

BIG

Just As Well Get The
Best & The Freshest

3 DAY

SALE

FRIDAY, SATURDAY & SUNDAY

PRICES GOOD FROM NOVEMBER 7TH THRU 9TH, 2025



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

\$2.29
Lb.



**80% Lean
Ground Beef**
Sold in 10 Lb. Tube

\$4.49
Lb.



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

\$1.99
Lb.

BIG

Just As Well Get The
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FRIDAY, SATURDAY & SUNDAY

PRICES GOOD FROM NOVEMBER 7TH THRU 9TH, 2025



Sunray Red
Seedless Grapes

\$1.59
Lb.



Best Choice
Cheese Shreds or
Chunks
Select Varieties
7-8 Oz.

Limit 3 Please

\$1.77



Best Choice
Butter Quarters
16 Oz.

Limit 3 Please

\$2.77



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 29 - November 11, 2025 • While Supplies Last



12-24 Oz.
Selected Varieties
**Bob Evans
Side Dishes**
349
ea.

BLACK CANYON
ANGUS BEEF

12 Oz.
Black Canyon Angus®
**Kansas City
Strip Steak**

\$11.99

Happy Halloween

8 Lb.
Farmers Promise
Russet Potatoes

\$2.49

PRAIRIE FRESH
NATURAL

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

\$1.99
lb.

BLACK CANYON
ANGUS BEEF

Black Canyon Angus®
Chuck Roast

\$8.99
lb.

**Green Seedless
Grapes**

\$2.49
lb.

Mountaire
Fresh Young Chicken

Mountaire Fresh
Family Pack
**Chicken Breast
Tenders or
Boneless Thighs**

\$2.49
lb.

2 Lb.
**Sunray's
Mandarins**

\$3.49

**MADE FRESH
HERE!**

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

\$9.99



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

\$7.49



11.4-16.1 Oz.
Raisin Bran, Raisin Bran Crunch,
Bite Size Mini Wheats, Special
K Red Berry or Special K Fruit
Yogurt
Kellogg's Cereal

2/\$6



15-23 Oz.
Select Varieties
**Red Baron
Frozen Pizzas**

\$3.99



46-48 Oz.
Select Varieties
**Blue Bunny
Premium Ice Cream**
6-8 Ct.
Select Varieties
**Mini Cones,
Sandwiches or Bars**

\$3.49



16.3 Oz.
**Pillsbury Grands!
Biscuits**
8 Oz.
**Crescents Rolls
or 13 Oz.
Cinnamon Rolls**

2/\$5



14.5-15.25 Oz.
Select Varieties
**Green Giant Can
Vegetables**

5/\$5

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



3 Lb.

Missouri Red or Gold
Delicious Apples



Gallon
Louisburg
Apple Cider



13.5 Oz.
Marzetti
Carmel Apple Dip



\$1.59

lb.

Washington
Bartlett Pears



\$1.19

lb.

Washington Premium
Red Delicious Apples



Tomatoes on the Vine



11.3 Oz.
Dole Ultimate Caesar Salad



13 Oz.
Marzetti Salad Dressings



\$3.99

15 Oz.
Yo Quiero
Mild or
Medium Salsa



\$3.49

15 Oz.
Original, Chunky or Spicy
Yo Quiero
Guacamole



Georgia
Fancy Zucchini

\$1.49

lb.



Green Cabbage

89¢

Peru
Jumbo
Sweet Onions



\$1.39

lb.



Arkansas
#1 Sweet Potatoes

\$1.19

lb.



Organic
Sleeved Celery

\$1.99



2 Lb. Bag
Organic
Granny Smith Apples

\$3.79

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% Lean Ground Beef

12 Oz. Regular or Thick Sliced
Smithfield Bacon
3.99 ea.

\$5.29 lb.



Black Canyon Angus® Family Pack Tip Steaks

\$7.99 lb.

SPOOKTACULAR DEALS ON PRAIRIE FRESH PORK!



Prairie Fresh All Natural Pork Baby Back Ribs

\$3.99 lb.



Prairie Fresh All Natural Pork Lean Trimmed Pork Butts Singles in Bag

\$2.59 lb.



Prairie Fresh All Natural Pork Family Pack Boneless Pork Chops

\$2.99 lb.



Prairie Fresh All Natural Pork Bone In Sirloin Roast

\$1.89 lb.



Black Canyon Angus Chuck Steaks
Any Size

\$9.99 lb.



Black Canyon Angus Thin Sliced Breakfast Steaks or Fajita Meat

\$8.49 lb.



Black Canyon Angus Lean Stew Meat

\$7.99 lb.



Prairie Fresh All Natural Pork Market Made Ground Italian or Pork Breakfast Sausage

\$2.79 lb.



Prairie Fresh All Natural Pork Regular or Thick Cut Small Package Pork Steak

\$2.99 lb.



Prairie Fresh All Natural Pork Boneless Center Cut Loin Roast

\$2.79 lb.

Seafood



2 Lb., 16/20 Ct. Sea Best Argentine Red Shrimp

\$18.99



16 Oz. Sea Best Cod Fillets

\$8.99



16 Oz. Select Varieties Sea Best Bay Scallops

\$8.99



16 Oz. Sea Best Tilapia Fillets

\$5.99



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

\$5.99



Prairie Fresh All Natural Bacon Wrapped & Seasoned Pork Ribeye Chops

\$3.49 lb.



Our Signature Market Made Stuffed Chicken Breasts or Breast Grillers

\$3.99 lb.



Our Signature Market Made Jalpeno & Cheddar Burgers

\$6.99 lb.



Prairie Fresh All Natural Pork Loin Roast Kits

\$3.99 lb.



Springer Mountain Farms Boneless Breast Fillets

\$4.49 lb.



Springer Mountain Farms Boneless Breast Tenders

\$4.99 lb.



ButterBall 85% Lean Ground Turkey

\$4.79 lb.



Mountaire Family Pack Party Wings

\$2.99 lb.



Mountaire Family Pack Chicken Drumsticks

\$1.49 lb.



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

\$5.99



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

\$4.49



6 Lb. Selected Varieties Holten Party Box Beef Patties

\$25.99



16 Oz. Italian or Breakfast Jimmy Dean Sausage

\$3.99



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

\$3.79

frozen meat favorites



28 Oz. Select Varieties Eckrich Little Smokies

\$5.99



13-14 Oz. Hillshire Farms Smoked Sausage or Polish Kielbasa

\$3.99



15 Oz. Beef Roast, Beef Tips, Meatloaf & Select Varieties Hormel Entrees

\$7.99



10-14 Oz. Select Varieties Nathan's All Beef Hot Dogs

\$4.99



40 Oz. Select Varieties Williams or JC Potters Hickory or Applewood Smoked Slab Bacon

\$13.99

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



Kretschmar



1 Lb.
**Kretschmar
Virginia Honey or
Smoked Ham**

\$6⁹⁹

Kretschmar



1 Lb.
**Kretschmar
Cajun or Sundried
Tomato Turkey**

\$9⁹⁹

Kretschmar



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

\$6⁹⁹

RESER'S



3 Lb.
Select Varieties
**Reser's
Variety Salads**

\$7⁹⁹

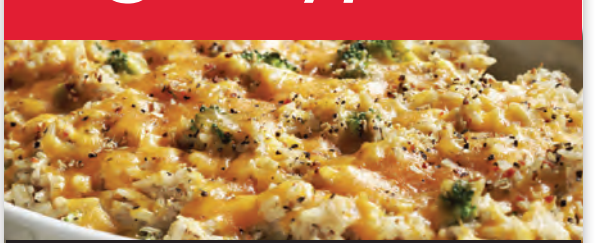
RESER'S



3 Lb.
**Reser's Deviled
Egg or Redskin
Potato Salad**

\$9⁹⁹

**VISIT OUR DELI
FOR GREAT LUNCH OR
DINNER MEALS**



**That Includes An Entrée And
2 Sides, Plus A Free Cookie.**

MADE FRESH HERE!



**Aunt Minnie's
Chicken Sandwich**

\$3⁹⁹



**Tyson Chicken
or Buffalo Chicken &
Cheese Crisпитos**

2/\$3

Mrs. Gerry's



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

\$2⁹⁹

MADE FRESH HERE!



**Aunt Minnie's
Chicken Pot Pie**

\$6⁴⁹

\$5⁴⁹



22 Oz.
**Jessie Lord
Pumpkin Pie**

\$5⁹⁹



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

\$3⁹⁹



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

\$4⁹⁹



16 Oz.
**Olson's Sliced
Creme Cakes**

\$3⁹⁹



4 Ct.
Select Varieties
Cafe Valley Muffins

\$4⁹⁹



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

\$4⁴⁹



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

\$4⁴⁹



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

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



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

\$3⁹⁹

Michelin's



4-8 Oz.
Select Varieties
**Michelin's
Frozen Meals**

2/\$3

#FRIDAYS



8-11 Oz.
Select Varieties
TGIF Appetizers

\$3⁴⁹

Ore-Ida



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

\$4⁴⁹

Birdseye



10 Oz.
Select Varieties
**Birdseye Frozen
Vegetables**

4/\$5

Smart Ones



6-10 Oz.
Select Varieties
**Smart Ones Frozen
Entrees**

2/\$4

Edwards



24-32 Oz.
Select Varieties
Edwards's Pies

\$7⁹⁹

Prairie Farms



6 Ct.
Select Varieties
**Prairie Farms Chocolate
Eclairs, Ice Cream Sandwiches,
Just Dipped Bars, Strawberry
Shortcake or Krispy Krunch Bars**

\$3⁹⁹

Highland



4 Quart
Select Varieties
**Highland Ice Cream
Pails**

\$7⁶⁹

GROCERY FAVORITES

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

\$3⁹⁹

9.1-11.5 Oz.
Select Varieties
On the Border
Tortilla Chips



\$7⁴⁹

32 Oz.
Select Varieties
Kraft Velveeta
Cheese





10 Oz.
Select Varieties
Rotel Tomatoes

4/\$5





10-14 Oz.
Select Varieties
Kraft Shells &
Cheese or Deluxe
Macaroni & Cheese
or Velveeta Skillet
Meals

2/\$6



18-19 Oz.
Select Varieties
Progresso Soups

\$2⁹⁹



16 Oz.
Select Varieties
Sunshine or
Keebler Krispy or
Zesta Saltines

\$3⁴⁹



14.5-15 Oz.
Select Varieties
Hunt's Can
Tomatoes

2/\$3



10 Ct. or 9.6 Oz.
Select Varieties
Folgers KCups or
Coffee

\$6⁹⁹



11.2-16.8 Oz.
Cheerios, Cookie Crisp, Trix,
Cocoa Puffs, Golden Grahams,
Cinnamon Toast Crunch, Lucky
Charms or Reese Puffs
General Mills
Cereal

\$3⁹⁹



16.3 Oz.
Select Varieties
Peter Pan
Peanut Butter

\$2⁹⁹



10-10.75 Oz.,
Select Varieties
Hostess Bag
Donuts

\$2²⁹



7-12 Oz.
Select Varieties
Cheez It
Crackers

\$3⁹⁹



5.2-7 Oz.
Select Varieties
Pringles Potato
Crisps

2/\$5



100.5-105 Oz.
Arm & Hammer
Liquid Detergent,
Power Paks or
Scent Beads

\$6⁹⁹



12 Rolls
Fiora
Essentials Bath
Tissue or 6 Roll
Paper Towels

\$5⁴⁹



16 Lb.
Select Varieties
Kibbles N
Bits Dry
Dog Food

\$17⁹⁹



16 Oz.
Select Varieties
Terry Ho's Yum
Yum Sauce

\$4⁹⁹



32.7-38 Oz.
Select Varieties
Dawn Liquid
Dish Soap

\$5⁹⁹



17 Oz.
Select Varieties
Crying Thaiger
Sriracha
Chili Sauce

\$3⁷⁹

SHOP OUR ALWAYS FARM FRESH DAIRY FAVORITES

Including products from our hometown Hiland Dairy!



46 Oz.
Select Varieties
Tropicana Premium
Orange Juice

\$3⁹⁹



32 Oz.
Select Varieties
Coffeemate
Coffee Creamer

\$3⁹⁹



7-8 Oz.
Select Varieties
Kraft Natural
Cheese Slices

\$2⁹⁹



Quarters
Select Varieties
Hiland Butter

\$3⁵⁹



8 Oz.
Selected Varieties
Hiland or
Prairie Farms
Sour Cream or
Dips

3/\$5



Half Gallon
Rasperry or Regular
Hiland or Prairie
Farms Lemoande

\$1⁹⁹



Quart
Select Varieties
Hiland Egg Nog

\$3⁴⁹



16 Oz.
Select Varieties
Hiland or
Prairie Farms
Cottage Cheese

\$2⁹⁹

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



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

\$3.49



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

\$3.49



7-8 Oz., Select Varieties
**Nabisco Snack
Crackers**

\$3.99

20 Oz.
**Sara Lee
Butter Bread**



\$2.79

24 Oz.
**Bunny White
Sandwich Bread**



\$2.79

20 Oz.
**Bunny Honey
Wheat Bread**



\$2.79

specialty foods



20.5-21.5 Oz.
Select Varieties
**Kikkoman
Teriyaki Sauce**

\$4.99



5 Oz.
Select Varieties
**Kikkoman Soy
Sauce**

\$2.49



10 Oz.
**Ty Ling Sweet &
Sour Sauce**

\$2.99



10 Oz.
**Ty Ling Chinese
Noodles**

\$3.79



3.5 Oz.
Select Varieties
**Ty Ling Fortune
Cookies**

\$3.19

Shop Best Choice For Your Best Value



2 Lb., Select Varieties
**Best Choice
Brown or Powdered
Sugar**

2/\$5



15 Oz., Select Varieties
**Best Choice
Refrigerated Pie
Crusts**

\$2.79



5 Lb., Select Varieties
**Best Choice
All Purpose Flour**

\$2.49



48 Oz., Select Varieties
**Best Choice
Vegetable or
Canola Oil**

\$3.49



10-12 Oz.
Select Varieties
**Best Choice
Baking Chips**

\$3.49

Great Party Favorites From Our Deli



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

\$4.49



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

\$8.99



5 Oz.
**Belgioioso
Parmesan,
Asiago, Blue
Cheese Wedges**

\$2.99



5.2 Oz.
Original or Light
**Boursin Garlic &
Herb Cheese**

\$4.99



6 Oz. Select Varieties
**Kaukauna
Cheeseballs**

\$2.99



1.75 Lb.
Select Varieties
**Hormel Ham
& Cheese or
Pepperoni & Cheese
Snack Tray**

\$14.99

Best Prices for Drinks



2 Liters
Select Varieties
**Coke
Products**

\$1.99



8 Pk./12 Oz. Bottles
Select Varieties
**Pepsi
Products**

\$5.99



6 Pk./16.9 Oz. Btls
Select Varieties
Gold Peak Tea

\$6.99



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

\$5.49



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

\$3.29

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

2/\$10



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

\$4.99

