



G&W FOODS

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

Prices Effective: Feb. 11 - Feb. 24, 2026 • While Supplies Last



Black Canyon Angus
**Whole in Bag
Ribeye**
13⁹⁹
lb.



Black Canyon Angus®
**Boneless
Ribeye Steak**

\$15⁹⁹
lb.



1 Lb.
**Red Ripe
Strawberries**

\$3⁴⁹



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

\$1⁵⁹
lb.



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

\$7⁹⁹
lb.



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

\$3⁴⁹



Mountaire Fresh
Whole Fryer

\$1⁴⁹
lb.



5 Lb.
Farmer's Promise
Yellow Potatoes

\$2⁴⁹



INTRODUCING
Aunt Minnie's
Pork Tenderloin Sandwich

\$5⁹⁹



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

3/\$10



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

2/\$6



4 Qt.
Select Varieties
**Best Choice
Ice Cream Pail**

\$4⁹⁹



14-15 Oz.
Select Varieties
**Green Giant
Canned
Vegetables**

4/\$5



Select Varieties
**Flora
Bath Tissue**
12 Double Roll or 8 Mega Roll
or **Paper Towels**
6 Roll

\$4⁹⁹



100.5-105 Oz.
Select Varieties
**Arm & Hammer
Liquid
Detergent**

\$5⁹⁹

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!

\$1.99

Head of
Lettuce



Super Select
Cucumbers

79¢
ea.



Large Roma
Tomatoes

\$1.19
lb.

\$4.99

13 Oz.
Marzetti
Salad Dressing



2/\$3

5 Oz.
Fresh Gourmet
Croutons



Red
Bell Peppers

99¢
ea.



Hass
Avocados

79¢
ea.



5 Oz.
Dole
Baby Spinach

\$2.79



Imported
Dark Red
Sweet Cherries
\$4.99
lb.



4 Lb.
Sunkist Seedless
Navel Oranges
\$4.99

Fresh Fruit Favorites



15 Lb.
Always Save
Russet Potatoes

\$3.99



Fancy Zucchini or
Yellow Squash

\$1.69
lb.



Jumbo
Red Sweet Onions

\$1.49
lb.



Green
Asparagus

\$3.99
lb.



1 Lb.
Organic Bolthouse
Baby Peeled Carrots

\$1.99



3 Ct.
Josie's Organics
Romaine Hearts

\$3.99

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

16 Oz.
Hickory or Applewood
Kentucky Legend Bacon
\$4.99

GROUND FRESH DAILY!

80% Lean Ground Beef

\$5.99 lb.

BLACK CANYON
ANGUS BEEF

Family Pack
Black Canyon Angus®
Sirloin Tip Steak

\$6.99 lb.

CAJUN FAVORITES TO CELEBRATE MARDI GRAS

Johnsonville
NEW ORLEANS
Cajun Sausage

13.5 Oz.
Select Varieties
Johnsonville
Andouille,
Smoked or
Polish Sausage

\$3.79

PRAIRIE FRESH
NATURAL

27.2 Oz.
Select Varieties
Prairie Fresh All Natural
Marinated
Pork Loins

\$5.99

Taste Choice
SEAFOOD BOIL

35.13 Oz.
Taste Choice
Seafood and
Shrimp Boil

\$13.99

PRAIRIE FRESH
NATURAL

Prairie Fresh All Natural
Baby Back
Pork Ribs

\$3.99 lb.

SEA BEST
Snow Crab Clusters

1.5 Lb.

\$19.99

BLACK CANYON
ANGUS BEEF

Black Canyon Angus®
Sirloin
Tip Roast

\$5.99 lb.

BLACK CANYON
ANGUS BEEF

Black Canyon Angus®
Breakfast
Steaks

\$7.99 lb.

BLACK CANYON
ANGUS BEEF

Black Canyon Angus®
Sirloin
For Stir Fry

\$7.99 lb.

Seafood

GULF SHRIMP
40/60

40-60 Ct., 16 Oz.
Paul Piazza
Peeled & Deveined
Raw Shrimp

\$7.99

Mrs. Paul's
CRUNCHY FISH FILLETS
CRUNCHY FISH STICKS

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

\$5.49

Taste Choice
SHRIMP SCAMPI

20 Oz.

\$4.99

SeaPak
Jumbo Butterfly Shrimp

9 Oz.

\$5.99

PRAIRIE FRESH
NATURAL

Family Pack
Prairie Fresh All Natural
Center Rib Chops

\$2.49 lb.

PRAIRIE FRESH
NATURAL

Prairie Fresh All Natural
Thick Cut
Iowa Chops

\$2.69 lb.

PRAIRIE FRESH
NATURAL

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

\$2.29 lb.

BLACK CANYON
ANGUS BEEF

GROUND FRESH DAILY!

Black Canyon Angus®
90% Lean
Ground Beef Patties

\$6.99 lb.

Signature meat items

Our Signature
Stuffed
Mushrooms

\$6.99 lb.

**Bacon Wrapped
Stuffed Pork Chops**

\$4.49 lb.

**Bacon Wrapped
Sweet Pepper Poppers**

\$9.99 lb.

Mountaire
Family Pack
Boneless
Chicken Breast

\$2.79 lb.

Mountaire
Family Pack
Boneless
Chicken Thighs

\$2.79 lb.

Springer Mountain
Chicken Thighs
or Drumsticks

\$1.79 lb.

10 Lb. Bag
Sager Creek Farms
Chicken
Leg Quarters

\$7.99

Manufacturer's Coupon Expires 02/28/2026

\$1.50 OFF ANY ONE
SPRINGER MOUNTAIN FARMS CHICKEN PRODUCT

www.SpringerMTN.com
Social - SMFchicken

EL MONTEREY
STEAK & CHEESE
CHICKEN & CHEESE

18-20.7 Oz.
Beef, Chicken, Egg & Bacon
El Monterey
Taqitos

\$7.99

EL MONTEREY
CHIMICHANGAS
BURRITOS

30.4-32 Oz.
Selected Varieties
El Monterey Burritos
or Chimichangas

\$5.99

frozen meat favorites

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

\$4.99

STATE FAIR
Classic Corn Dogs

42.7 Oz.

\$8.99

**Williams Premium
Sausage Rolls,
Links or Patties**

12-16 Oz.
Select Varieties

\$3.79

Buddig
MEGA PACK
TURKEY
HONEY HAM

22 Oz.
Select Varieties
Carl Buddig
Mega Pack
Lunch Meat

\$5.99

WRIGHT
HICKORY
REAL WOOD
SMOKED

24 Oz.
Select Varieties
Wright
Sliced Slab Bacon

\$8.99

Land O'Frost
HONEY HAM
OVEN ROASTED
TURKEY BREAST

10-16 Oz.
Select Varieties
Land-O-Frost
Premium Lunch Meat

\$5.99

POLSKA KIELBASA
CHEDDAR

13-14 Oz.
Select Varieties
Eckrich
Smoked Sausage
Ropes or Links

\$3.49

WILLIAMS
BACON
J.C. POTTER
Appleswood Smoked
Sliced Bacon

40 Oz.
Hickory Smoked or Applewood
Williams or
J.C. Potter
Sliced Slab Bacon

\$11.99

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

\$5⁹⁹

Kretschmar



1 Lb.
Kretschmar Mesquite or Hickory Smoked Turkey Breast

\$8⁹⁹

Kretschmar



1 Lb.
Kretschmar Colby or Colby Jack Cheese

\$6⁹⁹

RESER'S FINE FOODS



2/\$6
1 Lb.
Coleslaw, Potato Salad,
Mustard Potato Salad
or Macaroni Salad
Reser's Variety 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 & 2 SIDES PLUS A FREE COOKIE!

MADE FRESH HERE!



8 Piece
Aunt Minnie's Fried Chicken

\$8⁹⁹

MADE FRESH HERE!



1 Lb.
Aunt Minnie's Hand Breaded Chicken Tenders

\$6⁹⁹

MADE FRESH HERE!



Aunt Minnie's Fish Fillet

\$6⁹⁹

Tyson



2/\$5
Tyson Chicken or Buffalo Chicken & Cheese Crisпитos

2/\$3

\$8⁹⁹



18.5 Oz.
Rich's Single Layer Cookies & Cream Cake

\$4⁹⁹



12 Ct.
King's Hawaiian Original Rolls



\$5⁴⁹



12 Ct.
Select Varieties
Best Choice Cookies

\$4⁹⁹



13 Oz.
Select Varieties
M Jay's Assorted Brownies

\$5⁴⁹



16 Oz.
Select Varieties
Olson's Sliced Crème Cake

\$5⁹⁹



6 Ct., Cherry, Apple or French Toast
Clyde's Fritters

\$5⁴⁹



12 Ct.
Select Varieties
Clyde's Variety Donuts

\$4⁴⁹



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

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



10-14 Oz.
Select Varieties
Marie Callender's Frozen Dinners

2/\$7



21 Oz.
Select Varieties
Birds Eye Voila! Meals

\$4⁴⁹



5-12 Oz.
Select Varieties
Morning Star Farms Frozen Meals

\$4⁴⁹



13-16 Oz.
Select Varieties
Hungry Man Frozen Dinners

\$3⁹⁹



10 Oz.
Select Varieties
Birds Eye Frozen Vegetable

2/\$3



16-28 Oz.
Select Varieties
Sonic, Arby's, Checkers, Idaho, Red Robin or Nathan's Frozen Potatoes or Onion Rings

\$3⁹⁹



6 Ct.
Select Varieties
Prairie Farms Ice Cream Cones

\$4²⁹



Half Gallon
Select Varieties
Hiland Sherbet

\$4²⁹



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/\$3

7-16 Oz.
Select Varieties
Barilla Pasta

2/\$5

16 Oz.
Select Varieties
Ott's Salad Dressing

24 Oz.
Select Varieties
Hunt's Pasta Sauce

2/\$3

20 Oz.
Select Varieties
Hunt's Ketchup

2/\$3

10-15 Oz.
Select Varieties
Red Gold Canned Tomatoes

\$1.19

4-5 Oz.
Select Varieties
Knorr Pasta or Rice Sides

3/\$5

5 Oz.
Select Varieties
Starkist Canned Tuna

99¢

7.5-16 Oz.
Select Varieties
Zesta or Krispy Saltine Crackers

\$2.99

5 Ct.
Select Varieties
Nature Valley Granola Bars

\$3.99

6-8 Ct.
Select Varieties
Quaker Instant Oatmeal

\$3.49

9-11 Oz.
Select Varieties
General Mills Cheerios

\$3.49

24-28 Oz.
Select Varieties
Jif Peanut Butter

\$4.49

18 Oz.
Select Varieties
Smucker's Jams or Preserves

\$4.49

3 Lb.
Select Varieties
Meow Mix Cat Food

\$5.99

40 Lb.
Select Varieties
Ben's Best Dog Food

\$20.99

16-38 Oz.
Select Varieties
Dawn Dish Soap

\$5.99

20-25 Ct.
Select Varieties
Best Choice Party Cups

\$1.99

21 Oz.
Bob's Red Mill Brownie Mix

\$6.79

16 Oz.
Bob's Red Mill Pie Crust Mix

\$4.99

SHOP OUR ALWAYS FARM FRESH DAIRY FAVORITES

Including products from our hometown Hiland Dairy!

52 Oz.
Select Varieties
Florida's Natural Orange Juice

\$3.99

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

\$2.29

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

2/\$5

Gallon
Select Varieties
Red Diamond Tea

\$3.99

24 Oz.
Select Varieties
Hiland Cottage Cheese

\$3.29

8 Oz.
Hiland Cream Cheese

\$1.69

6 Oz.
Select Varieties
Hiland Yogurt

2/\$1

16 Oz.
Select Varieties
Hiland Cheese Block

\$3.99

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



8 Oz.
Select Varieties
Ruffles
Potato Chips
2/\$7



8-9 Oz.
Select Varieties
Frito-Lay
Cheetos
or Fritos
\$3.99



20 Oz.
Sara Lee
Classic
White
Bread



\$2.49

12 Oz.
Select Varieties
Thomas'
English
Muffins



\$2.99

20-24 Oz.
Bunny
Honey Wheat
or Thin White
Sandwich Bread



\$2.69

specialty foods



16 Oz.
Bob's Red Mill
Chocolate
Cake Mix
\$5.49



22 Oz.
Bob's Red Mill
Chocolate Chip
Cookie Mix
\$7.49



20 Oz.
Bob's Red Mill
Cornbread Mix
\$4.79



24 Oz.
Bob's Red Mill
Biscuit & Baking Mix
\$6.49



16 Oz.
Bob's Red Mill
Bread Mix
\$6.99

Shop Best Choice For Your Best Value



6 Ct.
Select Varieties
Best Choice
Popcorn
\$3.49



5.5-7.3 Oz.
Select Varieties
Best Choice
Mac & Cheese
99¢



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



12 Oz.
Select Varieties
Best Choice
Texas Style Biscuits
3/\$5



8 Oz.
Select Varieties
Best Choice
Flavored
Cream Cheese
2/\$4

Great Party Favorites From Our Deli



7.2 Oz.
Select Varieties
Snack Factory
Pretzel Crisps
\$3.99



10 Oz.
Select Varieties
Sabra
Hummus
\$3.49



8 Oz.
Select Varieties
Sabra Classic
Guacamole
\$3.49



8 Oz.
Select Varieties
Red Apple
Smoked Cheddar
or Gouda Cheese
\$6.49



6 Oz.
Original or Dill
Emmi Roth
Havarti Cheese
\$3.99



5.2 Oz.
Boursin
Garlic & Herb
Cheese
\$4.49

Best Prices for Drinks



8 Pk./12 Oz. Bottles
Select Varieties
Coca-Cola
Products
\$3.99



24 Pk./12 Oz. Cans
Select Varieties
Pepsi
Products
\$12.49



28 Oz. Bottle
Select Varieties
Powerade
Sports Drink



8 Pk./12 Oz. Cans
Select Varieties
Bubly
Sparkling Water
3/\$5



6 Pk./16.9 Oz. Bottles
Select Varieties
Gold Peak
Tea
\$3.99



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

\$6.99

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

\$4.99

