



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 17 - September 30, 2025 • While Supplies Last



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



10 Oz.
Black Canyon Angus
**Kansas City
Strip Steak**

\$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.



Black Canyon Angus
Rump Roast

\$6.99
lb.



California
**Red
Seedless Grapes**

\$2.49
lb.



Mountaire, Fresh
**Chicken Thighs
or Breast Tenders**

\$3.59
lb.



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

\$2.99



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

\$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!*

\$5⁹⁹

64 Oz.
Apple, Cinnamon, or Honeycrisp

**Louisburg
Apple Cider**



Missouri
**Jonathan
Apples**

\$1²⁹

1 Ct.
Select Varieties
**Happy Apples
Caramel 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**
\$1⁵⁹
lb.



**Hass
Avocados**
99¢
ea.



**Fresh
Jalapeños**
\$1¹⁹
lb.



10 Oz.
**Sangria
Medley Grape
Tomatoes**
\$2⁴⁹



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



California
**Broccoli
Crowns**
\$2¹⁹
lb.



**Sno White
Cauliflower**
\$3⁴⁹
ea.



Michigan
**Green
Cabbage**
79¢
lb.



**Jumbo
White
Onions**
\$1¹⁹
lb.



3 Pk.
**Organic
Romaine Hearts**

\$3⁹⁹



**Organic
Sleeved Celery**

\$1⁶⁹
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
3⁹⁹

80/20% Lean Ground Beef
\$5⁹⁹ lb.

Black Canyon Angus® Family Pack
Charcoal or Patio Steak
\$7⁹⁹ lb.

SIZZLING DEALS FOR YOUR HOLIDAY GRILLING!

Prairie Fresh All Natural Pork Bone In Sirloin Roast
\$1⁷⁹ lb.

Black Canyon Angus Arm Roast
\$6⁹⁹ lb.

Prairie Fresh All Natural Pork Center Cut Boneless Loin Roast
\$2⁴⁹ lb.

Great for Meatloaf!
GROUND FRESH DAILY!
Boston Style Grind
\$4⁴⁹ lb.

Black Canyon Angus Family Pack Bottom Round Steak Tenderized
\$7⁹⁹ lb.

Black Canyon Angus Family Pack Cube Steak
\$7⁶⁹ lb.

Black Canyon Angus Family Pack Lean Stew Meat
\$7⁹⁹ lb.

Prairie Fresh All Natural Pork Spare Ribs
\$2⁹⁹ lb.

Prairie Fresh All Natural Pork Pork Tenderloin or Pork Cutlets
\$3⁴⁹ lb.

Prairie Fresh All Natural Pork Family Pack Boneless Loin or Butterfly Chops
\$2⁷⁹ lb.

Seafood

24 Oz. Sea Best Peeled and Deveined Red Shrimp
\$15⁹⁹

21-25 Ct., 2 Lb. Sea Best Cooked Shrimp
\$18⁹⁹

16 Oz. Sea Best Salmon Fillets
\$7⁹⁹

Farm Raised Catfish Nuggets
\$2⁴⁹ lb.

2 Lb. Sea Best Argentine Red Shrimp
\$18⁹⁹

Signature meat items

Grill or Fry!
Black Canyon Angus Steak Fingers
\$7⁹⁹ lb.

Mountaire Fresh Bacon Wrapped Boneless Chicken Thighs
\$3⁹⁹ lb.

Our Signature Bacon Wrapped Jalapeño Poppers
\$9⁹⁹ lb.

Our Signature Stuffed Pork Chops
\$3⁹⁹ lb.

Springer Mountain Farms Chicken Drumsticks or Thighs
\$1⁸⁹ lb.

16 Oz. Springer Mountain Farms Ground Chicken
\$2⁹⁹

Mountaire, Family Pack Chicken Drumsticks
\$1²⁹ lb.

Manufacturer's Coupon Expires 09/30/2025
\$1.50 OFF ANY ONE SPRINGER MOUNTAIN FARMS CHICKEN PRODUCT
www.SpringerMTN.com
Social - SMFchicken

60.9-64 Oz. Select Varieties El Monterey Value Pack Burritos or Chimichangas
\$8⁹⁹

12-16 Oz. Select Varieties Williams Premium Sausage Rolls Links or Patties
\$3⁹⁹

frozen meat favorites
23-32 Oz. Select Varieties Tyson Fully Cooked Nuggets Tenders or Patties
\$5⁹⁹

16 Oz. Select Varieties John Soules Grilled Chicken or Fajita Breast Strips
\$5⁹⁹

16 Oz. Original, Maple or Italian Prairie Fresh Pork Sausage
\$3⁷⁹

16 Oz. Select Varieties Oscar Mayer Deli Sliced Lunch Meats
\$5⁹⁹

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

12 Oz. Select Varieties Holmes Sliced and Ready Smoked Sausage
\$4⁹⁹

16 Oz. Original or Applewood Kentucky Legend Sliced Bacon
\$4⁹⁹

40 Oz., Family Size Original or Applewood Williams or J.C. Potter Sliced Slab Bacon
\$12⁹⁹

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**

\$7⁴⁹

Kretschmar



1 Lb.
**Kretschmar
Honey or Original
Turkey Off The Bone**

\$9⁹⁹

Kretschmar



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

\$6⁹⁹

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**

\$4⁴⁹

**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**

\$4⁴⁹

**MADE FRESH
HERE!**



**Aunt Minnie's
Chicken Sandwich**

\$3⁹⁹

Tyson



1 Lb.
**Tyson
Boneless Wings**

\$4⁹⁹

Mrs. Gerry's
The Best in Salads



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

\$2⁹⁹

\$9⁹⁹

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

RICH'S



\$4⁴⁹

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



2/\$5

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



\$3⁹⁹

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



\$4⁹⁹

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



\$4⁹⁹

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



\$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

NEW RECIPE!
Michelinina's
Chicken Fried Rice
with White Sauce & Peas



NEW RECIPE!
Michelinina's
Fettuccine Alfredo
with Chicken
& Broccoli



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

2/\$3

Furlani
Texas Toast
Garlic



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

\$2²⁹

Totino's
PIZZA ROLLS



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

\$3⁹⁹

Jimmy Dean
BREAKFAST BOWL
Loaded Potato
Sliced Sausage, Eggs, White Potatoes,
Cheddar Cheese, Chopped Chives,
Onions, Bacon & Chives



Jimmy Dean
BREAKFAST BOWL
Ham & Cheese
Eggs, Potatoes, Ham,
& Cheddar Cheese



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

\$2⁹⁹

PICKSWEET FARMS
Cut Green Beans



PICKSWEET FARMS
Cut Okra



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

\$2⁹⁹

BERTOLLI
SHRIMP SCAMPI
& LINGUINE



BERTOLLI
ITALIAN SAUSAGE
& RIGATONI



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

\$7⁹⁹

Arby's
Crinkle Fries



Nathan's
Pick Me Up! Battered Onion Rings



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

\$4⁴⁹

Blue Bunny



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

\$3⁹⁹

LOTTA CROPS



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

\$4⁹⁹

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.

Select Varieties

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.

Select Varieties

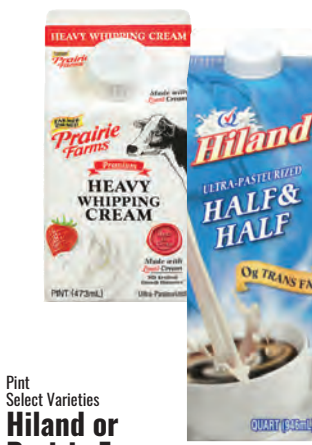
Hiland
Cottage Cheese

or 16 Oz.

Select 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

