



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. 25 - Mar. 10, 2026 • While Supplies Last



16 Oz.
Selected Varieties
**Farmland
Bacon**
5⁹⁹

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

\$13⁹⁹ lb.



4 Lb.
Seedless
**Sunkist
Navel Oranges**

\$3⁹⁹



**PRAIRIE
FRESH
NATURAL**

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

\$1⁹⁹ lb.



**GROUND
FRESH
DAILY!**

Family Pack
Boston Style Grind

\$3⁹⁹ lb.



**Seedless
Green Grapes**

\$2³⁹ lb.



**Mountaire®
Fresh Young Chickens**

Family Pack
Mountaire Fresh
Chicken Tenders

\$2⁹⁹ lb.



Greenridge
FRUIT

3 Lb.
Michigan
**Red Delicious
Apples**

\$3⁴⁹



**MADE
FRESH
HERE!**

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

\$6⁹⁹



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

\$5²⁹



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

2/\$5



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

\$3⁴⁹



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

\$2⁹⁹



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

\$3⁹⁹



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

\$3⁹⁹

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!

\$3⁴⁹

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





\$1⁹⁹

lb.

**Tomatoes
On The Vine**



99¢

ea.

**Extra Large
Green
Bell Peppers**

99¢

ea.

**English
Cucumbers**



\$2⁴⁹

8 Oz.
**Giorgio Baby
Bella Mushrooms**





WASHINGTON

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

\$1³⁹

lb.



Sunkist

**Seedless
Sunkist
Navel Oranges**

79¢

ea.



**Texas
Red Grapefruit**

\$1¹⁹

ea.



**1 Lb.
Strawberries**

\$3⁹⁹



**Imported
Yellow
Peaches**

\$2⁴⁹

lb.





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

\$2⁹⁹



**Jumbo
White Onions**

\$1²⁹

lb.



**12 Oz.
Bolthouse
Baby Peeled Carrots**

\$1¹⁹



**Fancy Zucchini or
Yellow Squash**

\$1⁷⁹

lb.



**2 Lb.
Organic Washington
Fuji Apples**

\$3⁹⁹

low prices on everyday organic favorites



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

\$5⁹⁹

100% GUARANTEED ORGANIC

Don't forget to check in store
for more organic produce specials!

GW Base

GW Base_PG2_022526_4C

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

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

GROUND FRESH DAILY!

80% Lean Ground Beef

\$5.49 lb.

USDA CHOICE Grade

USDA Choice Top Sirloin Steak

\$8.99 lb.

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.

Seafood

16 Oz. Sea Beast 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

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

13-16 Oz. Original or Beef State Fair Corn Dogs

\$4.99

20-26.5 Oz. Selected Varieties Tyson Breaded 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

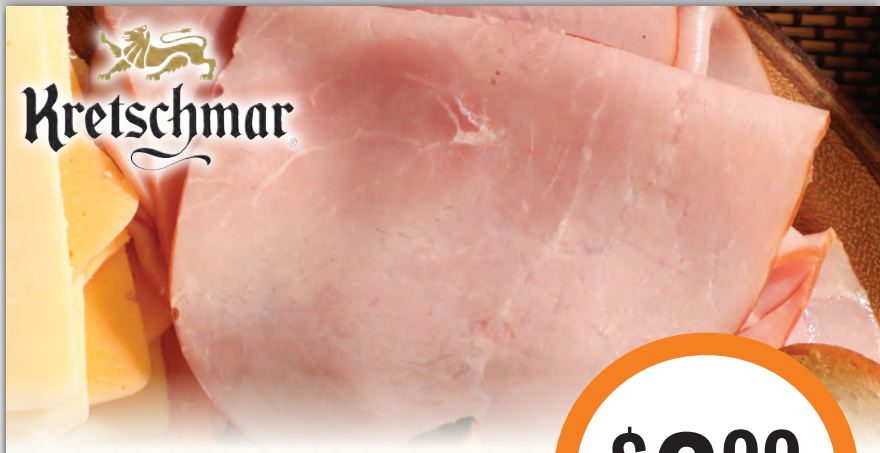
\$11.99

MANUFACTURER COUPON EXPIRATION 3/30/2026
\$3.00 OFF any 40oz package of KENTUCKY LEGEND BACON

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

\$6⁹⁹

Kretschmar



1 Lb.
Kretschmar Peppered Turkey

\$9⁹⁹

Kretschmar



1 Lb.
Kretschmar Pepperoni or Hard Salami

\$8⁴⁹

Kretschmar



1 Lb.
Yellow or White American Cheese

\$6⁹⁹

RESER'S FINE FOODS



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

\$8⁹⁹

VISIT OUR DELI FOR GREAT LUNCH OR DINNER MEALS.



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

MADE FRESH HERE!



Aunt Minnie's Chicken Sandwich

\$3⁹⁹

MADE FRESH HERE!



1 Lb.
Aunt Minnie's Hand Breaded Chicken Tenders

\$7⁹⁹

Tyson



1 Lb.
Tyson Boneless Chicken Wings

\$4⁹⁹

Tyson



Tyson Whole Chicken

\$7⁹⁹

\$8⁹⁹



27.5 Oz.
JWA Boston Crème Cake

\$11⁹⁹



32 Oz.
Father's Table Variety Cheesecake

\$5⁴⁹



13 Oz.
Select Varieties M Jay's Assorted Brownies

\$3⁹⁹



8 Oz.
Olson's Sliced Angel Food Loaf

\$4⁴⁹



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

\$4⁹⁹



12 Ct.
Select Varieties Clyde's Glazed Donuts

\$4⁹⁹



4 Ct.
Apple or Cherry Café Valley Turnovers

\$4⁹⁹



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

\$3⁴⁹



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

\$4⁴⁹



6-10 Oz.
Select Varieties Birds Eye Vegetable Blends

2/\$4



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

\$2⁷⁹



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

\$4⁴⁹



24 Oz.
Select Varieties Totino's Pizza Rolls

\$3⁹⁹



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

\$4²⁹



4 Qt.
Select Varieties Hiland Ice Cream Pail

\$7⁹⁹



20 Ct.
Select Varieties North Star Lotta Pops

\$5²⁹

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!



5.3 Oz.
Select Varieties
Chobani Yogurt

10 for \$10!



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

10 for \$10!



10-15 Oz.
Select Varieties
**Red Gold Canned
Tomatoes or
Sloppy Joe Sauce**

10 for \$10!



5 Oz.
Select Varieties
**Chicken of the Sea
Canned Tuna**

10 for \$10!



4.6 Oz.
Select Varieties
**Armour
Vienna Sausage**

10 for \$10!



15 Oz.
Select Varieties
**Best Choice
Canned Vegetables**

10 for \$10!



10.5-11.25 Oz.
Select Varieties
**Best Choice
Condensed Soup**

10 for \$10!



16 Oz.
Select Varieties
**Best Choice
Dry Pasta**

10 for \$10!



2 Liter
Select Varieties
**Best Choice
Soda**

10 for \$10!



15.25 Oz.
Select Varieties
**Best Choice
Cake Mix**

10 for \$10!



16 Oz.
Select Varieties
**Dawn Spray
Dish Soap**

\$4.99



6 Mega Roll
Select Varieties
Fiora Paper Towels
or 12 Mega Roll
Bath Tissue

\$7.99



3 Lb.
Select Varieties
**Meow Mix
Dry Cat Food**

\$5.99



3.5 Lb.
Select Varieties
**Kibbles 'N Bits
Dog Food**

\$5.99



30 Oz.
Select Varieties
**Bob's Red Mill
Popcorn**

\$5.79



2.7-3.75 Oz.
Select Varieties
**Kernel Season's
Popcorn
Seasoning**

\$3.79

SHOP OUR ALWAYS FARM FRESH DAIRY FAVORITES

Including products from our hometown Hiland Dairy!



3/\$5

Select Varieties
8 Oz. **Daisy Sour Cream** or
6 Oz. **Fruit Cottage Cheese**



2/\$4

Select Varieties
**Pillsbury 10.2 Oz. Grands!
Biscuits, 4 Oz. Crescent Rolls
or 7.3 Oz. Cinnamon Rolls**



\$3.49

32 Oz.
Select Varieties
**Coffeemate
Coffee Creamer**



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

2/\$6



8 Oz.
Select Varieties
**Hiland
Cheese Shreds**

2/\$4



16 Oz.
Select Varieties
**Hiland
Cottage Cheese**

\$1.99



Select Varieties
**Hiland 32 Oz.
Coffee Creamer
or 32 Oz. Yogurt**

\$3.19



Half Gallon
**Hiland
Orange Juice or
Chocolate Milk**

\$3.79

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



8 Oz.
Select Varieties
**Frito-Lay
Kettle Chips**
\$3⁹⁹



15 Oz.
Select Varieties
**Frito-Lay
Jar Dips**
\$3⁹⁹



20 Oz.
**Bimbo
Soft White
Bread**



\$2¹⁹

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



\$3⁹⁹

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



\$1⁶⁹

specialty foods



7.5-8 Oz.
Select Varieties
**Cretors
Popcorn**
\$4²⁹



12.7 Oz.
Select Varieties
**Torani
Flavored
Syrup**
\$4⁷⁹



10 Oz.
Select Varieties
**Clearly Organic
Ground Coffee**

\$7⁹⁹



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

\$3²⁹



25 Oz.
**Bob's Red Mill
10 Grain Hot Cereal**
\$4⁴⁹

Shop Best Choice For Your Best Value



28-32 Oz.
Select Varieties
**Best Choice Waffle
or Pancake Mix**
\$2⁷⁹



24 Oz.
Select Varieties
**Best Choice
Syrup**
\$2⁷⁹



24 Oz.
Select Varieties
**Best Choice
Cottage Cheese**
\$2⁶⁹



8 Oz.
Select Varieties
**Best Choice
Kettle Chips**
\$2⁴⁹



4 Lb.
**Best Choice
Granulated Sugar**
\$3²⁹

Great Party Favorites From Our Deli



7.2 Oz.
Select Varieties
**Snack Factory
Pretzel Crisps**
\$3⁹⁹



10 Oz.
Select Varieties
**Sabra
Hummus**
\$3⁹⁹



8 Oz.
Select Varieties
**Red Apple
Gouda Cheese**
\$4⁹⁹



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



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



5 Oz.
Pillow Packs
**Kretschmar
Pepperoni or
Hard Salami**
\$4⁴⁹

Best Prices for Drinks



12 Pk./12 Oz. Cans
Select Varieties
**Pepsi
Products**
\$7⁹⁹



28 Oz. Bottle
Select Varieties
**Powerade
Sports Drink**
\$1⁷⁹



6 Pk./16.9 Oz. Bottles
Select Varieties
**Pure Leaf
Tea**
\$6⁹⁹



20 Oz.
Select Varieties
**Body Armor
Sports Drink**
\$2¹⁹

.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**
\$2²⁹

