



G & W FOODS

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

Prices Effective: Jan. 14 - Jan. 27, 2026 • While Supplies Last



32 Oz.
**Reser's
Mashed Potatoes
or Mac & Cheese**
4.49
ea.

**GROUND
FRESH
DAILY!**

Family Pack
**Boston Style
Grind**

\$3.99
lb.



4 Lb.
**Sunkist Seedless
Navel Oranges**

4.99



BLACK CANYON
ANGUS BEEF

Black Canyon Angus®
Top Sirloin Steak

\$8.99
lb.



**PRAIRIE
FRESH
NATURAL**

Prairie Fresh All Natural
**Assorted
Pork Loin Chops**

\$1.99
lb.



Greenridge
FRUIT

3 Lb.
Michigan
**Fuji or
Gala Apples**

\$3.49



Mountaire
Fresh Young Chickens

Family Pack
Mountaire Fresh
**Split
Chicken Breast**

\$1.69
lb.



Imported
**Dark Red
Sweet Cherries**

\$4.99
lb.



**MADE
FRESH
HERE!**

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

\$8.99



PEPSI
ZERO SUGAR

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

\$5.99



Fritos
The ORIGINAL
CHEESE CHIPS

Cheetos
Crunchy

8-9 Oz.
Select Varieties
**Frito-Lay
Fritos or
Cheetos**

\$3.99



TURKEY HILL
Black Cherry

TURKEY HILL
Triple Vanilla

1.44 Qt.
Select Varieties
**Turkey Hill
Ice Cream**

\$2.99



BUSH'S
BEST
Chili Beans
PINTO BEANS
MILD CHILI SAUCE

15-16 Oz.
Select Varieties
**Bush's Canned
Chili, Kidney
or Pinto Beans**

5/\$5



Borden
MILD CHEDDAR
FINELY SHREDDED

Borden
EXTRA SHARP CHEDDAR
MELTS

6-12 Oz.
Select Varieties
**Borden
Cheese Shreds,
Singles or Slices**

4/\$10



Campbell's
CHUNKY
CLASSIC CHICKEN NOODLE
WITH WHITE MEAT CHICKEN

Campbell's
CHUNKY
STEAK AND POTATO

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

2/\$4

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!

\$3⁵⁹

1 Lb.
Florida
Strawberries

Fresh
From
Florida!



Pint
Fresh
Blueberries

\$3⁹⁹



6 Oz.
Fresh
Blackberries

\$2⁴⁹

\$1⁵⁹
ea.

Mangoes



\$3⁹⁹

Jumbo
Cantaloupe



Green
Cabbage

79¢
lb.



Sno White
Cauliflower

\$3²⁹



2 Lb.
Bolthouse Farms
Carrots

\$2¹⁹

9-13 Oz.
Dole American
or Italian Blend
Salad Mix

\$2⁴⁹



10 Oz.
Sweet Grape
Tomatoes

\$1⁹⁹



Value Sized Packages



15 Lb.
All Purpose
Russet Potatoes

\$3⁹⁹



5 Lb.
Yellow
Cooking Onions

\$3⁴⁹



MICHIGAN
APPLES
5 Lb.
Gala Apples

\$5⁹⁹



8 Lb.
Sunkist Seedless
Navel Oranges

\$8⁹⁹

low prices on everyday organic favorites



16 Oz.
Organic
Baby Peeled Carrots

\$2¹⁹



2 Lb.
Organic
Fuji Apples

\$4²⁹

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

16 Oz. Selected Varieties
Farmland Sliced Bacon
\$5⁹⁹

GROUND FRESH DAILY!

Family Pack
80% Lean Ground Beef

\$5⁴⁹ lb.

BLACK CANYON
ANGUS BEEF

Family Pack
Black Canyon Angus® Eye of Round Steak

\$7⁹⁹ lb.

SLOW COOKER FAVORITES

BLACK CANYON
ANGUS BEEF

Black Canyon Angus® Top Round Roast

\$6⁹⁹ lb.

PRAIRIE FRESH
NATURAL

Prairie Fresh All Natural Bone-In or Boneless Center Loin Roast

\$2⁵⁹ lb.

BLACK CANYON
ANGUS BEEF

Black Canyon Angus® Eye of Round Roast

\$6⁹⁹ lb.

Mountaire
Fresh Family Pack

Mountaire Whole Fryer

\$1⁵⁹ lb.

Fresh, Never Frozen
Atlantic Salmon Fillet

\$12⁹⁹ lb.

BLACK CANYON
ANGUS BEEF

Black Canyon Angus® Whole Picanha or Steak

\$9⁹⁹ lb.

BLACK CANYON
ANGUS BEEF

Black Canyon Angus® Family Pack Top Round Steak or London Broil

\$7⁹⁹ lb.

BLACK CANYON
ANGUS BEEF

Black Canyon Angus® Extra Lean Stew Meat

\$7⁵⁹ lb.

PRAIRIE FRESH
NATURAL

Prairie Fresh All Natural Iowa Chops

\$2⁵⁹ lb.

PRAIRIE FRESH
NATURAL

Family Pack
Prairie Fresh All Natural Butterfly or Boneless Chops

\$2⁷⁹ lb.

PRAIRIE FRESH
NATURAL

Prairie Fresh All Natural Pork Tenderloin

\$2⁹⁹ lb.

PRAIRIE FRESH
NATURAL

Prairie Fresh All Natural Spare Ribs

\$3²⁹ lb.

Seafood

SEA BEST
Raw Shrimp

31-40 Ct., 16 Oz.
Sea Best EZ Peel Raw Shrimp

\$7⁹⁹

SEA BEST
Tilapia Fillets

1 Lb.
Sea Best Tilapia Fillets

\$5⁴⁹

Best Choice
SHRIMP

12 Oz.
Cooked, Peeled
Best Choice Salad Shrimp

\$5⁹⁹

SEA BEST
Hush Puppies

16 Oz.
Sea Best Buttermilk or Jalapeño Hush Puppies

\$3⁹⁹

Signature meat items

BLACK CANYON
ANGUS BEEF

Black Canyon Angus® Bacon Wrapped Sirloin Steaks

\$9⁹⁹ lb.

PRAIRIE FRESH
NATURAL

Prairie Fresh All Natural Bacon Wrapped Pork Ribeye

\$3⁴⁹ lb.

GROUND FRESH DAILY!

90% Lean Ground Beef

\$6⁹⁹ lb.

Our Signature
Market Made Breakfast or Italian Sausage

\$2⁹⁹ lb.

Mountaire
Fresh Family Pack

Mountaire Family Pack Chicken Tenders or Boneless Thighs

\$2⁹⁹ lb.

Mountaire
Fresh Family Pack

Mountaire Family Pack Party Chicken Wings

\$2⁹⁹ lb.

SPRINGER
Mountain Farms

Springer Mountain Family Pack Chicken Thighs or Drumsticks

\$1⁸⁹ lb.

16 Oz.
Butterball 85% Lean Ground Turkey

\$4⁵⁹ ea.

Manufacturer's Coupon Expires 02/28/2026

SPRINGER
Mountain Farms

\$1.50 OFF ANY ONE
SPRINGER MOUNTAIN FARMS CHICKEN PRODUCT

www.SpringerMTN.com
Social - SMFchicken

frozen meat favorites

2.5 Lb. Boneless, Skinless Best Choice Chicken Breast

\$7⁹⁹

4 Lb. Select Varieties Tyson Chicken Nuggets

\$13⁹⁹

60.4-64 Oz. Select Varieties El Monterey Value Pack Burritos

\$10⁹⁹

22 Oz. Select Varieties Williams Sausage Biscuits

\$5⁹⁹

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

\$3⁷⁹

smoked meats

CURLY'S
PULLED CHICKEN or PULLED PORK

12-16 Oz. Select Varieties

\$5⁹⁹

LUNCHABLES
HAM & AMERICAN

2.27-4.3 Oz. Select Varieties

Oscar Mayer Basic Lunchables

2/\$4

WILLIAMS
SLICED SLAB BACON

40 Oz. Select Varieties

Williams Premium Sliced Slab Bacon

\$11⁹⁹

FARMLAND
SLICED HAM

16 Oz. Select Varieties

Farmland Diced, Sliced or Cubed Ham

\$4⁹⁹

BAR-S
CLASSIC FRANKS

12 Oz. Select Varieties

Bar-S Meat Franks

2/\$3

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**

\$5⁹⁹

Kretschmar

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

\$8⁹⁹

Kretschmar

1 Lb.
**Kretschmar
Garlic & Herb Chicken**

\$9⁹⁹

Kretschmar

1 Lb.
**Kretschmar
Cheddar Cheese**

\$6⁹⁹

RESER'S
FINE FOODS

1 Lb.
Select Varieties
**Reser's
Salads**

2/\$6

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

**THAT INCLUDES AN ENTRÉE &
2 SIDES PLUS A FREE COOKIE!**

ZARDA
HICKORY PIT BAR-B-Q

1 Lb.
**Zarda Grandma's or
Classic Baked Beans**

\$3⁹⁹

Tyson

1 Lb.
**Tyson Boneless
Chicken Wings**

\$4⁹⁹

**MADE FRESH
HERE!**

**Aunt Minnie's
Chicken Sandwich**

\$3⁹⁹

Mrs. Gerry's
The Best in Salads

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

\$2⁹⁹

\$10⁹⁹

26.5 Oz.
**Rich's
Single Layer
Red Velvet Cake**

\$5⁹⁹

15 Ct. or 6 Ct.
**Cafe Valley
Petite or Large
Croissants**

\$5⁴⁹

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

\$6⁴⁹

16 Oz.
New York or Strawberry
**Father's Table
Cheesecake**

\$3⁹⁹

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

\$2⁹⁹

12 Oz.
Select Varieties
**Clyde's Variety
Donut Holes**

\$4⁹⁹

14 Oz.
Select Varieties
**37th Street
Variety Danishes**

\$1⁹⁹

12 Oz.
Select Varieties
**Toufayan
Pita Bread**

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

17-23 Oz.
Select Varieties
**Red Baron
Frozen Pizza**

\$4⁴⁹

9-10 Oz.
Select Varieties
**Healthy Choice
Frozen Entrees**

2/\$5

18-24 Oz.
Select Varieties
**P.F. Chang's or
Bertoli Frozen Entrees**

\$6⁴⁹

18-22 Oz.
Select Varieties
**Louisa Tortellini
or Ravioli**

\$4⁴⁹

10 Oz. or 6 Ct.
Select Varieties
**Furlani Garlic
Bread or Toast**

2/\$4

10-16 Oz.
Select Varieties
**PictSweet
Frozen Vegetables**

2/\$4

57-96 Oz.
Select Varieties
**Stouffer's Family Size
Lasagna or Enchiladas**

\$15⁹⁹

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

\$5⁴⁹

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

4/\$5

16 Oz.
Select Varieties
American
Beauty Pasta



2/\$4

23-24 Oz.
Select Varieties
Prego
Pasta Sauce





16 Oz.
Select Varieties
Hidden Valley
Ranch Dressing

\$4⁴⁹


10-15 Oz.
Select Varieties
Red Gold
Canned Tomatoes

\$1¹⁹


1-1.12 Oz.
Select Varieties
Williams
Chili Seasoning

\$1²⁹


4-7 Oz.
Select Varieties
Rice-A-Roni or
Pasta-Roni Sides

2/\$3


2-4 Oz.
Selected Varieties
Starkist
Tuna Pouch

4/\$5


12-15 Oz.
Select Varieties
Kraft
Squeeze Mayo

\$2⁹⁹


4 Ct.
Select Varieties
Snack Pack
Pudding Cups

2/\$3


16.3 Oz.
Select Varieties
Peter Pan
Peanut Butter

\$2⁹⁹


15-18 Oz.
Select Varieties
Smucker's Jams,
Jellies, Preserves
or Marmalades

\$3⁴⁹


12-16 Oz.
Select Varieties
Cheerios, Reese's Puffs, Cocoa
Puffs, Cinnamon Toast Crunch,
Golden Grahams or Cookie Crisps

\$3⁹⁹


5 Ct.
Select Varieties
Nature Valley
Granola Bars or
Cereal Bars

\$3⁹⁹


75-80 Ct.
Select Varieties
Lysol
Disinfecting
Wipes

\$4⁹⁹


32.5 Oz.
Select Varieties
Palmolive
Dish Soap

\$4²⁹


31-32 Oz.
Select Varieties
Tide Simply
Liquid Detergent

\$3⁹⁹


2.5-3.15 Lb.
Select Varieties
9 Lives
Dry Cat Food

\$5⁴⁹


1-1.2 Oz.
Select Varieties
Kinder's
Seasoning Mix

\$1³⁹


20 Ct.
Select Varieties
Celestial
Seasonings
Herbal Tea

\$4²⁹

SHOP OUR ALWAYS FARM FRESH DAIRY FAVORITES

Including products from our hometown Hiland Dairy!


5.3 Oz.
Select Varieties
Chobani
Yogurt

4/\$5


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

\$2²⁹


32 Oz.
Select Varieties
International Delight
Coffee Creamer

\$3⁴⁹


Gallon
Red Diamond
Tea

\$3⁹⁹


Select Varieties
Hiland 24 Oz.
Cottage Cheese
or 16 Oz.
Cheese Chunks

\$3⁹⁹


16 Oz.
Select Varieties
Hiland Dips or
Sour Cream

2/\$5


8 Oz.
Hiland
Cream Cheese

2/\$4


32 Oz.
Select Varieties
Hiland
Yogurt

\$3²⁹

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



10-12 Oz.
Select Varieties
**Frito-Lay
Tostitos**
\$3⁹⁹



7.5-16 Oz.
Select Varieties
**Zesta
Saltines**
\$2⁹⁹



5-13 Oz.
Select Varieties
**Nabisco
Chips Ahoy!
or Belvita**
\$3⁹⁹



20 Oz.
**Bimbo
Soft White
Bread**



2/\$4

8 Ct.
**Ball Park
Hamburger
or Hot Dog
Buns**



\$3⁴⁹

12 Oz.
Select Varieties
**Lewis
Half Loaf
Breads**



2/\$5

specialty foods



9.2-12 Oz.
Select Varieties
**Shore Lunch
Soup Mix**
\$5²⁹



10.5 Oz.
Select Varieties
**Clearly Organic
Canned Soup**
\$2²⁹



25 Oz.
Select Varieties
**Mezzetta
Pasta Sauce**
\$6⁴⁹



16 Oz.
Select Varieties
**DaVinci
Pasta**
\$1⁷⁹



1.2-1.6 Oz.
Select Varieties
**Knorr
Sauce Mix**
\$1³⁹

Shop Best Choice For Your Best Value



10 Ct.
Select Varieties
**Best Choice Frozen
Waffles or Pancakes**
2/\$4



64 Oz.
Select Varieties
**Best Choice
Apple Juice**
\$2²⁹



5.5-7.25 Oz.
Select Varieties
**Best Choice
Mac & Cheese**
99¢



5 Oz.
Select Varieties
**Best Choice
Canned Tuna**
99¢



4 Ct.
Select Varieties
**Best Choice
Fruit Cups**
\$2⁷⁹

Great Party Favorites From Our Deli



24.8-32 Oz.
Select Varieties
**Stacy's
Pita Chips**
\$3⁹⁹



4.2 Oz.
**Babybel Original
or Lite Minis**
\$3⁹⁹



5.4 Oz.
Original, Swiss
or Garlic & Herb
**The Laughing Cow
Cheese Wedges**
\$3⁹⁹



8 Oz.
Smoked, Scorpion Pepper,
Mango Habanero or
Hickory Smoked Bourbon
**Red Apple
Gouda Cheese**
\$4⁹⁹



8 Oz.
**Red Apple
Smoked Cheddar**
\$4⁹⁹



14 Oz.
**Kretschmar Beef
or Beef & Garlic
Summer Sausage**
\$8⁹⁹

Best Prices for Drinks



6 Pk./16.9 Oz. Bottles
Select Varieties
**Coca-Cola
Products**
\$4²⁹



6 Pk./16.9 Oz. Bottles
Select Varieties
**Pepsi
Products**
\$5⁹⁹



12 Pk./12 Oz. Cans
Select Varieties
**Coca-Cola
Products**
\$8⁴⁹



28 Oz.
Select Varieties
**Gatorade
Sports Drink**
\$2¹⁹



16 Oz.
Select Varieties
**Body Armor
Sports Drinks**
\$1⁷⁹

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
\$4⁹⁹

