



G&W FOODS

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

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



19-20 Oz.
Selected Varieties
**Hormel
Sides**
3⁹⁹



12 Oz.
Black Canyon Angus®
**Kansas City
Strip Steak**

\$11 ea.



5 Lb.
Farmer's Promise
Red Potatoes

\$2⁴⁹



Prairie Fresh All Natural
**Assorted
Pork Chops**

\$1⁸⁹ lb.



32 Oz.
**Claussen
Sauerkraut**
4⁴⁹ ea.

\$4⁹⁹ lb.

**Murphy's
Corned Beef Points**



59¢ lb.

**Texas
Green Cabbage**



Mountaire
Fresh Young Chickens
Family Pack
Mountaire Fresh
**Split
Chicken Breast**

\$1⁴⁹ lb.



1 Lb.
Florida
Strawberries

\$2⁹⁹



**Aunt Minnie's
Pork Tenderloin
Sandwich**

\$4⁹⁹



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

\$6⁹⁹



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

\$3⁹⁹



Select Varieties
**Blue Bunny
Premium
Ice Cream** 46-48 Oz.
or **Mini Cones
& Sandwiches**
6-9 Ct.

\$3⁹⁹



16-24 Oz.
Select Varieties
**Ragú
Pasta Sauce**

2/\$4



10-14 Oz.
Select Varieties
**Post Pebbles,
Waffle Crisp,
Golden Crisp,
Honeycomb or
Oreo Puffs Cereal**

2/\$5



5.5-7.25 Oz.
Select Varieties
**Kraft
Mac & Cheese**

4/\$5

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!



8 Lb.
**Farmer's Promise
Russet Potatoes**



Mix & Match

4/\$10
or \$2.50 ea.

3 Lb.
**Yellow
Cooking Onions**



2 Lb.
**Bolthouse
Carrots**

3⁴⁹

Young & Tender
Baby Broccolini



99¢ lb.

Arkansas
Sweet Potatoes





9 Oz.
**Dole
Classic Romaine**

\$1⁹⁹



99¢ ea.

English
Cucumbers



3 Pk.
**Rainbow
Bell Peppers**

\$3⁹⁹



8 Oz.
Select Varieties
**Yo Quiero
Guacamole**

\$2⁹⁹



5 Oz.
Select Varieties
**Jackson's
Sweet Potato Chips**

\$3⁹⁹



\$2⁴⁹ lb.

Seedless
Red Grapes



\$2³⁹

6 Oz.
Fresh
Blackberries



\$4³⁹

3 Lb.
Sunkist
Cara Cara Oranges



\$1³⁹ lb.

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



3 Ct.
Organic Romaine Hearts

\$5⁴⁹



2 Lb.
Organic Mandarins

\$4⁹⁹

low prices on everyday organic favorites

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!

Oscar Mayer Bacon \$5.99 lb.

Family Pack 80% Lean Ground Beef \$5.49 lb.

Black Canyon Angus® Arm Roast \$6.49 lb.

SHAMROCKIN' DEALS ON QUALITY MEATS

Murphy's Corned Beef Flats or Rounds \$6.99 lb.

32 Oz. Flanagan's Sauerkraut \$3.99 ea.

14 Oz. Hillshire Farm Smoked Sausage or Polish Kielbasa \$2.99

Cook's Ham Steaks \$3.99 lb.

Frick's Whole Traditional Bone-In Ham \$3.19 lb.

2 Lb. Sea Best Argentine Red Shrimp \$17.99

Black Canyon Angus® Whole Tri Tip \$8.99 lb.

Family Pack Black Canyon Angus® Patio or Charcoal Steaks \$6.99 lb.

Black Canyon Angus® Lean Stew Meat \$6.79 lb.

Prairie Fresh All Natural Bone-In Sirloin Roast \$1.49 lb.

Family Pack Prairie Fresh All Natural Butterfly Chops or Boneless Chops \$2.59 lb.

11.5-17 Oz. Select Varieties Smithfield Smoked Pork Chops \$6.99 ea.

Prairie Fresh All Natural Lite Pork Spare Ribs \$2.99 lb.

Seafood

2 Lb. Sea Best Swai Fillets \$8.99

2 Lb. Sea Best Talapia Fillets \$10.99

19-24.6 Oz. Select Varieties Mrs. Paul's Breaded Fish Sticks or Fillet \$5.79

8.2-14 Oz. Select Varieties Sea Pak Popcorn, Butterfly Shrimp or Assorted Seafood \$6.99

Prairie Fresh All Natural Spinach & Cheese Stuffed Pork Florentines \$3.99 lb.

Signature meat items

Mountaire Fresh Bacon Wrapped Boneless Chicken Thighs \$3.79 lb.

Our Signature Bacon Wrapped Asparagus \$7.99 lb.

Prairie Fresh Bacon Wrapped Pork Ribeyes \$3.49 lb.

Mountaire Family Pack Boneless Chicken Thighs or Tenders \$2.59 lb.

Mountaire Family Pack Chicken Party Wings \$2.99 lb.

10 Lb. Sauger Creek Farms Chicken Leg Quarters \$7.99

Butterball 93% Lean Fresh Ground Turkey \$4.99

12 Oz. Oscar Mayer Turkey Bacon \$3.99

23-29 Oz. Select Varieties Tyson Breaded Chicken Nuggets, Strips or Patties \$7.99

18-20.7 Oz. Select Varieties El Monterey Taquitos \$7.99

32 Oz. Select Varieties Tina's Burritos or Chimichangas \$4.49

40 Oz. Hickory or Applewood Smoked Williams or JC Potter Sliced Slab Bacon \$12.99

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

16 Oz. Select Varieties Oscar Mayer Chopped Ham, Ham & Cheese or Turkey \$3.49

2 Oz. Select Varieties Carl Buddig Lunchmeats 89¢

Boneless Kentucky Legend 1/4 Slice Ham \$5.99

12 Oz. Select Varieties Smithfield or Jimmy Dean Sliced Bacon \$3.99

32 Oz. Select Varieties Nathan's Colossal Beef Franks \$13.99

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



Kretschmar



1 Lb.
**Kretschmar
Corned Beef**

\$12⁹⁹

Kretschmar



1 Lb.
**Kretschmar
Baby Swiss**

\$8⁹⁹

Kretschmar



1 Lb.
**Kretschmar Virginia Honey
or Smoked Ham**

\$5⁹⁹

Kretschmar



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

\$7⁹⁹

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!**



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**

2/\$5

Mrs. Gerry's
The Best in Sauce



1 Lb.
**Mrs. Gerry's
Mac & Cheese**

\$2⁹⁹

\$7⁹⁹



18.5 Oz.
**Rich's
Cookies'n Creme
Cake**

\$4⁴⁹



12 Ct.
**Original or Savory Butter
King's
Hawaiian Rolls**



KING'S HAWAIIAN
ORIGINAL HAWAIIAN SWEET ROLLS

\$3⁹⁹



13.5 Oz.
**Select Varieties
Best Choice
Frosted Sugar Cookies**

\$3⁹⁹



16 Oz., Lemon or
Triple Chocolate
**Café Valley
Bundt Cake**

\$3⁴⁹



11 Oz.
**Olson's
Angel Food
Loaf**

\$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



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

\$5⁴⁹



11-15 Oz.
**Select Varieties
Marie Callender's
Frozen Dinners**

\$3⁴⁹



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

\$4⁴⁹



8-12 Oz.
**Select Varieties
Stouffer's
Frozen Entrees**

\$3⁴⁹



10-12 Oz.
**Select Varieties
PictSweet
Frozen Vegetables**

\$2²⁹



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

2/\$4



4 Ct.
**Select Varieties
Smucker's
Uncrustables**

\$3⁹⁹



6 Ct.
**Select Varieties
Prairie Farms
Old Fashion Cones**

\$5⁹⁹



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

\$2.99

28 Oz.
Select Varieties
Sweet Baby Ray's
BBQ Sauce



\$2.99

21-28 Oz.
Select Varieties
Bush's Best
Baked Beans





11.99

Select Varieties
Kingsford Charcoal
Briquets 16 Lb. or
Match Light 12 Lb.



3.99

12 Oz.
Select Varieties
Frank's
Red Hot Sauce



5.49

24 Oz.
Select Varieties
Hidden Valley
Ranch Dressing



2.99

Select Varieties
Kraft
Squeeze Mayo 12 Oz.
or Jar Mayo 15 Oz.



5/\$5.50

5 Oz.
Select Varieties
Starkist
Canned Tuna



2.99

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



2/\$3

7-16 Oz.
Select Varieties
Barilla Pasta



1.79

Select Varieties
Old El Paso
Enchilada Sauce 10 Oz.
or Refried Beans 16 Oz.



3.49

8.8-12.6 Oz.
Select Varieties
Old El Paso
Dinner Kits



99¢

1 Oz.
Selected Varieties
Old El Paso
Seasoning Packets



2/\$5

15.5 Oz.
Selected Varieties
Red Gold
Salsa



6.99

Select Varieties
Viva Triple Roll
2 Roll or Scott
Double Roll
Paper Towels 6 Roll



6.99

Select Varieties
Scott Double
Roll 12 Roll or
Cottonelle Bath
Tissue 6 Mega Roll



6.99

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



12.99

14 Lb.
Select Varieties
Gravy Train
Dry Dog Food



6.99

3.35 Oz.
Select Varieties
Dan-O's
Seasoning



1.79

15 Oz.
La Preferida
Spanish Rice

SHOP OUR ALWAYS FARM FRESH DAIRY FAVORITES

Including products from our hometown Hiland Dairy!



2.99

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



3.49

52 Oz.
Select Varieties
Florida's Natural
Orange Juice



3.99

32 Oz.
Select Varieties
International Delight
Coffee Creamer



3.99

Gallon
Select Varieties
Red Diamond
Tea

3.29

24 Oz.
Select Varieties
Hiland
Cottage Cheese

2/\$4

16 Oz.
Select Varieties
Hiland Dips or
Sour Cream

3.99

16 Oz.
Select Varieties
Hiland
Cheese Block

3.29

Half Gallon
Select Varieties
Hiland Almond
Milk, Soy Milk
or Oat Milk

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



7-8 Oz.
Select Varieties
**Frito-Lay
Lay's
Potato Chips**
\$3.99



7.5-9.25 Oz.
Select Varieties
**Frito-Lay
Cheetos
or Fritos**
\$3.99



18 Ct.
Select Varieties
**Frito-Lay
Variety Pack**
\$9.99



20 Oz.
**Sara Lee
Butter
Bread**



\$2.79

7-9 Oz.
Select Varieties
**Little Bites
Muffins or Cakes**



\$2.99

16 Oz.
**Bunny
Soft Twist
Bread**



\$2.29

specialty foods



16 Oz.
**La Preferida
Refried Beans**
\$1.59



16 Oz.
**La Preferida
Black Beans**
\$1.79



15 Oz.
Select Varieties
**El Rio Nacho
Cheese Sauce**
\$3.49



11.5 Oz.
**La Preferida
Jalapeño Slices**
\$2.79



12 Oz.
Select Varieties
**Cholula
Salsa**
\$3.49

Shop Best Choice For Your Best Value



10-24 Ct.
Select Varieties
**Best Choice
Storage or
Freezer Bags**

3/\$5



20 Oz.
Select Varieties
**Best Choice
Canned Pineapple**
\$1.79



32 Oz.
Select Varieties
**Best Choice
Yogurt**
2/\$5



16 Oz.
Select Varieties
**Best Choice
Butter Quarters**
2/\$6



28 Oz.
Select Varieties
**Best Choice
Canned Tomatoes**
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**
\$3.99



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

Best Prices for Drinks



12 Pk./12 Oz. Cans
Select Varieties
**Coca-Cola
Products**
\$7.49



2 Liter
Select Varieties
**Pepsi
Products**
\$2.29



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



6 Pk./12 Oz. Bottles
Select Varieties
**Gatorade
Thirst Quencher**
2/\$6



6 Pk./16.9 Oz. Bottles
Select Varieties
**Gold Peak
Tea**
\$5.49

Select Varieties
**RC Cola or
7•Up
Products**
2 Liters
\$1.99



.5 Liter Bottles
Select Varieties
**RC Cola or
7•Up Products**
6 Pack
\$4.99

