



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. 25 - Apr. 7, 2026 • While Supplies Last



28-32 Oz.
Selected Varieties
**Bob Evans
Family Size Sides**
4.49

**Black Canyon Angus®
Boneless
Ribeye Steak**

\$16.99 lb.



**Fresh
Florida**

1 Lb.
Florida
Strawberries

\$1.99



**PRAIRIE
FRESH
NATURAL**

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

\$1.99 lb.



**Cook's
Butt Portion
Ham**
2.19 lb.

\$1.99 lb.

**Cook's
Shank Portion Ham**



**Green
Asparagus**

\$3.49 lb.



Mountaire
Family Pack
Mountaire Fresh
**Boneless
Chicken Breast**

\$2.69 lb.



**Seedless
Red Grapes**

\$2.19 lb.



RESER'S
3 Lb.
Homestyle or Mustard
**Reser's
Potato Salad**

\$4.99



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

\$3.99



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

2/\$5



22.6-25.9 Oz.
Select Varieties
**Folgers
Coffee**

\$11.99



7-13 Oz.
Select Varieties
**Nabisco
Triscuit, Ritz or
Wheat Thins**

\$2.99



46-48 Oz.
Select Varieties
**Blue Ribbon
Classics
Ice Cream**

\$2.99



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

2/\$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.

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FARM TO TABLE FRESHNESS

Triple Inspected
Daily for Quality!

\$3⁴⁹

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





99¢

ea.

**English
Cucumbers**



1⁷⁹

lb.

**Tomatoes
On The Vine**

4⁹⁹

ea.

13 Oz., Select Varieties
**Marzetti
Salad Dressing**



2/\$3

5 Oz., Select Varieties
**Fresh Gourmet
Croutons**





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

\$1³⁹

lb.



6 Oz.
Fresh
Blackberries

\$1⁹⁹

ea.



Jumbo
Cantaloupe

\$3⁹⁹

ea.



Imported
Yellow
Peaches

\$2⁴⁹

lb.



Cotton Candy
Grapes

\$3⁹⁹

lb.



Green Cabbage

79¢

lb.



5 Lb.
Farmer's Promise
Red or Gold Potatoes

\$2⁹⁹



Texas Jumbo
1015 Onions

\$1²⁹

lb.



Arkansas
Sweet Potatoes

99¢

lb.



10 Oz.
Select Varieties
Organic Girl Salads

\$5⁹⁹



2 Lb.
**Organic
Seedless Mandarins**

\$4⁹⁹

100% GUARANTEED ORGANIC

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

GW Base

GW Base_PG2_032526_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

GROUND FRESH DAILY!



Family Pack
60% Beef & 40% Pork
Boston Burger

16 Oz.
Farmland
Sliced Bacon
\$5.99

\$4.49
lb.



Black Canyon Angus®
Family Pack
Sirloin Tip Steak

\$7.99
lb.

HOP INTO SAVINGS WITH THESE HAM-TASTIC DEALS



Best Choice
Spiral Sliced Ham

\$2.79
lb.



FRICK'S
Frick's Shank
Portion Ham

\$2.59
lb.



Kretschmar
Boneless
Kretschmar
Whole Ham

\$4.39
lb.



Kentucky Legend
Boneless
Half Ham

Look
Below
For \$2 OFF
Coupon

\$5.49
lb.



2 Lb.
Sea Best
Argentine
Red Shrimp

\$17.99



Black Canyon Angus®
Sirloin Tip Roast

\$6.99
lb.



Black Canyon Angus®
Breakfast Steaks

\$7.99
lb.



90% Lean
Ground Beef

GROUND FRESH DAILY!

\$7.49
lb.



Prairie Fresh All Natural
Whole Trimmed
Pork Butt Roast

\$1.99
lb.



Prairie Fresh All Natural
Baby Back
Pork Ribs

\$3.99
lb.



19 Oz.
Assorted Varieties
Johnsonville
Fresh Bratwurst

\$5.99
lb.



Cargill
Leg of Lamb

\$8.99
lb.



GROUND FRESH DAILY!

Jalapeño & Cheddar
Beef Patties

\$5.99
lb.



Our Signature
Bacon Wrapped
Asparagus

\$7.99
lb.



Great On The Grill
Bacon Wrapped
Chicken Breast Grillers

\$3.99
lb.



Our Signature
Crab Stuffed
Mushrooms

\$7.99
lb.



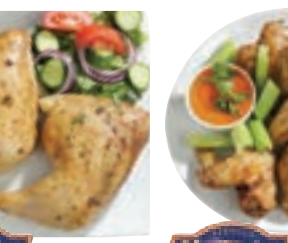
Family Pack
Springer Mountain Farms
Chicken Thighs
or Drumsticks

\$1.79
lb.



Springer Mountain Farms
Boneless
Chicken Breast

\$4.29
lb.



Family Pack
Mountaire Fresh
Whole
Chicken Legs

\$1.19
lb.



10 Oz.
Tyson
Stuffed Chicken
Entrées, Cordon Bleu
or Broccoli & Cheese

\$2.49
lb.



MANUFACTURER COUPON EXPIRATION: 04/30/2026
\$2.00 OFF
Any
KENTUCKY LEGEND
HALF HAM
Redeemable only at
participating retailers

\$3.99
lb.



12-16 Oz.
Select Varieties
Bob Evans Sausage
Rolls, Links or Patties

\$3.49



23-29 Oz.
Select Varieties
Tyson Breaded
Chicken Nuggets,
Dino or Patties

\$6.99



16 Ct.
State Fair
Classic Corn Dogs

\$9.99



30 Oz.
Regular or Blueberry
Jimmy Dean
Pancakes & Sausage
On A Stick

\$9.99



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

\$3.69



40 Oz.
Select Varieties
Williams
Sliced Slab Bacon

\$12.99



12 Oz.
Select Varieties
Nathan's
All Beef Franks

\$4.99



14 Oz.
Select Varieties
Johnsonville
Smoked
Sausage Links

\$4.99



8.9-10.7 Oz.
Select Varieties
Oscar Mayer
Fun Pack
Lunchables

\$3.49



16 Oz.
Select Varieties
Oscar Mayer
Stack Pack
Bologna or Salami

\$2.99

Seafood



Sea Best
Salmon Fillets

\$6.99
lb.



Mrs. Paul's
Fish Sticks or Fillets

\$5.99
lb.



Sea Best
Cod Fillet

\$8.99
lb.



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

\$9.99

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



Kretschmar



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

\$6⁹⁹

Kretschmar



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

\$8⁹⁹

Kretschmar



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

\$7⁹⁹

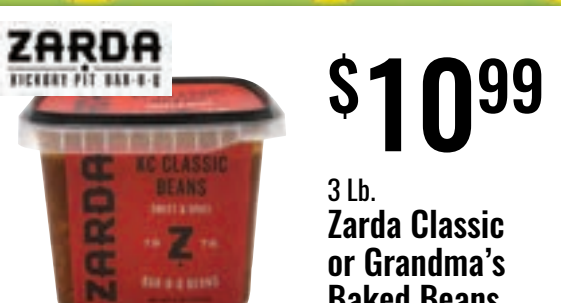
Kretschmar



1 Lb.
**Kretschmar
Colby or Colby
Jack Cheese**

\$6⁹⁹

ZARDA
KICKIN' PIT BAR-B-Q



3 Lb.
**Zarda Classic
or Grandma's
Baked Beans**

\$10⁹⁹

**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!



**Aunt Minnie's
Fish Fillet**

2/\$5

Mrs. Gerry's



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

\$2⁹⁹

Mrs. Gerry's



1 Lb.
**Mrs. Gerry's
Mashed Potatoes**

\$2⁴⁹

\$10⁹⁹



8 Inch
**Rich's
Single Layer
Carrot Cake**

\$3⁹⁹



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

\$9⁹⁹



7 Inch
28 Oz.
**Rich's Double Layer
Coconut Cake**

\$6⁴⁹



26 Oz.
**Selected Varieties
Café Valley
Bundt Cake**

\$5⁴⁹



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

\$2⁹⁹



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

\$2⁹⁹



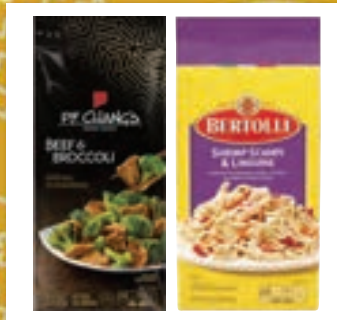
6 Ct.
**Chocolate or Vanilla
Clyde's
Cake Donuts**

\$5⁹⁹



12.3 Oz.
**Miller Pretzilla
Pretzel Bites Tub
with Cheese**

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

 18-20 Oz. Select Varieties Tony's Frozen Pizza \$3⁴⁹	 22 Oz. Select Varieties P.F. Chang's or Bertolli Entrees \$6⁹⁹	 10 Oz. Select Varieties Birds Eye Frozen Vegetables 2/\$3	 8-10 Ct. or 10-17 Oz. Select Varieties Sister Schubert's Frozen Rolls \$3⁹⁹	 24-32 Oz. Select Varieties Mr. Dell's Hash Browns \$2⁹⁹
 8 Oz. Select Varieties Cool Whip Whipped Topping 2/\$4	 35-37 Oz. Select Varieties Mrs. Smith's Fruit Pies \$4⁹⁹	 25-38 Oz. Select Varieties Marie Callender's Frozen Pies \$6⁴⁹	 48 Oz. Select Varieties Hiland Premium Ice Cream \$4⁹⁹	

GROCERY FAVORITES

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

4/\$5

14.5-15 Oz.
Select Varieties

**Libby's
Canned
Vegetables**



2/\$4

14.5-15.25 Oz.
Select Varieties

**Del Monte
Canned Fruit**



9.4-14 Oz.

Select Varieties

**Kraft Mac & Cheese
or Velveeta
Shells & Cheese**

2/\$5



30 Oz.
Select Varieties
**Kraft
Mayonnaise**

\$3.99



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

\$4.99



16 Oz.
Select Varieties
**Hidden Valley
Ranch Dressing**

\$4.49



15 Oz.
Select Varieties
**Van Camp's
Pork & Beans**



20 Oz.
Select Varieties
**Hunt's
Ketchup**

2/\$3



40 Oz.
Select Varieties
**Wesson
Cooking Oil**

\$3.99



20 Oz.
Select Varieties
**Libby's
Canned Pineapple**

2/\$4



6 Oz.
Select Varieties
**Stove Top
Stuffing Mix**

2/\$5



32 Oz.
Selected Varieties
**Best Choice
Broth**

\$1.69



18-45 Ct.
Selected Varieties
**Hefty Foam
Plates or Bowls**

2/\$5



14-132 Oz., 45-76 Ct.
Select Varieties
**Tide Pods or
Liquid Detergent**

\$19.99



47-78 Ct.
Select Varieties
**Cascade
Action Pacs**

\$19.99



Select Varieties
**Charmin Bath
Tissues 12 Mega Roll
or Bounty Paper
Towels 6 Triple Roll**

\$19.99



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

\$13.99



20 Oz.
**Bob's Red Mill
Cornbread Mix**

\$4.59



16 Oz.
**Bob's Red Mill
Wonderful
Bread Mix**

\$6.99

SHOP OUR ALWAYS FARM FRESH DAIRY FAVORITES
Including products from our hometown Hiland Dairy!



\$2.99

Select Varieties
**Pillsbury 16.3 Oz. Grands!
Biscuits, 12-13 Oz. Cinnamon
Rolls or 8 Oz. Crescent Rolls**



\$2.99

16 Oz.
Select Varieties
**Best Choice
Butter Quarters**



\$3.99

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



14-16 Oz.
Select Varieties
**Daisy
Sour Cream**

2/\$5



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

\$3.29



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

\$1.29



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

2/\$4



Half Gallon
**Hiland
Orange Juice**

\$3.69

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



8 Oz.
Select Varieties
**Frito-Lay
Ruffles**
2/\$7



15 Oz.
Select Varieties
**Frito-Lay
Jar Dips**
2/\$8

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



2 Lb.
Select Varieties
**Kraft
Velveeta**
\$7.99

Gallon
Select Varieties
**Red Diamond
Tea**
\$3.49



15-20 Oz.
Select Varieties
**Sara Lee
Artesano
Bread or Buns**



\$2.99

12 Ct.
**Ozark Hearth
Sweet
Hawaiian Rolls**



\$2.49

20 Oz.
**Ozark Hearth
Texas Toast**



\$2.29

specialty foods



16 Oz.
**Bob's Red Mill
Pie Crust Mix**
\$4.99



16 Oz.
**Bob's Red Mill
Tapioca Flour**
\$4.29



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



14 Oz.
**Bob's Red Mill
Baking Powder**
\$4.29



22 Oz.
**Bob's Red Mill
Chocolate Chip
Cookie Mix**
\$6.99

Shop Best Choice For Your Best Value



15 Oz.
Select Varieties
**Best Choice
Refrigerated Pie Crust**
\$2.99



8 Oz.
Select Varieties
**Best Choice
Cream Cheese**
\$1.79



32 Oz.
**Best Choice
Half & Half**
\$2.79



32 Oz.
**Best Choice Heavy
Whipping Cream**
\$4.79



5 Lb.
All Purpose or Unbleached
**Best Choice
Flour**
\$2.49

Great Party Favorites From Our Deli



14 Oz.
Select Varieties
**Hormel
Snack Trays**
\$7.99



6 Oz.
Select Varieties
**Kaukauna
Cheese Balls**
\$2.99



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



12 Oz.
Select Varieties
**Kretschmar
Specialty or
Premium Cheese
Platters**
\$7.99



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



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



16 Oz.
Select Varieties
**BodyArmor
Sports Drinks**
3/\$5



2 Liter
Select Varieties
**Pepsi
Products**
\$2.19



8 Pk./12 Oz. Bottles
Select Varieties
**BodyArmor
Sports Drinks**
\$6.29



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



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

