



# G & W FOODS

**OSWEGO, KANSAS**  
**OPEN 7 DAYS A WEEK**  
**7AM TO 8PM**

VISION CARD/WIC • FAX AVAILABLE  
CUSTOMER DELIVERY • POSTAGE STAMPS AVAILABLE  
KANSAS HUNTING & FISHING LICENSES NOW AVAILABLE  
**620-795-4431**

Prices Effective: September 17 - September 30, 2025 • While Supplies Last



28-32 Oz.  
Selected Varieties  
**Bob Evans  
Side Dishes**  
**4.99**  
ea.

**\$9.99**  
ea.



2 Lb. Bag  
**Sunrays  
Mandarins**

**\$2.99**



Prairie Fresh  
All Natural Pork  
Family Pack  
**Bone In  
Sirloin Chops or  
Country Style Ribs**

**\$1.79**  
lb.



**\$6.99**  
lb.



**\$2.49**  
lb.



**\$3.59**  
lb.



3 Lb. Bag  
**Red or Golden  
Delicious Apples**

**\$2.99**



**\$10.99**



22.6-25.9 Oz.  
Select Varieties  
**Folgers  
Coffee**

**\$10.99**



22-28 Oz.  
Select Varieties  
**Bush's Best  
Baked Beans**

**2/\$4**



9.25-10.75 Oz.  
Select Varieties  
**Frito-Lay  
Doritos  
Tortilla Chips**

**\$3.99**



12-16.7 Oz.  
Cheerios, Honey Nut Cheerios,  
Trix, Cocoa Puffs,  
Golden Grahams, Lucky Charms,  
Cinnamon Toast Crunch or  
Cookie Crisp  
**General Mills  
Cereal**

**\$2.99**



18-20 Oz.  
Select Varieties  
**Tony's  
Frozen Pizza**

**\$2.99**



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

**\$2.99**

**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!*

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

64 Oz.  
Apple, Cinnamon, or Honeycrisp

**Louisburg  
Apple Cider**



Missouri  
**Jonathan  
Apples**

**\$1<sup>29</sup>**



1 Ct.  
Select Varieties  
**Happy Apples  
Carmel Apples**

**2/\$3**

**99¢**  
lb.

Missouri  
**Fall Acorn,  
Butternut or  
Spaghetti Squash**



**99¢**  
lb.

Missouri  
**Fall Buttercup,  
Sweet Dumpling  
or Turban Squash**



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



Hothouse  
**Beefsteak  
Tomatoes**  
**\$1<sup>59</sup>**  
lb.



Hass  
**Avocados**  
**99¢**  
ea.



Fresh  
**Jalapeños**  
**\$1<sup>19</sup>**  
lb.



10 Oz.  
**Sangria  
Medley Grape  
Tomatoes**  
**\$2<sup>49</sup>**



Hothouse  
**Jumbo Red,  
Yellow or Orange  
Bell Peppers**  
**2/\$3**



California  
**Broccoli  
Crowns**  
**\$2<sup>19</sup>**  
lb.



**Sno White  
Cauliflower**  
**\$3<sup>49</sup>**  
ea.



Michigan  
**Green  
Cabbage**  
**79¢**  
lb.



**Jumbo  
White  
Onions**  
**\$1<sup>19</sup>**  
lb.



3 Pk.  
**Organic  
Romaine Hearts**

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



**Organic  
Sleeved Celery**

**\$1<sup>69</sup>**  
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!

12 Oz. Hickory or Applewood  
**Prairie Fresh Sliced Bacon**  
**3<sup>99</sup>**

**80/20% Lean Ground Beef**  
**\$5<sup>99</sup>** lb.

**Black Canyon Angus® Family Pack**  
**Charcoal or Patio Steak**  
**\$7<sup>99</sup>** lb.

## SIZZLING DEALS FOR YOUR HOLIDAY GRILLING!

**Prairie Fresh All Natural Pork Bone In Sirloin Roast**  
**\$1<sup>79</sup>** lb.

**Black Canyon Angus Arm Roast**  
**\$6<sup>99</sup>** lb.

**Prairie Fresh All Natural Pork Center Cut Boneless Loin Roast**  
**\$2<sup>49</sup>** lb.

**Great for Meatloaf!**  
**GROUND FRESH DAILY!**  
**Boston Style Grind**  
**\$4<sup>49</sup>** lb.

**Black Canyon Angus Family Pack Bottom Round Steak Tenderized**  
**\$7<sup>99</sup>** lb.

**Black Canyon Angus Family Pack Cube Steak**  
**\$7<sup>69</sup>** lb.

**Black Canyon Angus Family Pack Lean Stew Meat**  
**\$7<sup>99</sup>** lb.

**Prairie Fresh All Natural Pork Spare Ribs**  
**\$2<sup>99</sup>** lb.

**Prairie Fresh All Natural Pork Pork Tenderloin or Pork Cutlets**  
**\$3<sup>49</sup>** lb.

**Prairie Fresh All Natural Pork Family Pack Boneless Loin or Butterfly Chops**  
**\$2<sup>79</sup>** lb.

# Seafood

**24 Oz. Sea Best Peeled and Deveined Red Shrimp**  
**\$15<sup>99</sup>**

**21-25 Ct., 2 Lb. Sea Best Cooked Shrimp**  
**\$18<sup>99</sup>**

**16 Oz. Sea Best Salmon Fillets**  
**\$7<sup>99</sup>**

**Farm Raised Catfish Nuggets**  
**\$2<sup>49</sup>** lb.

**2 Lb. Sea Best Argentine Red Shrimp**  
**\$18<sup>99</sup>**

**Grill or Fry!**  
**Black Canyon Angus Steak Fingers**  
**\$7<sup>99</sup>** lb.

**Signature meat items**  
**Mountaire Fresh Bacon Wrapped Boneless Chicken Thighs**  
**\$3<sup>99</sup>** lb.

**Our Signature Bacon Wrapped Jalapeño Poppers**  
**\$9<sup>99</sup>** lb.

**Our Signature Stuffed Pork Chops**  
**\$3<sup>99</sup>** lb.

**Springer Mountain Farms Chicken Drumsticks or Thighs**  
**\$1<sup>89</sup>** lb.

**16 Oz. Springer Mountain Farms Ground Chicken**  
**\$2<sup>99</sup>**

**Mountaire, Family Pack Chicken Drumsticks**  
**\$1<sup>29</sup>** lb.

**Manufacturer's Coupon Expires 09/30/2025**  
**\$1.50 OFF ANY ONE SPRINGER MOUNTAIN FARMS CHICKEN PRODUCT**  
[www.SpringerMTN.com](http://www.SpringerMTN.com)  
Social - SMFchicken

**60.9-64 Oz. Select Varieties El Monterey Value Pack Burritos or Chimichangas**  
**\$8<sup>99</sup>**

**12-16 Oz. Select Varieties Williams Premium Sausage Rolls Links or Patties**  
**\$3<sup>99</sup>**

**frozen meat favorites**  
**23-32 Oz. Select Varieties Tyson Fully Cooked Nuggets Tenders or Patties**  
**\$5<sup>99</sup>**

**16 Oz. Select Varieties John Soules Grilled Chicken or Fajita Breast Strips**  
**\$5<sup>99</sup>**

**16 Oz. Original, Maple or Italian Prairie Fresh Pork Sausage**  
**\$3<sup>79</sup>**

**16 Oz. Select Varieties Oscar Mayer Deli Sliced Lunch Meats**  
**\$5<sup>99</sup>**

**9 Oz. Select Varieties Carl Buddig Lunch Meats**  
**2/\$5**

**12 Oz. Select Varieties Holmes Sliced and Ready Smoked Sausage**  
**\$4<sup>99</sup>**

**16 Oz. Original or Applewood Kentucky Legend Sliced Bacon**  
**\$4<sup>99</sup>**

**40 Oz., Family Size Original or Applewood Williams or J.C. Potter Sliced Slab Bacon**  
**\$12<sup>99</sup>**

**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  
Honey or Original  
Turkey Off The Bone**

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

**Kretschmar**



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

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

**RESER'S**



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

**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!**



Ham Sandwich,  
JJ's Bakery Pie  
& Bag of Chips  
**Aunt Minnie's  
Deli Lunchbox**

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

**MADE FRESH  
HERE!**



**Aunt Minnie's  
Chicken Sandwich**

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

**Tyson**



1 Lb.  
**Tyson  
Boneless Wings**

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

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



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

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

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

18.5 Oz.  
Single Layer  
**Rich's Cookies  
& Cream Cake**

**RICH'S**



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

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



**2/\$5**

3.5-5 Oz.  
Select Varieties  
**Rich's  
Parfait Cups**



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

6 Ct.  
**Give & Go  
Chocolate or  
Vanilla Cupcakes**



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

16 Oz.  
Select Varieties  
**Olson's Sliced  
Crème Cakes**



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

6 Ct.  
Glazed Apple,  
Cherry or French Toast  
**Clyde's Fritters**



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

4 Ct.  
Apple or Cherry  
**Café Valley  
Turnovers**



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

20 Oz.  
Select Varieties  
**Toufayan  
Bagels**



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

**NEW RECIPE!**  
**Michelin's**  
Chicken Fried Rice  
**Michelin's**  
Fettuccine Alfredo  
with Chicken  
& Broccoli



4.5-8 Oz.  
Select Varieties  
**Michelin's  
Frozen Entrées**

**2/\$3**

**Furlani**  
Texas Toast  
Garlic



6 Ct./10 Oz.  
Select Varieties  
**Furlani's  
Garlic Bread**

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

**Totino's**  
PIZZA ROLLS



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

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

**Jimmy Dean**  
BREAKFAST BOWL  
Loaded Potato  
Breakfast Bowl  
**Jimmy Dean**  
BREAKFAST BOWL  
Ham & Cheese  
Eggs, Potatoes, Ham  
& Cheddar Cheese



7-9 Oz.  
Select Varieties  
**Jimmy Dean  
Breakfast Bowls**

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

**PICKSWEET FARMS**  
Cut Green Beans  
**PICKSWEET FARMS**  
Cut Okra



11-18 Oz.  
Select Varieties  
**Picksweet Frozen  
Vegetable Blends**

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

**BERTOLLI**  
SHRIMP SCAMPI  
& LINGUINE  
**BERTOLLI**  
ITALIAN SAUSAGE  
& RIGATONI



22 Oz.  
Select Varieties  
**Bertolli  
Frozen Entrées**

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

**Arby's**  
Crinkle Fries  
**Nathan's**  
Pick Me Up! Sautéed Onion Rings



16-28 Oz.  
Select Varieties  
**Red Robin, Arby's,  
Checkers, Nathan's,  
Idahoan or Sonic Frozen  
Potatoes or Onion Rings**

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

**Blue Bunny**



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

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

**LOTTA CROPS**  
20 pieces  
**LOTTA CROPS**  
20 pieces



20 Ct.  
Select Varieties  
**North Star  
Lotta Pops**

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

# GROCERY FAVORITES

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

**2/\$5**

16 Oz.  
Select Varieties

**Ott's  
Salad Dressings**



**3/\$4**

7-16 Oz.  
Select Varieties

**Barilla  
Dry Pasta**



23-24 Oz.  
Select Varieties

**Prego  
Pasta Sauce**

**\$2.79**



28 Oz.  
Select Varieties

**Jif  
Peanut Butter**

**\$3.99**



18 Oz.  
Select Varieties

**Smucker's Jams  
or Preserves**

**\$3.99**



9.5-10.75 Oz.  
Select Varieties

**Hostess  
Bag Donuts**

**2/\$5**



18-19 Oz.  
Select Varieties

**Progresso Soups**

**2/\$5**



14.5-15.25 Oz.  
Select Varieties

**Green Giant  
Canned Vegetables**

**4/\$5**



10-16 Oz.  
Select Varieties

**Old El Paso  
Enchilada Sauce  
or Refried Beans**

**\$1.79**



.85-1 Oz.  
Select Varieties

**Old El Paso  
Taco Seasoning  
Packets**

**99¢**



14.5-15 Oz., Select Varieties

**Red Gold  
Canned Tomatoes**

**4/\$5**



12 Oz.  
Select Varieties

**Frank's  
Hot Sauce**

**\$3.99**



6 Ct.  
Select Varieties

**Maruchan  
Ramen Noodles**

**2/\$5**



12 Rolls

**Fiora  
Double Roll  
Bath Tissue**

**\$5.49**



6 Rolls

**Fiora  
Double Roll  
Paper Towels**

**\$5.49**



136-139 Oz.  
Select Varieties

**Xtra Liquid  
Laundry  
Detergent**

**\$6.49**



3.5 Lb.  
Select Varieties

**Kibbles 'n Bits  
Dog Food**

**\$6.49**



12 Oz.

**Clearly  
Organic  
Honey Bear**

**\$5.49**



17.5 Oz.  
Select Varieties

**C20  
Coconut  
Water**

**\$2.29**

## SHOP OUR ALWAYS FARM FRESH DAIRY FAVORITES

Including products from our hometown Hiland Dairy!



**\$4.49**

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



**\$2.99**

4-6 Ct.  
Select Varieties  
**Dannon Activia,  
Yocunch or  
Danimals**



**\$2.99**

64 Oz.  
Select Varieties  
**Silk  
Almond Milk**



Gallon  
Select Varieties

**Red Diamond  
Tea**

**\$3.99**



24 Oz.  
Selected Varieties

**Hiland  
Cottage Cheese  
or 16 Oz.  
Selected Varieties  
Hiland Cheese**

**\$3.99**



Pint  
Select Varieties

**Hiland or  
Prairie Farms  
Whipping Cream  
or Quart  
Half & Half**

**\$4.29**



32 Oz.  
Select Varieties

**Hiland Coffee  
Creamers**

**\$2.99**



16 Oz.  
Select Varieties

**Hiland or  
Prairie Farms  
Sour Cream  
or Dips**

**2/\$5**

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



7-8 Oz.  
Select Varieties  
**Frito-Lay  
Lay's Potato Chips**

**2/\$7**



7.5-14 Oz.  
Select Varieties  
**Nabisco Oreo or  
Nutter Butter  
Cookies**

**\$4.49**



8-15 Oz., Select Varieties  
**Keebler Club,  
Town House, or  
Toasteds Crackers**

**\$3.99**

20 Oz.  
**Sara Lee  
Honey Wheat**



**\$2.99**

20 Oz.  
**Best Choice  
White Sandwich  
Bread**



**\$1.69**

8 Ct.  
**Ozark Hearth  
Jumbo  
Hamburger  
Buns**



**2/\$4**

specialty foods



30 Oz.  
Select Varieties  
**Bob's Red Mill  
Popcorn**

**\$5.79**



2.7-3.75 Oz.  
Select Varieties  
**Kernel Season's  
Popcorn  
Seasoning**

**\$3.79**



12 Oz.  
**Bob's Red Mill  
Granola**

**\$5.99**



25 Oz.  
**Bob's Red Mill  
10 Grain  
Hot Cereal**

**\$4.49**



16 Oz.  
Select Varieties  
**Marie Callender's  
Cornbread Mix**

**\$3.49**

Shop Best Choice For Your Best Value



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**



5.2-6.8 Oz., Select Varieties  
**Best Choice  
Easy Skillet Dinners**

**2/\$3**



Quart or Gallon  
Select Varieties  
**Best Choice  
Storage or  
Freezer Bags**

**2/\$3**

Great Party Favorites From Our Deli



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

**\$3.99**



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

**\$8.99**



8 Oz.  
**Red Apple  
Smoked Gruyere,  
Cheddar or  
Gouda**

**\$6.99**



4.2 Oz.  
Original or Light  
**Babybel Cheese**

**\$4.49**



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

**\$3.99**



10 Oz.  
Select Varieties  
**Sabra Hummus**

**\$3.99**

Best Prices for Drinks



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

**\$7.49**



6 Pk./16.9 Oz. Bottles  
Select Varieties  
**Coca Cola  
Products**

**\$4.99**



2 Liter  
Select Varieties  
**Pepsi  
Products**

**2/\$5**



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

**\$5.99**



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

**\$3.99**

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

**3/\$5**



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

**\$4.99**



12 Oz. Cans  
Select Varieties  
**Dr Pepper  
Products  
12 Pack**

**\$7.99**



2 Liters  
Select Varieties  
**Dr Pepper  
Products**

**2/\$5**

