



G&W FOODS

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

Prices Effective: October 1 - October 14, 2025 • While Supplies Last



12-24 Oz.
Selected Varieties
**Bob Evans
Side Dishes**
399
ea.

BLACK CANYON
CATTLE COMPANY
ANGUS BEEF

Black Canyon Angus
Family Pack
T-Bone Steaks

\$11.99
lb.



FARMERS PROMISE
RUSSET
The classic Idaho russet potato

8 Lb. Bag
**Farmers Promise
Russet Potatoes**

\$2.79



PRAIRIE FRESH
NATURAL
All Natural Pork

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

\$2.29
lb.



BLACK CANYON
CATTLE COMPANY
ANGUS BEEF

Black Canyon Angus
Arm Roast

\$6.99
lb.



3 Lb. Bag
**Yellow
Cooking Onions**

\$1.99



Mountaire
Fresh Young Chicken

Mountaire, Fresh
Family Pack
**Boneless
Chicken Breast**

\$2.99
lb.



**Jumbo
Red, Yellow,
or Orange
Bell Peppers**

2/\$3



**MADE FRESH
HERE!**

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

\$7.99



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

\$2.99



18-23 Oz.
Select Varieties
**Red Baron
Frozen Pizzas**

\$3.99



48 Oz.
Select Varieties
**Blue Ribbon
Classics Frozen
Dairy Dessert**

\$2.99



5-5.5 Oz.
Select Varieties
**Pringles
Potato Crisps**

3/\$5



11-16 Oz.
Select Varieties
**Post Honey
Bunches of Oats or
Raisin Bran Cereal**

\$2.49



18-19 Oz.
Select Varieties
**Campbell's
Chunky Soup**

\$2.29

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® 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

Best Choice Cooked Shrimp

71-90 Ct., 16 Oz.

\$7.99

SEA BEST

16 Oz.
Sea Best Cod Fillets

\$8.99

Mrs. Paul's

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

\$5.99

SEA BEST

16 Oz.
Sea Best Tilapia Fillets

\$4.99

Lobster Delights

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

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

\$5.99

Johnsonville

16 Oz. Select Varieties
Johnsonville Ground Sausage Breakfast or Italian

\$4.99

Butterball

2 Lb.
Butterball Original Turkey Burgers

\$9.99

Fast Fixin'

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

\$4.99

Williams

40 Oz., Family Pack
Williams Premium or J.C. Potter Sliced Bacon

\$13.99

smoked meats

Eckrich

14 Oz. Select Varieties
Eckrich Smoked Sausage

\$2.99

CURLY'S

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

\$5.49

Oscar Mayer

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

\$5.99

LUNCHABLES

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

\$3.99

Williams

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**

\$7⁴⁹

Kretschmar



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

\$9⁹⁹

Kretschmar



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

\$6⁹⁹

**RESER'S
FINE FOODS**



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

\$3⁴⁹

**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!**



8 Piece
**Aunt Minnie's
Dark Meat**

\$7⁹⁹

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



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

\$2⁹⁹

STATE FAIR



4 Oz.
**State Fair
Corn Dogs**

2/\$3

Tyson



**Tyson Whole
Smoked Chicken**

\$8⁹⁹

\$6⁹⁹

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



\$4⁴⁹

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



\$5⁴⁹

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



\$3⁹⁹

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



5/\$4

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



\$5⁹⁹

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



\$2⁵⁰

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



\$4⁹⁹

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**

\$4⁴⁹



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

\$7⁴⁹



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

\$4⁹⁹



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

\$2⁹⁹



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

\$3²⁹



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

\$3⁴⁹



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

\$6⁹⁹



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

\$5⁴⁹



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

\$7⁶⁹

GROCERY FAVORITES

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

\$2⁴⁹

16.3 Oz.
**Peter Pan
Peanut Butter**



\$2⁴⁹

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



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

\$3⁹⁹



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

\$2⁹⁹



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

\$6⁹⁹



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

2/\$3



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

\$4⁴⁹



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

\$3²⁹



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

\$3⁹⁹



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

\$3⁴⁹



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**

\$2⁴⁹



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

\$3⁹⁹



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

\$7⁹⁹



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

\$13⁹⁹



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

\$3²⁹



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

\$3²⁹



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

\$6⁴⁹



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

\$3⁶⁹



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

\$3²⁹

SHOP OUR ALWAYS FARM FRESH DAIRY FAVORITES

Including products from our hometown Hiland Dairy!

\$3⁹⁹

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



\$2⁹⁹

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

\$1⁹⁹



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

\$4⁷⁹



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

\$2²⁹



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

\$2⁹⁹



Quart
**Hiland
Egg Nog**

\$3⁴⁹

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

