



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 15 - October 28, 2025 • While Supplies Last



19 Oz.
Selected Varieties
Johnsonville
Fresh Bratwurst
or Italian Links
5⁹⁹
ea.



Black Canyon Angus®
Family Pack
Top Sirloin Steak

\$9⁹⁹
lb.



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

\$2⁹⁹



Prairie Fresh
All Natural Pork
Family Pack, Original or Thick
**Bone In Center
Rib Chops**

\$2⁴⁹
lb.



GROUND
FRESH
DAILY!

*Did Someone
Say Chili?!*

\$4⁹⁹
lb.

Family Pack
**80/20% Lean
Ground Beef**



5 Lb. Bag
**Farmer's Promise
Red or Gold Potatoes**

2/\$5



2.5 Lb. Bag
Individual Quick Frozen
**Best Choice
Boneless
Chicken Breast**

\$6⁹⁹



9-13 Oz.
Selected Varieties
**Dole Chopped
Salad Kits**

\$3⁴⁹



**Aunt Minnie's
Family Meal Deal**
8 Pieces With 2 Sides & 4 Rolls

\$20⁰⁰



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

\$6⁴⁹



10-16 Oz.
Select Varieties
**Red Gold
Tomatoes
or Bush's
Chili Beans**

10/\$10



7-8 Oz.
Select Varieties
**Kraft Cheese
Shreds, Chunks
or Slices**

2/\$5



9-16 Oz.
Select Varieties
**Keebler Club,
Town House,
Krispy, Zesta
Crackers**

\$2⁹⁹



8 Oz.
Select Varieties
**Daisy
Sour Cream**

\$1²⁹



42-105 Oz.
Select Varieties
**Arm & Hammer
Liquid Detergent
or Scent Boosters**

\$6⁹⁹

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!

HALLOWEEN PARTY SUPPLIES

\$2⁹⁹
lb.

Hobgoblin Red or
Green Seedless Grapes



Mighty
Monsters
Black Sapphire
Seedless Grapes

\$2⁴⁹
lb.

2 Lb. Bag
Dracula
Blood
Oranges

\$4⁹⁹

\$5⁹⁹

64 Oz.
Louisburg
Apple Cider



\$4⁹⁹

4 Pk., Original or With Nuts
Happy Apple
Caramel Apples



Hass
Avocados

79¢
ea.



Fresh
Jalapeño Peppers

99¢
lb.



Roma
Tomatoes

\$1⁵⁹
lb.



99¢
lb.

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



99¢
lb.

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



Washington
Premium
Honeycrisp Apples

\$1⁷⁹
lb.



2 Lb. Bag
Washington
Sugar Bee
Apples

\$4⁹⁹



Peru
Jumbo
Sweet Onions

\$1²⁹
lb.



Jumbo
Baking Potatoes

59¢
lb.

low prices on everyday organic favorites



3 Pk.
Josie's Organic
Romaine Hearts

\$3⁹⁹



2 Lb. Bag
Organic
Gala Apples

\$3⁷⁹

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

28-32 Oz., Family Pack
Selected Varieties
**Bob Evans
Side Dish**
4.99
ea.

\$6.99
lb.

Rump Roast

BLACK CANYON
ANGUS BEEF

\$8.99
lb.

**Black Canyon Angus®
Whole In Bag Only
Tri Tip**

LETS CELEBRATE PORKTOBER WITH THESE GREAT DEALS FROM PRAIRIE FRESH!!

**PRAIRIE FRESH
NATURAL**

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

\$2.99
lb.

**PRAIRIE FRESH
NATURAL**

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

\$2.49
lb.

**Oven Ready
or Great
on the Grill!**

**PRAIRIE FRESH
NATURAL**

Prairie Fresh All Natural Pork
**Thick Cut
Lowa Chops**

\$2.79
lb.

**PRAIRIE FRESH
NATURAL**

Prairie Fresh All Natural Pork
**Boneless
Pork Butt Roast**

\$2.39
lb.

BLACK CANYON
ANGUS BEEF

\$8.99
lb.

**Black Canyon Angus
Thin Sliced Sirloin
for Stir Fry or Fajita**

BLACK CANYON
ANGUS BEEF

\$7.99
lb.

**Black Canyon Angus
Family Pack
Tenderized Bottom
Round Steaks**

BLACK CANYON
ANGUS BEEF

\$7.99
lb.

**Black Canyon Angus
Family Pack
Stew Meat**

**PRAIRIE FRESH
NATURAL**

Prairie Fresh
All Natural Pork
**Thin Cut Bone In
Breakfast Chops**

\$2.99
lb.

**PRAIRIE FRESH
NATURAL**

Prairie Fresh
All Natural Pork
**Pork Tenderloins
or Lite Spare Ribs**

\$3.29
lb.

**PRAIRIE FRESH
NATURAL**

Prairie Fresh
All Natural Pork
Family Pack
Pork Cutlets

\$2.79
lb.

Seafood

\$8.99

21-25 Ct., 24 Oz.
**Catch Of The Day
Easy Peel Shrimp**

\$18.99

2 Lb.
**Sea Best
Argentine
Red Shrimp**

\$7.99

16 Oz.
Select Varieties
**Sea Best
Salmon Fillets**

\$5.99

8.2-10 Oz.
**SeaPak
Jumbo Butterfly
Shrimp or
Shrimp Scampi**

\$5.99

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

Signature meat items

BLACK CANYON
ANGUS BEEF

\$9.99
lb.

**Black Canyon Angus®
Bacon Wrapped
Top Sirloin Steak**

**PRAIRIE FRESH
NATURAL**

Prairie Fresh All Natural
**Bacon Wrapped
Pork Ribeyes**

\$3.49
lb.

BLACK CANYON
ANGUS BEEF

\$8.99
lb.

**Black Canyon Angus®
Seasoned
Steak Fingers**

\$9.99
lb.

Market Made Signature
**Jalapeño or
Sweet Pepper Poppers**

SPRINGER
Mountain Farms

\$1.89
lb.

**Springer
Mountain Farms
Chicken
Drumsticks
or Thighs**

SPRINGER
Mountain Farms

\$2.99
lb.

**Springer
Mountain Farms
Ground Chicken**

Mountaire
Fresh Young Chickens

\$2.99
lb.

**Mountaire
Family Pack
Jumbo
Party Wings**

Mountaire
Fresh Young Chickens

\$2.99
lb.

**Mountaire
Family Pack
Boneless
Chicken Breast**

Mountaire
Fresh Young Chickens

\$1.49
lb.

**Mountaire
Family Pack
Whole
Chicken Legs**

Manufacturer's Coupon Expires 10/31/2025

\$1.50 OFF ANY ONE
SPRINGER MOUNTAIN FARMS CHICKEN PRODUCT

www.SpringerMTN.com
Social - SMFchicken

EL MONTEREY

60.8-64 Oz.
Select Varieties
Value Pack
**El Monterey
Burritos or
Chimichangas**

\$7.99

Ball Park

16.2 Oz.
Select Varieties
**Ball Park
Fully Cooked
Beef Patties**

\$8.99

frozen meat favorites

Tyson

16-25 Oz.
Selected Varieties
**Tyson Chicken
Wings or Breast**

\$7.99

EL MONTEREY

18-21 Oz.
Steak or Chicken
**El Monterey
Taqitos**

\$7.99

Jimmy Dean

15-18.8 Oz.
Selected Varieties
**Jimmy Dean
Breakfast
Sandwiches**

\$6.99

WILLIAMS
COUNTRY
SAUSAGE

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

\$3.79

WILLIAMS
COUNTRY
SAUSAGE

40 Oz., Family Size
Hickory or Applewood
**Williams or
J.C. Potter
Sliced Bacon**

\$12.99

Johnsonville

12-14 Oz.
Select Varieties
**Johnsonville
Smoked Sausage
Links**

\$4.99

Oscar Mayer

12 Oz.
Select Varieties
**Oscar Mayer
Turkey Bacon**

\$4.49

Hormel

19-20 Oz.
Select Varieties
**Hormel
Side Dishes**

\$3.69

ALWAYS SOMETHING GOOD COOKIN' AT AUNT MINNIE'S
HOME OF THE BEST HAND-BREADED FRIED CHICKEN YOU WILL FIND ANYWHERE!



Kretschmar



1 Lb.
**Kretschmar
Black Forest or
Sweet Cherrywood Ham**

\$7⁹⁹

Kretschmar



1 Lb.
**Kretschmar
Buffalo Chicken**

\$8⁹⁹

Kretschmar



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

\$6⁹⁹

RESER'S



2\$/6
1 Lb.
Selected Varieties
**Reser's
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.**

Fair Market FMI



1 Lb.
**Fair Market Fully
Cooked Seasoned
Shredded Chicken**

\$5⁹⁹

Tyson



1 Lb.
**Tyson BBQ
Boneless Wings**

\$4⁹⁹

Nathan's



**Nathan's
Beef Hot Dogs**

\$2⁴⁹

MADE FRESH HERE!



**Aunt Minnie's
Fish Fillet**

2/\$5

\$5⁹⁹

26 Oz.
**Café Valley
Mississippi Mud or
Chocolate Fudge
Bundt Cakes**



\$8⁹⁹

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



\$5⁹⁹

22 Oz.
**Jessie Lord
Pumpkin Pie**



\$5⁴⁹

13 Oz.
Select Varieties
**MJay's
Brownies**



\$4⁴⁹

13.5 Oz., Select Varieties
**Best Choice
Frosted Sugar
Cookies**



\$3⁹⁹

4 Ct.
Selected Varieties
**Café Valley
Muffins**



\$3⁴⁹

6 Ct.
Select Varieties
**Clyde's
Glazed Donuts**



\$4⁴⁹

12 Oz.
**Rosen's
Caraway Cocktail
Rye Bread**



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

FarmRich



14.3-22 Oz.
Select Varieties
**Farm Rich
Frozen Appetizers**

\$5⁹⁹

Blue Ribbon



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

\$2⁹⁹

Jack's



14.3-15 Oz.
Select Varieties
**Jack's
Frozen Pizza**

3/\$10

Ore-Ida



22-32 Oz.
Select Varieties
**Ore-Ida
Frozen Potatoes**

\$3⁹⁹

Eggo



10 Ct.
Select Varieties
**Eggo
Pancakes
or Waffles**

\$3²⁹

Voita!



21 Oz.
Select Varieties
**Birds Eye Voila!
Entrées**

\$4⁹⁹

LOUISA



16-20 Oz.
Select Varieties
**Louisa
Tortellini or Ravioli**

\$4⁴⁹

Prairie Farms



6 Ct.
Select Varieties
**Prairie Farms
Nutty Royale, Fudge,
Cookies N Cream
Ice Cream Cones**

\$4²⁹

Hiland



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

\$3⁴⁹

GROCERY FAVORITES

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

2/\$6

15-24 Oz.
Selected Varieties
**Bertoli
Pasta Sauce**



5/\$5

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



16 Oz.
Select Varieties
**Pace Salsa or
Picante Sauce**

2/\$5



11-12 Oz.
Select Varieties
**Post
Honey Bunches
of Oats Cereal**

\$3.49



6-10 Ct.
Select Varieties
**Quaker
Instant Oatmeal**

\$3.29



64 Oz.
Select Varieties
**Old Orchard
Juice**

\$1.99



6-10 Ct.
Select Varieties
**Hostess
Snack Cakes**

\$3.49



4 Ct.
Select Varieties
**Hunt's Snack Pack
Puddings**

3/\$5



10-20 Oz.
Select Varieties
**Nabisco
Family Size
Oreo Cookies**

\$4.99



11-12 Oz. or 10 Ct.
Select Varieties
**Dunkin' Whole
Bean, Ground
or K-Cup Coffee**

\$8.99



8 Ct.
Select Varieties
**Swiss Miss
Hot Cocoa**

\$2.99



14-15 Oz. or 4 Ct.
Select Varieties
**Libby's
Fruit Cups or
Canned Fruits**

2/\$5



15-18 Oz.
Select Varieties
**Duncan Hines
Brownie Mix
or Cake Mix**

\$1.69



20 Oz.
Select Varieties
**Palmolive
Dish Soap**

\$3.29



31-32 Oz.
Select Varieties
**Tide Simply
Liquid Detergent**

\$3.99



6-12 Rolls
Select Varieties
**Fiora
Essentials
Bath Tissue or
Paper Towels**

\$4.99



4 Ct. or 14-15 Oz.
Select Varieties
**9 Lives
Can Cat Food**

\$3.49



12.6-15.8 Oz.
Select Varieties
**Kinder's
BBQ Sauce**

\$3.99



18 Oz.
Select Varieties
**Stubb's
BBQ Sauce**

\$4.99

SHOP OUR ALWAYS FARM FRESH DAIRY FAVORITES

Including products from our hometown Hiland Dairy!



\$3.99

32 Oz.
Select Varieties
**International Delights
Coffee Creamers**



3/\$5

10.2 Oz., Select Varieties
Pillsbury Grands! Biscuits,
7.3 Oz., Select Varieties
Cinnamon Rolls
4 Oz., Select Varieties
Crescent Rolls



\$3.49

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



Gallon, Select Varieties
**Red Diamond
Tea or
Hiland
Cottage Cheese**

\$3.99

Gallon, Select Varieties
**Hiland
Fruit Drinks
or 8 Oz., Select Varieties
Hiland
Cream Cheese**

2/\$4



16 Oz.
Select Varieties
**Hiland or Prairie
Farms Sour
Cream and Dips**

2/\$5



1 Lb., Salted or Unsalted
**Hiland
Butter Quarters**

\$3.49



Quart
**Hiland
Buttermilk**

\$1.99

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



6.5-8.5 Oz.
Select Varieties
**Frito-Lay
Cheetos**

\$3⁹⁹



9.25-10 Oz.
Select Varieties
**Frito-Lay
Fritos**

\$3⁹⁹



8.5-9 Oz.
Select Varieties
**Frito-Lay
Fritos Canned Dips**

\$3⁴⁹

20 Oz.
**Sara Lee Classic
White Bread**



\$2⁴⁹

16 Oz.
**Bunny Soft
Twist Bread**



\$2¹⁹

20 Oz.
**Ozark Hearth
Texas Toast**



\$1⁷⁹

specialty foods



8.25-10 Oz.
Select Varieties
**Mezzetta
Olives**

\$6⁷⁹



16 Oz.
Select Varieties
**Blue Diamond
Almonds**

\$10⁴⁹



8 Oz.
Select Varieties
**Clearly Organic
Maple Syrup**

\$6⁴⁹



24 Oz., Select Varieties
**Bob's Red Mill
Pancake &
Waffle Mix**

\$6⁹⁹



28 Oz.
Select Varieties
**Bob's Red Mill
Rolled Oats**

\$8⁴⁹

Shop Best Choice For Your Best Value



12 Oz., Select Varieties
**Best Choice
Frozen Vegetables**

\$1²⁹



16 Oz., Select Varieties
**Best Choice
Jumbo Biscuits**

2/\$⁴



6-8 Ct., 16 Oz.
Select Varieties
**Best Choice Garlic
Breads or Toast**

2/\$⁵



16 Oz., Select Varieties
**Best Choice
Peanut Butter**

2/\$⁵



24-32 Oz.
Select Varieties
**Best Choice
Pancake and
Waffle Mix or
Pancake Syrup**

2/\$⁵

Great Party Favorites From Our Deli



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

\$8⁹⁹



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

\$3⁴⁹



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

\$5⁹⁹



6 Oz.
Select Varieties
**Kaukauna
Cheeseballs**

\$2⁹⁹



16 Oz.
Select Varieties
Pancho's Queso

\$5⁹⁹



10 Oz.
Select Varieties
Sabra Hummus

\$3⁹⁹

Best Prices for Drinks



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

\$10⁹⁹



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

\$4⁹⁹



8 Pk./20 Oz. Bottles
Select Varieties
**Gatorade
Sport Drinks**

\$7⁴⁹



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

\$4⁴⁹

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
\$3⁹⁹**

