



G & W FOODS

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

Prices Effective: Apr. 8 - Apr. 21, 2026 • While Supplies Last



28-32 Oz.
Selected Varieties
Bob Evans
Family Size Sides
4.99

Great On The Grill!

BLACK CANYON
ANGUS BEEF

Black Canyon Angus®
Family Pack
T-Bone Steaks

\$13.99 lb.

FARMER'S PROMISE
RED
Versatile and eye-catching potato!

FARMER'S PROMISE
YELLOW
All occasion smooth and creamy potato!

5 Lb.
Farmer's Promise
Red or Yellow
Potatoes

\$2.49

PRAIRIE FRESH
NATURAL

Prairie Fresh All Natural
Family Pack
Assorted
Pork Chops

\$1.89 lb.

Amazing On The Smoker

Prairie Fresh All Natural
Pork Spare Ribs

\$2.69 lb.

Head of Lettuce

\$1.69 ea.

Mountaire
Fresh Young Chickens

Family Pack
Mountaire Fresh
Chicken Tenders

\$2.99 lb.

2 Lb.
Washington Family Farms
Red, Gold or
Fuji Apples

\$2.79

MADE FRESH HERE!

8 Piece
Aunt Minnie's
Dark Meat

\$6.99

12 Pk. 12 Oz. Cans
Select Varieties
Pepsi
Products

\$7.99

RED BARON
BRICK OVEN
SUPREME PIZZA

RED BARON
FRENCH BREAD
PEPPERONI PIZZA

15-22 Oz.
Selected Varieties
Red Baron
Frozen Pizza

\$3.99

Tostitos
BITE SIZE

Tostitos
ORIGINAL

9-12 Oz.
Select Varieties
Frito-Lay
Tostitos

\$3.99

TURKEY HILL
Triple Vanilla

TURKEY HILL
Black Cherry

1.44 Qt.
Select Varieties
Turkey Hill
Ice Cream

\$3.49

Chobani
Greek Yogurt
Coffee

Chobani
Greek Yogurt
Vanilla

5.3 Oz.
Select Varieties
Chobani
Yogurt

10/\$10

Florida's Natural
100% PREMIUM FLORIDA ORANGE JUICE

Florida's Natural
100% PREMIUM FLORIDA ORANGE JUICE

52 Oz.
Select Varieties
Florida's Natural
Orange Juice

\$2.99

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!

\$3.99



2 Lb.
Strawberries



6 Oz.
Fresh Blackberries

\$1.99



Seedless
Black Grapes

\$2.39
lb.

\$3.99

4 Lb.
Seedless
Navel Oranges



\$3.49

2 Lb.
California
Sunkist Lemons



Green Asparagus

\$2.99
lb.



3 Lb.
Yellow Cooking Onions

\$2.59



Fancy Zucchini or Yellow Squash

\$1.49
lb.



English Cucumbers
99¢ ea.

3 Pk.
Rainbow Bell Peppers
\$3.99



Fresh Fruit Favorites



Tomatoes On The Vine

\$1.99
lb.



Hass Avocados

2/\$1.49



8 Oz.
Giorgio Whole Baby Bella Mushrooms

\$2.49



Texas Jumbo 1015 Sweet Onions

\$1.39
lb.

low prices on everyday organic favorites



8 Oz.
Organic Mini Sweet Peppers

\$2.99



2 Lb.
Organic Fuji Apples

\$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



GROUND FRESH DAILY!

Family Pack
80% Lean Ground Beef

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

\$5.99 lb.



BLACK CANYON ANGUS BEEF

Black Canyon Angus®
Rump Roast

\$6.99 lb.

Seafood



16 Oz.
Orca Bay Passport Tuna Steaks

\$7.99



16 Oz.
Sea Best Tilapia Fillets

\$4.99



16-20 Ct., 2 Lb.
Sea Best Argentine Red Shrimp

\$18.99



21-25 Ct., 2 Lb.
Sea Best Cooked Shrimp

\$19.99

FIRE UP THE GRILL FOR THESE SIZZLING DEALS



BLACK CANYON ANGUS BEEF

Sold In A Whole Bag
Black Canyon Angus® Tri Tips

\$9.99 lb.



PRAIRIE FRESH NATURAL

Prairie Fresh All Natural
Thick Cut Iowa Pork Chops

\$2.39 lb.



HOLTEN'S PARTY PACK BEEF PATTIES

6 Lb.
Holten's Beef Patties

\$29.99 ea.



PRAIRIE FRESH NATURAL

Family Pack
Prairie Fresh All Natural Thick Cut Boneless or Butterfly Chops

\$2.49 lb.



1 Lb.
Farm Raised U.S.A. Catfish Nuggets

\$2.49



BLACK CANYON ANGUS BEEF

Family Pack
Black Canyon Angus® Cube Steaks

\$7.79 lb.



BLACK CANYON ANGUS BEEF

Family Pack
Black Canyon Angus® Tenderized Bottom Round Steaks

\$7.99 lb.



BLACK CANYON ANGUS BEEF

Black Canyon Angus® 90% Lean Ground Beef

\$6.99 lb.

Great on the Grill!



PRAIRIE FRESH NATURAL

Prairie Fresh All Natural
Pork Tenderloins

\$3.29 lb.



PRAIRIE FRESH NATURAL

Family Pack
Prairie Fresh All Natural Pork Cutlets

\$2.79 lb.



PRAIRIE FRESH NATURAL

Family Pack
Prairie Fresh All Natural Boneless or Bone-In Country Style Ribs

\$1.99 lb.



BLACK CANYON ANGUS BEEF

Black Canyon Angus®
Seasoned Steak Fingers

\$7.99 lb.

Signature meat items



Our Signature Made
Bacon Wrapped Asparagus

\$5.99 lb.



Our Signature Made
Bacon Wrapped Stuffed Chicken Breast

\$3.59 lb.



PRAIRIE FRESH NATURAL

Prairie Fresh All Natural
Pork Florentines Stuffed with Spinach & Cheese

\$3.99 lb.



Mountaire

Mountaire
Boneless Chicken Breast or Thighs

\$2.99 lb.



Mountaire

Mountaire
Whole Chicken Wings

\$1.99 lb.



Mountaire

Mountaire
Thin Sliced, Boneless Chicken Breast For Fajitas or Stir Fry

\$3.99 lb.



Butterball

Butterball
98% Lean Ground Turkey Breast

\$6.49 lb.



Sager Creek Farms

Sager Creek Farms
Chicken Leg Quarters

\$7.99 ea.



HOLTEN'S SMASHED BURGERS

32 Oz.
Holten's Smashed Burger Patties

\$12.99



Johnsonville

24 Oz. Selected Varieties
Johnsonville Meatballs

\$7.99

frozen meat favorites



Delimex

8-20 Oz. Selected Varieties
Delimex Taquitos

\$4.99



Fast Fixin'

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

\$4.49



Williams

28 Oz. Family Size
Williams Premium Sausage Patties

\$7.99



Jimmy Dean

16 Oz. Select Varieties
Jimmy Dean Sausage Rolls

\$3.99



Smithfield

12 Oz. Select Varieties
Smithfield Bacon

\$3.99



Ball Park

15 Oz. Select Varieties
Ball Park Meat Franks

2/\$5



Land-O-Frost

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

\$5.99



Williams

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

\$3.99

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**

\$6⁹⁹



Kretschmar

1 Lb.
**Kretschmar Cajun or
Sundried Tomato Turkey**

\$8⁹⁹



Kretschmar

1 Lb.
**Kretschmar
Mild Cheddar**

\$6⁹⁹



RESER'S
FINE FOODS

2/**\$6**

1 Lb.
Select Varieties
**Reser's
Variety Salads**



ZARDA
RICKORY PIT BAR-B-Q

\$4²⁹

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

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



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



Tyson

1 Lb.
**Tyson Boneless
Chicken Wings**

\$4⁹⁹



**MADE FRESH
HERE!**

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

\$6⁹⁹



Tyson

Regular or
Buffalo & Cheese
**Tyson
Chicken Crisпитos**

2/**\$3**



**MADE FRESH
HERE!**

**Aunt Minnie's
Chicken Sandwich**

\$3⁹⁹

\$5⁹⁹

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



\$4⁴⁹

24 Oz.
**Mapeleaf
Bread Loaf**



\$5⁴⁹

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



\$3⁷⁹

7 Oz., Select Varieties
**Cyrus O'Leary's
Single Serve
Cream Pies**



\$3⁹⁹

9 Ct.
Select Varieties
**Shirley's
No Bake Cookies**



\$3⁴⁹

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




\$4⁹⁹

8 Oz.
Select Varieties
**Two Bite
Mini Donuts**



\$5⁹⁹

12.3 Oz.
**Pretzilla
Pretzel Tub
With Cheese**



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



BIRDS EYE
Steamfresh
Cut Green Beans
Super Sweet Corn

10-14 Oz.
Select Varieties
**Birds Eye
Frozen Vegetables**

3/\$5****



LOUISA
TOASTED RAVIOLI
ORIGINAL BEEF
TOASTED RAVIOLI
BEEF & CHEESE

16-18 Oz.
Select Varieties
**Louisa Frozen
Tortellini or Ravioli**

\$4⁴⁹



Healthy Choice
CARE STEAMERS
Sweet & Sour Chicken
CALF STEAKS
Beef Marini

9-10 Oz.
Select Varieties
**Healthy Choice
Frozen Entrees**

2/\$6****



Stouffer's
MACARONI & CHEESE
CHEDDAR POTATO BAKE

22-40 Oz.
Select Varieties
**Stouffer's
Frozen Entrees**

\$8⁹⁹



Pillsbury
Toaster Strudel
Toaster Scrambles

7-12 Oz.
Select Varieties
**Pillsbury Toaster
Strudel or Scrambles**

2/\$6****



FarmRich
FROSTED POTATO SKINS
TOASTED MOZZARELLA STICKS

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

\$6⁹⁹



BIRDS EYE
Voila!
SKILLET - MEALS
Beef & Broccoli
Cajun-Style Sausage & Rice

21 Oz.
Select Varieties
**Birds Eye
Voila! Meals**

\$5⁹⁹



BLUE RIBBON
CLASSICS
FUDGE BAR
VANILLA SANDWICH

12-20 Ct.
Select Varieties
**Blue Ribbon
Classics Novelties**

\$5⁹⁹



Hiland
LIGHT ICE CREAM
Cherry
Vanilla

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

\$7.49

8 Lb.
Royal Oak Lump Charcoal



\$1.49

20 Oz.
Hunt's Ketchup



18 Oz.
Select Varieties
KC Masterpiece BBQ Sauce

2/\$3



15 Oz.
Select Varieties
Wishbone Salad Dressing

2/\$5



4-7 Oz.
Select Varieties
Rice-A-Roni or Pasta Roni Sides

2/\$3



10-15 Oz.
Select Varieties
Red Gold Canned Tomatoes

\$1.19



12 Oz.
Select Varieties
Buffalo Wild Wings Sauces or Marinades

\$3.29



15-24 Oz.
Select Varieties
Bertolli Pasta Sauce

\$2.99



14.5-15 Oz.
Select Varieties
Chef Boyardee Canned Pasta

4/\$5



14.5-15.25 Oz.
Select Varieties
Libby's Canned Fruit

2/\$5



Select Varieties
Old El Paso Enchilada Sauce or Refried Beans

2/\$4



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

\$3.99



24 Oz.
Selected Varieties
Pace Salsa or Picante Sauce

\$2.99



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

\$6.99



Select Varieties
Fiora Bath Tissues
12 Double Roll or Paper Towels 6 Double Roll

\$4.99



13.5-14.2 Lb.
Select Varieties
Meow Mix Dry Cat Food

\$18.49



50 Ct.
Select Varieties
Best Choice Summer Party Plates

\$4.49



12 Oz.
Clearly Organic Honey

\$5.99



12 Oz.
Trappey's Sweet 'n Hot Jalapeño Slices

\$2.69

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



2/\$4

5-12 Oz.
Select Varieties
Borden Cheese Shreds, Slices or Singles



\$3.49

32 Oz.
Select Varieties
International Delight Coffee Creamer



3/\$5

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



12 Oz.
Hiland Squeeze Sour Cream

\$2.69



48 Oz.
Select Varieties
Hiland Cottage Cheese

\$6.99



Half Gallon
Select Varieties
Hiland Lactose Free Milk

\$4.99



8 Oz.
Select Varieties
Hiland Cheese Shreds

2/\$4



16 Oz.
Select Varieties
Hiland Butter Quarters

\$2.99

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



7-8 Oz.
Select Varieties
**General Mills
Chex Mix,
Bugles or
Gardetto's**
2/\$6



7-14 Oz.
Select Varieties
**Nabisco
Oreo
Cookies**
\$3.99



10 Ct.
Select Varieties
**Capri-Sun
Fruit Drinks**
\$3.49



20 Oz.
**Bimbo
Soft White
Bread**



\$2.29

16 Oz.
**Ozark Hearth
Round Top
White or Wheat
Bread**



\$1.59

12 Oz.
Select Varieties
**Lewis
Half Loaf
Bread**



\$2.29

specialty foods



8 Pk.
Select Varieties
**Honest Kids
Juice Drinks**
\$5.19



12 Oz.
Select Varieties
**Bob's Red Mill
Granola**
\$4.59



8.5 Oz.
Select Varieties
Royal Rice

\$2.39



2.2 Oz.
Select Varieties
**Snapdragon
Ramen Noodle Soup**

\$2.49



10 Oz.
**Kentucky Kernel
Seasoned Flour**

\$2.69

Shop Best Choice For Your Best Value



10 Ct.
Select Varieties
**Best Choice
Waffles or Pancakes**

2/\$5



48 Oz.
Select Varieties
**Best Choice
Cooking Oil**

\$4.29



16 Oz.
Select Varieties
**Best Choice
French Toast Sticks**

\$2.99



20 Oz.
**Best Choice
Mustard**

\$1.49



12-14 Oz.
**Best Choice
Deluxe Mac & Cheese
or Shells & Cheese**

3/\$5

Great Party Favorites From Our Deli



12 Ct.
Select Varieties
**Babybel
Variety Cheese**

\$8.99



4 Oz.
Select Varieties
**Boursin
Cheese Crumbles**

\$3.99



6 Oz.
Select Varieties
**Kaukauna
Cheese Balls**

\$3.99



12 Oz.
**Kretschmar
Specialty or
Premium Cheese
Platters**

\$7.99



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



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

\$4.99



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

\$5.99



8 Pk./12 Oz. Bottles
Select Varieties
**Body Armor
Sports Drinks**

\$5.99

8 Pk./12 Oz. Cans
Select Varieties
**Bubly
Sparkling Water**
\$3.99



59 Oz.
Select Varieties
**Gold Peak
Tea**

\$3.99

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

