



# G&W FOODS

416 W. MYRTLE ST.  
INDEPENDENCE, KS 67301

Vision Card & WIC Accepted  
Postage Stamps & Fax Available

620-331-9500

Prices Effective: Feb. 25 - Mar. 10, 2026 • While Supplies Last




16 Oz.  
Selected Varieties  
**Farmland Bacon**  
**5<sup>99</sup>**

**Black Canyon Angus®  
Cowboy Cut  
Bone-In  
Ribeye Steak**

**\$13<sup>99</sup>** lb.



4 Lb.  
Seedless  
**Sunkist  
Navel Oranges**

**\$3<sup>99</sup>**



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

**\$1<sup>99</sup>** lb.



**GROUND FRESH DAILY!**

**Family Pack  
Boston Style Grind**

**\$3<sup>99</sup>** lb.



**Seedless  
Green Grapes**

**\$2<sup>39</sup>** lb.



**Family Pack  
Mountaire Fresh  
Chicken Tenders**

**\$2<sup>99</sup>** lb.



**Greenridge**

3 Lb.  
Michigan  
**Red Delicious  
Apples**

**\$3<sup>49</sup>**



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

**\$6<sup>99</sup>**



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

**\$5<sup>29</sup>**



24 Pk./16.9 Oz. Bottles  
**Niagara  
Water**

**2/\$5**



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

**\$3<sup>49</sup>**



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

**\$2<sup>99</sup>**



7-8 Oz.  
Select Varieties  
**Frito-Lay  
Doritos**

**\$3<sup>99</sup>**



Select Varieties  
**Nabisco  
Oreo Cookies**  
7-8 Oz. **OR**  
**Ritz Chips** 8-9 Oz.

**\$3<sup>99</sup>**

**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!

**\$3.49**

8-13 Oz.  
Select Varieties  
**Dole Premium  
Salad Kits**



**Tomatoes  
On The Vine**

**\$1.99**  
lb.



**Extra Large  
Green  
Bell Peppers**

**99¢**  
ea.

**99¢**  
ea.

**English  
Cucumbers**



**\$2.49**

8 Oz.  
**Giorgio Baby  
Bella Mushrooms**



Washington Premium  
**Fuji, Pink Lady,  
Granny Smith or  
Red Delicious Apples**

**\$1.39**  
lb.



Seedless  
**Sunkist  
Navel Oranges**

**79¢**  
ea.



**Texas  
Red Grapefruit**

**\$1.19**  
ea.



1 Lb.  
**Strawberries**  
**\$3.99**



Imported  
**Yellow  
Peaches**  
**\$2.49**  
lb.



## Fresh Fruit Favorites



5 Lb.  
**Farmer's Promise  
Red or Yellow Potatoes**

**\$2.99**



**Jumbo  
White Onions**

**\$1.29**  
lb.



12 Oz.  
**Bolthouse  
Baby Peeled Carrots**

**\$1.19**



**Fancy Zucchini or  
Yellow Squash**

**\$1.79**  
lb.



2 Lb.  
**Organic Washington  
Fuji Apples**

**\$3.99**

low prices on everyday organic favorites



10 Oz.  
**Organic Girl Super Greens,  
Baby Spring Mix, Baby Spinach,  
Baby Arugula or 50/50 Mix**

**\$5.99**

**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!**

40 Oz. Selected Varieties Williams Sliced Slab Bacon **\$12.99**

**\$5.49** lb.

80% Lean Ground Beef



**USDA CHOICE** Grade

**\$8.99** lb.

USDA Choice Top Sirloin Steak

# Seafood



16 Oz. Sea Best Cod Fillets **\$8.99**



26-30 Ct., 16 Oz. Sea Best Cooked Shrimp **\$9.99**



16 Oz. Sea Best Tilapia Fillet **\$4.99**



16 Oz. Sea Best Buttermilk or Jalapeño Hush Puppies **\$3.49**

## PERFECT FOR YOUR SLOW COOKER OR OVEN



**Black Canyon Angus®** Rib Roast **\$13.99** lb.



Prairie Fresh All Natural Whole Trimmed Butt Roast **\$1.99** lb.



**Black Canyon Angus®** Top Round Roast **\$6.99** lb.



Prairie Fresh All Natural Boneless Pork Loin Roast **\$2.49** lb.



2 Lb. Sea Best Argentine Red Shrimp **\$18.99**



Family Pack **Black Canyon Angus®** Top Round Steaks or London Broil **\$7.99** lb.



Family Pack **Black Canyon Angus®** Cube Steaks **\$7.49** lb.



Family Pack **Black Canyon Angus®** Lean Stew Meat **\$6.99** lb.



**Prairie Fresh All Natural** Baby Back Ribs **\$3.99** lb.



Family Pack **Prairie Fresh All Natural** Boneless Chops or Butterfly Chops **\$2.79** lb.



Family Pack **Prairie Fresh All Natural** Pork Cutlets **\$2.59** lb.



**USDA Choice** Whole Picanha or Coulotte Steaks **\$8.99** lb.



**Prairie Fresh All Natural** Seasoned Boneless Country Style Ribs **\$2.99** lb.



Our Signature **Pork Florentines Stuffed with Spinach & Cheese** **\$3.99** lb.



Our Signature **Bacon Wrapped Chicken Grillers** **\$3.49** lb.



**Mountaire** Family Pack Boneless Chicken Breast or Thighs **\$2.79** lb.



**Mountaire** Family Pack Chicken Drumsticks **\$1.29** lb.



**Springer Mountain** Boneless, Skinless Chicken Breast **\$4.59** lb.



**Springer Mountain** Boneless Thin Sliced or Breast Tenders **\$4.79** lb.

Manufacturer's Coupon Expires 03/31/2026

**\$1.50 OFF ANY ONE** SPRINGER MOUNTAIN FARMS CHICKEN PRODUCT

[www.SpringerMTN.com](http://www.SpringerMTN.com)  
Social - SMFchicken



13.3-16 Oz. Original or Beef State Fair Corn Dogs **\$4.99**



20-26.5 Oz. Selected Varieties Tyson Anytizers Snacks, Wings or Anytizers **\$8.99**



30.4-32 Oz. Select Varieties El Monterey Burritos or Chimichangas **\$5.99**



28 Oz. Williams Premium Sausage Patties **\$7.99**



12-16 Oz. Select Varieties Williams Premium Sausage Rolls, Links or Patties **\$3.79**



7-8 Oz. Select Varieties Smithfield Prime Fresh Lunchmeats **\$4.49**



2.25-4.4 Oz. Select Varieties Oscar Mayer Basic Lunchables **2/\$4**



9 Oz. Select Varieties Land-O-Frost Deli Shaved Lunchmeats **2/\$4**



40 Oz. Select Varieties Kentucky Legend Sliced Slab Bacon **\$11.99**

MANUFACTURER COUPON EXPIRATION 3/30/2026

**\$3.00 OFF** any 10oz package of KENTUCKY LEGEND BACON

Redeemable only at participating retailers

0035600-008112

**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**

**\$6<sup>99</sup>**



**Kretschmar**

1 Lb.  
**Kretschmar Peppered Turkey**

**\$9<sup>99</sup>**



**Kretschmar**

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

**\$8<sup>49</sup>**



**Kretschmar**

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

**\$6<sup>99</sup>**



**RESER'S FINE FOODS**

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

**\$8<sup>99</sup>**

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



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



**Aunt Minnie's Chicken Sandwich**

**\$3<sup>99</sup>**



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

**\$7<sup>99</sup>**



1 Lb.  
**Tyson Boneless Chicken Wings**

**\$4<sup>99</sup>**



**Tyson Whole Chicken**

**\$7<sup>99</sup>**

**\$8<sup>99</sup>**

27.5 Oz.  
**JWA Boston Crème Cake**



**\$11<sup>99</sup>**

32 Oz.  
**Father's Table Variety Cheesecake**



**\$5<sup>49</sup>**

13 Oz.  
**Select Varieties M Jay's Assorted Brownies**



**\$3<sup>99</sup>**

8 Oz.  
**Olson's Sliced Angel Food Loaf**



**\$4<sup>49</sup>**

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



**\$4<sup>99</sup>**

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



**\$4<sup>99</sup>**

4 Ct.  
**Apple or Cherry Café Valley Turnovers**



**\$4<sup>99</sup>**

10 Ct.  
**37th Street Cinnamon Rolls**



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



18-20 Oz.  
**Select Varieties Tony's Frozen Pizza**

**\$3<sup>49</sup>**



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

**\$4<sup>49</sup>**



6-10 Oz.  
**Select Varieties Birds Eye Vegetable Blends**

**2/\$4**



10-13 Oz.  
**Select Varieties Marie Callender's Frozen Entrees**

**\$2<sup>79</sup>**



16-19 Oz.  
**Select Varieties Louisa Frozen Ravioli & Tortellini**

**\$4<sup>49</sup>**



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

**\$3<sup>99</sup>**



5-12 Oz.  
**Select Varieties Morning Star Farms Frozen Grillers**

**\$4<sup>29</sup>**



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

**\$7<sup>99</sup>**



20 Ct.  
**Select Varieties North Star Lotta Pops**

**\$5<sup>29</sup>**

# GROCERY FAVORITES

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

**\$2.99**

8 Ct.  
Select Varieties  
**Kellogg's Pop Tarts**



**\$3.49**

9-14 Oz.  
Select Varieties  
**Kraft Velveeta Shells & Cheese or Deluxe Mac & Cheese**



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



**2/\$5**

**10 for \$10!**

<p>5.3 Oz. Select Varieties <b>Chobani Yogurt</b></p>	<p>7 Oz. Select Varieties <b>Banquet Pot Pies</b></p>	<p>10-15 Oz. Select Varieties <b>Red Gold Canned Tomatoes or Sloppy Joe Sauce</b></p>	<p>5 Oz. Select Varieties <b>Chicken of the Sea Canned Tuna</b></p>	<p>4.6 Oz. Select Varieties <b>Armour Vienna Sausage</b></p>
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<p>15 Oz. Select Varieties <b>Best Choice Canned Vegetables</b></p>	<p>10.5-11.25 Oz. Select Varieties <b>Best Choice Condensed Soup</b></p>	<p>16 Oz. Select Varieties <b>Best Choice Dry Pasta</b></p>	<p>2 Liter Select Varieties <b>Best Choice Soda</b></p>	<p>15.25 Oz. Select Varieties <b>Best Choice Cake Mix</b></p>
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<p>16 Oz. Select Varieties <b>Dawn Spray Dish Soap</b></p>	<p>6 Mega Roll Select Varieties <b>Flora Paper Towels or 12 Mega Roll Bath Tissue</b></p>	<p>3 Lb. Select Varieties <b>Meow Mix Dry Cat Food</b></p>	<p>3.5 Lb. Select Varieties <b>Kibbles 'N Bits Dog Food</b></p>	<p>30 Oz. Select Varieties <b>Bob's Red Mill Popcorn</b></p>	<p>2.7-3.75 Oz. Select Varieties <b>Kernel Season's Popcorn Seasoning</b></p>
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## SHOP OUR ALWAYS FARM FRESH DAIRY FAVORITES Including products from our hometown Hiland Dairy!

<p>3/\$5</p> <p>Select Varieties 8 Oz. <b>Daisy Sour Cream</b> or 6 Oz. <b>Fruit Cottage Cheese</b></p>	<p>2/\$4</p> <p>Select Varieties <b>Pillsbury 10.2 Oz. Grands! Biscuits</b>, 4 Oz. <b>Crescent Rolls</b> or 7.3 Oz. <b>Cinnamon Rolls</b></p>	<p>\$3.49</p> <p>32 Oz. Select Varieties <b>Coffeemate Coffee Creamer</b></p>
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<p>16 Oz. Select Varieties <b>Hiland Butter Quarters</b></p>	<p>8 Oz. Select Varieties <b>Hiland Cheese Shreds</b></p>	<p>16 Oz. Select Varieties <b>Hiland Cottage Cheese</b></p>	<p>Select Varieties <b>Hiland 32 Oz. Coffee Creamer</b> or 32 Oz. <b>Yogurt</b></p>	<p>Half Gallon <b>Hiland Orange Juice</b> or <b>Chocolate Milk</b></p>
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SCAN THE CODE TO VISIT OUR WEBSITE FOR *More Great Recipes!*



8 Oz.  
Select Varieties  
**Frito-Lay  
Kettle Chips**  
**\$3.99**



15 Oz.  
Select Varieties  
**Frito-Lay  
Jar Dips**  
**\$3.99**



20 Oz.  
**Bimbo  
Soft White  
Bread**



**\$2.19**

6-8 Ct.  
Select Varieties  
**Sara Lee  
Artesano  
Buns**



**\$3.99**

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



**\$1.69**



7.5-8 Oz.  
Select Varieties  
**Cretors  
Popcorn**  
**\$4.29**



12.7 Oz.  
Select Varieties  
**Torani  
Flavored  
Syrup**  
**\$4.79**



10 Oz.  
Select Varieties  
**Clearly Organic  
Ground Coffee**  
**\$7.99**



16 Oz.  
**Bob's Red Mill  
5 Grain Hot Cereal**  
**\$3.29**



25 Oz.  
**Bob's Red Mill  
10 Grain Hot Cereal**  
**\$4.49**

**Shop Best Choice For Your Best Value**



28-32 Oz.  
Select Varieties  
**Best Choice Waffle  
or Pancake Mix**  
**\$2.79**



24 Oz.  
Select Varieties  
**Best Choice  
Syrup**  
**\$2.79**



24 Oz.  
Select Varieties  
**Best Choice  
Cottage Cheese**  
**\$2.69**



8 Oz.  
Select Varieties  
**Best Choice  
Kettle Chips**  
**\$2.49**



4 Lb.  
**Best Choice  
Granulated Sugar**  
**\$3.29**

**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**



8 Oz.  
Select Varieties  
**Red Apple  
Gouda Cheese**  
**\$4.99**



8 Oz.  
Select Varieties  
**Red Apple  
Smoked Cheddar**  
**\$4.99**



14 Oz.  
**Kretschmar Beef  
or Beef & Garlic  
Summer Sausage**  
**\$8.99**



5 Oz.  
Pillow Packs  
**Kretschmar  
Pepperoni or  
Hard Salami**  
**\$4.49**

**Best Prices for Drinks**



12 Pk./12 Oz. Cans  
Select Varieties  
**Pepsi  
Products**  
**\$7.99**



28 Oz. Bottle  
Select Varieties  
**Powerade  
Sports Drink**  
**\$1.79**



6 Pk./16.9 Oz. Bottles  
Select Varieties  
**Pure Leaf  
Tea**  
**\$6.99**



20 Oz.  
Select Varieties  
**Body Armor  
Sports Drink**  
**\$2.19**

.5 Liter Bottles  
Select Varieties  
**RC Cola or  
7-Up Products  
6 Pack**  
**3/\$12**



Select Varieties  
**RC Cola or  
7-Up  
Products  
2 Liters**  
**\$2.29**

