sup>**

4 Ct./4.25 Oz.  
Select Varieties  
**Cloverhill Danish  
or Bear Claws**



**\$4<sup>99</sup>**

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



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



22.5-32 Oz.  
Select Varieties  
**Ore-Ida  
Frozen Potatoes**

**\$4<sup>49</sup>**



18-22 Oz.  
Select Varieties  
**P.F. Chang's  
Frozen Entrées**

**\$7<sup>49</sup>**



4 Ct.  
Select Varieties  
**Nestlé  
Hot Pockets**

**\$4<sup>99</sup>**



7-13 Oz.  
Select Varieties  
**Marie Callender's  
Frozen Dinners  
or Pot Pies**

**\$2<sup>99</sup>**



7.2-11.7 Oz.  
Select Varieties  
**Pillsbury Toaster  
Strudel or  
Toaster Scrambles**

**\$3<sup>29</sup>**



8-11 Oz.  
Select Varieties  
**TGI Fridays  
Frozen Appetizers**

**\$3<sup>49</sup>**



35-37 Oz.  
Select Varieties  
**Mrs. Smith's  
Frozen Pies**

**\$6<sup>99</sup>**



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

**\$5<sup>49</sup>**



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

**\$7<sup>69</sup>**

# GROCERY FAVORITES

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

**\$2<sup>49</sup>**

16.3 Oz.  
**Peter Pan  
Peanut Butter**



**\$2<sup>49</sup>**

9-10 Oz.  
Select Varieties  
**General Mills  
Cereal**



7-13 Oz.  
Select Varieties  
**Nabisco  
Chips Ahoy!  
Cookies**

**\$3<sup>99</sup>**



16 Oz.  
Select Varieties  
**Kraft  
Salad Dressings**

**\$2<sup>99</sup>**



15-24 Oz.  
Select Varieties  
**Rao's  
Homemade  
Pasta Sauce**

**\$6<sup>99</sup>**



16 Oz.  
Select Varieties  
**American Beauty  
Pasta**

**2/\$3**



30 Oz.  
Select Varieties  
**Kraft  
Mayonnaise or  
Miracle Whip**

**\$4<sup>49</sup>**



28 Oz.  
Select Varieties  
**Sweet Baby Ray's  
BBQ Sauce**

**\$3<sup>29</sup>**



7.5-12.4 Oz.  
Select Varieties  
**Sunshine  
Cheez-it  
Crackers**

**\$3<sup>99</sup>**



6-10 Ct., 8.25-16.5 Oz.  
Select Varieties  
**Hostess  
Snack Cakes**

**\$3<sup>49</sup>**



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

**\$2<sup>49</sup>**



64 Oz.  
Select Varieties  
**Welch's  
Grape Juice**

**\$3<sup>99</sup>**



10 Ct. Select Varieties  
**Green Mountain,  
McCafé, Newman's,  
Krispy Kreme  
or Donut Shop  
K-Cup Coffee**

**\$7<sup>99</sup>**



12-16 Lb.  
Select Varieties  
**Kingsford  
Charcoal  
Briquets**

**\$13<sup>99</sup>**



56-57.6 Oz.  
Select Varieties  
**Xtra Liquid  
Laundry  
Detergent**

**\$3<sup>29</sup>**



12.2-18 Oz.  
Select Varieties  
**Dawn Liquid  
Dish Soap**

**\$3<sup>29</sup>**



6 Double Rolls  
Select Varieties  
**Fiora  
Paper Towels**

**\$6<sup>49</sup>**



10.1-10.14 Oz.  
Select Varieties  
**Alpine  
Cider Mix**

**\$3<sup>69</sup>**



.73-1.82 Oz.  
Select Varieties  
**Bigelow  
Herbal Tea**

**\$3<sup>29</sup>**

## SHOP OUR ALWAYS FARM FRESH DAIRY FAVORITES

Including products from our hometown Hiland Dairy!

**\$3<sup>99</sup>**

46 Oz.  
Select Varieties  
**Tropicana  
Orange Juice**



**\$2<sup>99</sup>**

16.3 Oz., Select Varieties  
**Pillsbury Grands Biscuits,**  
13 Oz., Select Varieties  
**Cinnamon Rolls**  
8 Oz., Select Varieties  
**Crescents**



**2/\$5**

7-8 Oz.  
Select Varieties  
**Kraft  
Natural Cheese  
Slices**



64 Oz.  
Original or Raspberry  
**Hiland  
Lemonade**  
GW Base

**\$1<sup>99</sup>**



Half Gallon, Select Varieties  
**Hiland  
Orange Juice**  
or 24 Oz., Select Varieties  
**Hiland  
Sour Cream**

**\$4<sup>79</sup>**



8 Oz.  
Select Varieties  
**Hiland  
Cheese Shreds**

**\$2<sup>29</sup>**



Half Gallon, Select Varieties  
**Hiland Almond,  
Soy or Oat Milk**  
or 32 Oz., Select Varieties  
**Hiland Yogurt**

**\$2<sup>99</sup>**



Quart  
**Hiland  
Egg Nog**

**\$3<sup>49</sup>**

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



5.25-12 Oz.  
Select Varieties  
**Frito-Lay  
Tostitos or Ruffles**

**\$3.99**



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

**\$4.49**



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

**\$3.99**

20 Oz.  
**Bimbo Soft  
White Bread**



**\$1.99**

24 Oz.  
**Bunny Bread  
White Sandwich  
Bread**



**\$2.79**

12 Ct.  
**Ozark Hearth  
Hamburger  
Buns**



**\$1.99**

specialty foods



4 Oz.  
**Six Gun Chili  
Seasoning Mix**

**\$4.99**



29 Oz.  
**Bob's Red Mill  
13 Bean  
Soup Mix**

**\$6.49**



10.5 Oz.  
Select Varieties  
**Clearly Organic  
Soup**

**\$1.99**



10 Oz., Select Varieties  
**Kentucky Kernel  
Corn Bread Mix**

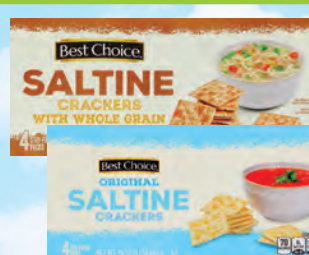
**\$2.99**



5 Oz.  
**Cholula  
Hot Sauce**

**\$3.29**

Shop Best Choice For Your Best Value



15-15.5 Oz., Select Varieties  
**Best Choice  
Canned Beans**

**99¢**

14.5-15 Oz., Select Varieties  
**Best Choice  
Can Tomatoes**

**99¢**

1.25 Oz.  
**Best Choice  
Chili Seasoning Mix**

**79¢**

16 Oz., Select Varieties  
**Best Choice  
Saltine Crackers**

**2/\$3**

16 Oz.  
Select Varieties  
**Best Choice  
Sour Cream**

**2/\$5**

Great Party Favorites From Our Deli



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

**\$3.99**



10 Oz  
Select Varieties  
**Sabra Hummus**

**\$3.99**



7 Oz.  
Select Varieties  
**Sabra Guacamole**

**\$3.49**



4 Oz.  
**Boursin  
Garlic & Herb  
or Caramelized  
Onion Crumbles**

**\$3.99**



8 Oz.  
Select Varieties  
**Red Apple  
Gruyere Cheese**

**\$5.99**



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

**\$8.99**

Best Prices for Drinks



2 Liter  
Select Varieties  
**Coca Cola  
Products**

**\$2.29**



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

**\$3.99**



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

**\$12.99**



12 Pk./16.9 Oz. Bottles  
Select Varieties  
**Lipton Tea**

**\$6.99**



59 Oz.  
Select Varieties  
**Gold Peak  
Tea**

**\$3.29**

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

**\$5.99**



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

**\$4.99**

