



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. 28 - Feb. 10, 2026 • While Supplies Last



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

\$6.99



7-10.75 Oz.
Select Varieties
**Frito-Lay
Lay's or Doritos**

**BUY 1
GET 1
FREE**



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

2/\$4



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

\$3.99



7-13 Oz.
Select Varieties
**Nabisco
Snack Crackers**

\$3.99



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

\$3.99

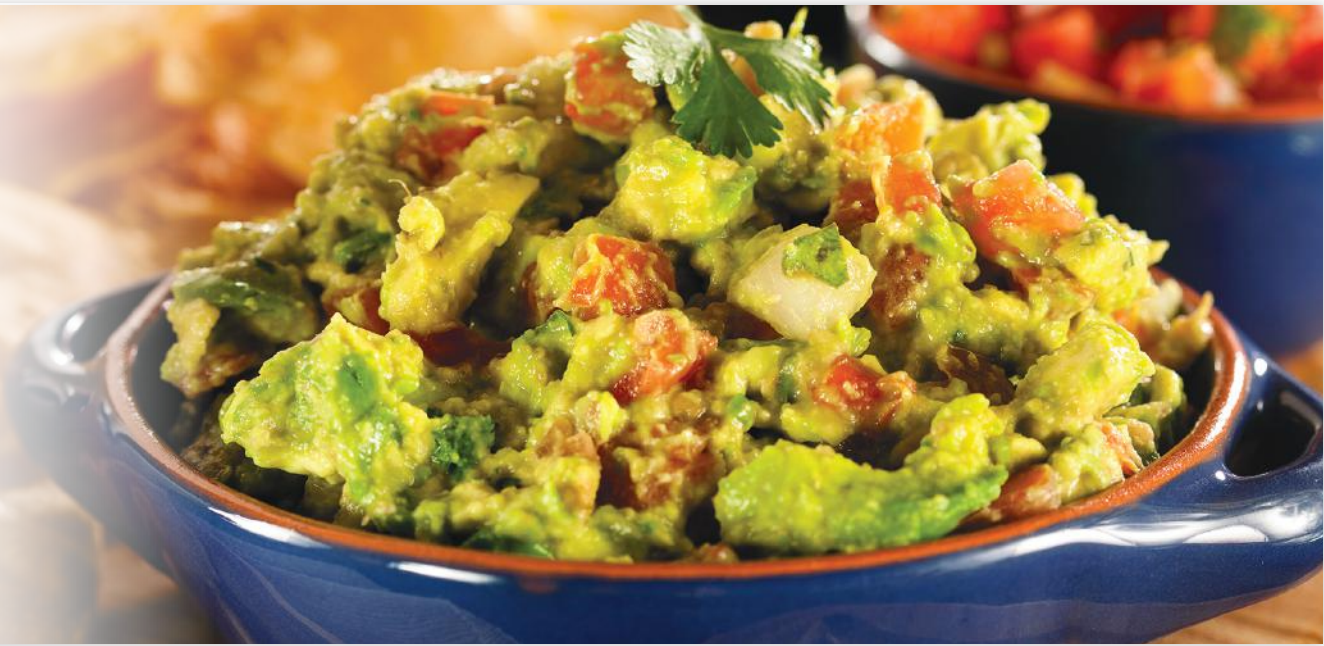
DOWNLOAD OUR APP TODAY FOR GREAT RECIPES, FLASH SPECIALS
Plus Great Savings On Digital Coupons

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.

MAKE YOUR OWN GUACAMOLE OR SALSA FOR THE BIG GAME

3/\$2

Hass Avocados



Large & Ripe Roma Tomatoes

\$1.39 lb.



Peru Sweet Onions

\$1.29 lb.

\$1.59 lb.

Fresh Jalapeños



\$1.29

Bunch Fresh Cilantro



Extra Large Green Bell Peppers

79¢ ea.



10 Oz. Sweet Grape Tomatoes

\$1.79



Super Select Cucumbers

79¢ ea.



5 Oz. Fresh Gourmet Croutons

2/\$3



12 Oz. Select Varieties Litehouse Vegetable Dips

\$3.49



Fresh Made In Store 10 Inch Vegetable Tray

\$8.99



15 Oz. Select Varieties Yo Quiero Guacamole

\$4.99

Fresh Fruit Favorites



3 Lb. Red Delicious Apples

\$3.99



3 Lb. Sunkist Cara Cara Oranges

\$4.99



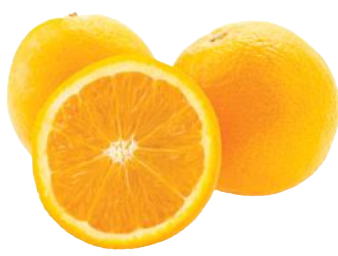
Texas Red Grapefruit

\$1.19



Honeycrisp Apples

\$1.99 lb.



Seedless Navel Oranges

3/\$2



3 Ct. Organic Romaine Hearts

\$3.79



5 Oz. Organic Girl Super Greens

\$4.59

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

12 Oz.
Hickory or Applewood
Jimmy Dean
Sliced Bacon
\$3.99

GROUND FRESH DAILY!

Family Pack
80% Lean
Ground Beef

\$5.79 lb.

Black Canyon Angus®
Lean & Juicy
Rump Roast

\$5.99 lb.

OUR BUTCHER'S BIG GAME FAVORITES

GROUND FRESH DAILY!

Family Pack
Boston Style
Grind

\$4.49 lb.

Family Pack
Montaire
Party Wings

\$2.99 lb.

Black Canyon Angus®
Patio or
Charcoal Steaks

\$6.99 lb.

Prairie Fresh All Natural
Whole Trimmed
Butt Roast

\$1.99 lb.

32 Oz.
Best Choice
Shrimp Ring

\$19.99

Family Pack
Black Canyon Angus®
Bottom Round Steak

\$6.99 lb.

Family Pack
Black Canyon Angus®
Cube Steak

\$6.99 lb.

Family Pack
Black Canyon Angus®
Lean Stew Meat

\$5.99 lb.

PRAIRIE FRESH NATURAL

Family Pack
Prairie Fresh All Natural
Boneless
Pork Chops

\$2.79 lb.

PRAIRIE FRESH NATURAL

Family Pack
Prairie Fresh All Natural
Pork Cutlets

\$2.69 lb.

GROUND FRESH DAILY!

Market Made
Breakfast or
Italian Sausage

\$2.99 lb.

Seafood

crabjoy
1.5 LB VALUE PACK

1.5 Lb.
Louis Kemp Crabjoy
Imitation Crab

\$4.99

16 Oz.
Sea Best
Cod Fillets

\$9.99

26-30 Ct., 16 Oz.
Sea Best Cooked &
Peeled Shrimp

\$9.99

35.13 Oz.
Tastee Choice
Seafood or
Shrimp Boil

\$13.99

Black Canyon Angus®
Seasoned
Steak Fingers

\$6.99 lb.

PRAIRIE FRESH NATURAL

Prairie Fresh All Natural
Bacon Wrapped
Pork Ribeye

\$3.99 lb.

Our Signature
Bacon Wrapped
Jalapeño Poppers

\$9.99 lb.

Montaire
Bacon Wrapped
Chicken Breast Grillers

\$3.49 lb.

Great On The Grill!

Montaire
Whole
Chicken Legs

\$1.19 lb.

Montaire
Family Pack
Boneless Chicken
Breast or Thighs

\$2.79 lb.

Springer Mountain
Boneless, Skinless
Chicken Breast

\$4.79 lb.

Springer Mountain
Boneless
Chicken Tenders

\$4.99 lb.

Manufacturer's Coupon Expires 02/28/2026

\$1.50 OFF ANY ONE
SPRINGER MOUNTAIN FARMS CHICKEN PRODUCT

www.SpringerMTN.com
Social - SMFchicken

14 Oz.
Original or Italian
Armour Meatballs

\$3.49

20-25 Oz.
Selected Varieties
Tyson Breaded
Tenders, Strips,
Wings or Bites

\$7.99

frozen meat favorites

16 Oz.
Select Varieties
Prairie Fresh
Pork Sausage Rolls

\$2.99

18-20 Oz.
Select Varieties
El Monterey
Taquitos

\$6.99

17.3-24.5 Oz.
Select Varieties
Gorton's Breaded
Fish Sticks, Fillets
or Portions

\$7.99

1 Lb.
Hickory or Applewood Smoked
Kentucky Legend
Sliced Bacon

\$4.99

6 Oz.
Select Varieties
Hormel Pepperoni

\$3.79

smoked meats

28 Oz.
Select Varieties
Eckrich Smokies

\$5.99

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

\$3.79

40 Oz.
Select Varieties
Williams Premium
Sliced Slab Bacon

\$12.99

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



Kretschmar

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

\$7⁹⁹



Kretschmar

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

\$8⁹⁹



Kretschmar

1 Lb.
**Kretschmar
Pepperoni or Hard Salami**

\$8⁴⁹



Kretschmar

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

\$6⁹⁹



Kretschmar

1 Lb.
**Kretschmar
Fully Cooked
Ribs**

\$14⁹⁹

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



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



Tyson

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

2/\$3



**MADE FRESH
HERE!**

8 Pc.
**Aunt Minnie's
Dark Meat**

\$7⁹⁹



Tyson

1 Lb.
**Tyson
Whole Chicken**

\$7⁹⁹



Tyson

1 Lb.
**Tyson Boneless
Chicken Wings**

\$4⁹⁹

\$9⁹⁹

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



\$6⁹⁹

12.3 Oz.
**Pretzilla
Pretzel Bites Tub with
Cheese or Caramel**



\$5⁴⁹

18 Oz.
**Chocolate or Carrot
Father's Table
Cake Roll**



\$3⁹⁹

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



\$4⁹⁹

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



\$5⁴⁹

12 Ct.
**Select Varieties
Clyde's
Variety Donuts**



\$4⁴⁹

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



\$2⁹⁹

20 Oz.
**Select Varieties
Toufayan
Variety Bagels**



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



Banquet

7 Oz.
**Select Varieties
Banquet
Pot Pies**

10/\$10



Jack's

13-15 Oz.
**Select Varieties
Jack's
Frozen Pizza**

\$3⁷⁹



LOUISA

16-19 Oz.
**Select Varieties
Louisa Ravioli
or Tortellini**

\$4⁴⁹



FarmRich

14-22 Oz.
**Select Varieties
Farm Rich
Appetizers**

\$4⁹⁹



BIRDS EYE

10-14 Oz.
**Select Varieties
Birds Eye Frozen
Vegetable Blends**

2/\$4



Totino's

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

\$3⁹⁹



Marie Callender's

24-36 Oz.
**Select Varieties
Marie Callender's
Frozen Pies**

\$7⁹⁹



Hiland

48 Oz.
**Select Varieties
Hiland Premium
Old Recipe Ice Cream**

\$4⁹⁹



Prairie Farms

12 Ct.
**Select Varieties
Prairie Farms Fudge Bars,
Just Dipped Bars
or Orange Dream Bars**

\$4⁹⁹

GROCERY FAVORITES

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

\$2.49

5-10 Ct.
Select Varieties

**Nature Valley Granola Bars,
Betty Crocker Fruit Snacks
or General Mills Cereal Bars**



2/\$5

9-13 Oz.
Select Varieties

**Keebler
Cookies**



8.9-12 Oz.
Cheerios, Cinnamon Toast Crunch,
Cocoa Puffs, Trix, Golden Grahams
or Reese's Puffs
**General Mills
Cereal**

\$2.49



20-30 Oz.
Select Varieties
**Hellmann's
Mayonnaise**

\$5.98



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

\$4.99



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

2/\$5



12 Oz.
**Frank's
RedHot Sauce**

\$3.49



16 Oz.
Select Varieties
**Chick-fil-A
Sauce**

\$3.79



15-24 Oz.
Select Varieties
**Classico
Pasta Sauce**

\$2.99



12-16 Oz.
Select Varieties
**American
Beauty Pasta**

\$1.39



16 Oz.
Select Varieties
**Olive Garden
Salad Dressing**

\$3.99



15-16 Oz.
Select Varieties
**Hunt's
Manwich Sauce**

2/\$3



10 Oz.
16 Oz.
or 4 Oz.
**Old El Paso
Enchilada Sauce,
Refried Beans
or Green Chiles**

\$1.99



Select Varieties
**Arm & Hammer
Liquid
Detergent 32-42 Ct.
Power Paks or
45 Oz. Scent Beads**

\$6.99



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

\$12.99



Select Varieties
**Flora 12 Roll Bath
Tissue or 6 Roll
Paper Towels**

\$4.99



16-22 Oz.
Select Varieties
**Dawn EZ Squeeze
or Spray Dish
Soaps**

\$4.29



8 Ct.
**Diamond
Fire Starter**

\$2.89



**Best Choice
2 Hour
Fire Log**

\$2.99

SHOP OUR ALWAYS FARM FRESH DAIRY FAVORITES

Including products from our hometown Hiland Dairy!



\$3.99

10.7-12 Oz.
Select Varieties
**Kraft
Singles**



\$2.99

Select Varieties
**Pillsbury 16.3 Oz. Grands!
Biscuits, 12 Oz. Cinnamon
Rolls or 8 Oz. Crescent Rolls**



5/\$5.50

5.3 Oz.
Select Varieties
**Chobani
Yogurt**



Select Varieties
**Coffeemate
Creamer or
Iced Coffee**

\$3.49



16 Oz.
Select Varieties
**Hiland
Butter Quarters**

\$2.99



Pint
Select Varieties
**Hiland Whipping Cream
or Quart Half & Half**

\$4.29



Half Gallon
Select Varieties
**Hiland
Orange Juice**

\$4.29



16 Oz.
Select Varieties
**Hiland Dips or
Sour Cream**

\$2.39

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



9.1-11.5 Oz.
Select Varieties
**On The Border
Tortilla Chips**
\$3.49



10 Oz.
Select Varieties
**Rotel
Canned
Tomatoes**
99¢



32 Oz.
Select Varieties
**Velveeta
Cheese Loaf**
\$6.99

16 Oz.
Select Varieties
**Pace Salsa
or Picante
Sauce**
2/\$5



20 Oz.
**Sara Lee
Honey
Wheat
Bread**



\$2.99

20 Oz.
**Best Choice
White or
Wheat
Sandwich
Bread**



\$1.59

8 Ct.
**Bunny
Hamburger
or Hot Dog
Buns**



2/\$4

specialty foods



16 Oz.
Select Varieties
**Woeber's
Mustard**
\$2.49



6 Oz.
Select Varieties
**Ragin' Cajun
Chili Mix**
\$5.99



16 Oz.
Select Varieties
**Mrs. Renfro's
Salsa**

\$3.49



18 Oz.
Select Varieties
**Country Bob's
Wing Sauce**

\$4.19



15.3-15.8 Oz.
Select Varieties
**Kinder's
BBQ Sauce**

\$4.69

Shop Best Choice For Your Best Value



5-8 Oz.
Select Varieties
**Best Choice
Potato Chips**

\$2.29



5 Oz.
In Water
**Best Choice
Chunk Light Tuna**

88¢



28-32 Oz.
Select Varieties
**Best Choice Waffle
& Pancake Mix**

\$2.99



24 Oz.
Select Varieties
**Best Choice
Syrup**

\$2.99



8 Oz.
Select Varieties
**Best Choice
Flavored Cream
Cheese Tubs**

2/\$4

Great Party Favorites From Our Deli



24-32 Oz.
Select Varieties
**Stacy's
Pita Chips**

\$3.99



1.75 Lb.
Select Varieties
**Hormel
Party Trays**

\$14.99



10 Oz.
Select Varieties
**Sabra
Hummus**

\$3.99



6 Oz.
Select Varieties
**Kaukauna
Cheese Balls**

\$2.99



12 Oz.
Select Varieties
**Kretschmar
Specialty &
Premium Cheese
Platters**

\$7.99



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

\$8.99

Best Prices for Drinks



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

\$12.49



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

\$4.29



2 Liter Bottle
Select Varieties
**Pepsi
Products**

\$2.49



28 Oz.
Select Varieties
**Powerade
Sports Drink**

\$1.79



12 Pk./12 Oz.
Select Varieties
Lipton Tea

\$6.99

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

