

Just As Well Get The Best & The Freshest

BIG 3 DAY SALE

FRIDAY, SATURDAY & SUNDAY

PRICES GOOD FROM MAY 29TH THRU 31TH, 2026



3 DAYS ONLY!



PRAIRIE FRESH ALL NATURAL
Whole Pork Butts
2 Pack in Bag

\$1.99

lb.



3 DAYS ONLY!



BLACK CANYON ANGUS
Whole Tri Tip

\$7.99

lb.



3 DAYS ONLY!

80% Lean Ground Beef
Sold In Approx. 10 lb tubes

\$4.99

lb.



3 DAYS ONLY!



Athena Cantaloupes

\$3.99

Just As Well Get The Best & The Freshest

BIG 3 DAY SALE

FRIDAY, SATURDAY & SUNDAY

PRICES GOOD FROM MAY 29TH THRU 31TH, 2026



Budget Saver Popsicles
12-18 Ct.
Select Varieties

\$2.99



General Mills Cereal
Cheerios,
Cinnamon Toast Crunch,
Lucky Charms or
Honey Nut Cheerios
12-16 Oz.

\$2.99



Eggo Frozen Waffles
12-16 Oz.
Select Varieties

\$1.49



McCafe Ground Coffee
12 Oz.
Select Varieties

\$6.49



G & W FOODS

**FREDONIA, KANSAS
OPEN 7 DAYS
7AM TO 9PM**

VISION CARD/WIC • FAX AVAILABLE
CUSTOMER DELIVERY • SENIOR CITIZENS DISCOUNT
POSTAGE STAMPS AVAILABLE
620-378-3612

Prices Effective: May 20 - June 2, 2026 • While Supplies Last



amazing Memorial Day Savings!

20 Oz. Selected Varieties
Reser's Baked Beans
3/49

BLACK CANYON
ANGUS BEEF

Black Canyon Angus
Boneless Ribeye Steak or KC Strip Steaks

\$15⁰⁰
lb.

Fresh Florida

Florida
Bi Color Sweet Corn

6/\$4

PRAIRIE FRESH NATURAL

Prairie Fresh All Natural
Family Pack
Assorted Pork Chops

\$199
lb.

Family Pack
80% Lean Ground Beef

\$599
lb.

GROUND FRESH DAILY!

California
Dark Red Sweet Cherries

\$499
lb.

Mountaire
Fresh Young Chickens

Mountaire
Boneless Breast or Thighs

\$329
lb.

Dole
CHOPPED! KID
BACON BLEU
SUNFLOWER CRUNCH

Produce for Kids
producerforkids.com/kids

9-13 Oz.
Dole Chopped Salads

\$349

MADE FRESH HERE!

Kretschmar

From The Deli
Kretschmar Fully Cooked Ribs

\$1499

Diet Coke
Coca-Cola

12 Pk./12 Oz. Cans
Coke Products

\$699

8 Pk./20 Oz. Bottles
Selected Varieties
Gatorade Sports Drink

\$599

Lay's
Classic

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

2/\$5

RITZ
WHEAT THINS

7-13 Oz. Select Varieties
Nabisco Ritz, Wheat Thins, Triscuits or Sociables

2/\$6

BUSH'S BEST
Original

BUSH'S BEST
GRILLIN' BEANS
BOURBON AND BROWN SUGAR

22-28 Oz. Select Varieties
Bush's Baked Beans or Grillin' Beans

2/\$5

Kraft
Natural Cheese

Kraft
Colby Jack

Kraft
Sharp Cheddar

Kraft
Mild Cheddar

7-8 Oz. Select Varieties
Kraft Cheese Shredded or Chunks

2/\$4

**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!

\$2⁹⁹

1 Lb.
**California
Strawberries**



Pint
**Fresh
Blueberries**

\$3⁴⁹



6 Oz.
**Fresh
Blackberries**

\$2⁴⁹

\$1⁷⁹
lb.

**South Carolina
Yellow Peaches**



2/\$3

6.5-7 Oz. Selected Varieties
**Del Monte
Fruit Cups**



Grown at Clanton Farms, Hermitage Arkansas



**Green
Cabbage**

69¢
lb.



**Super Select
Cucumbers**

99¢



**Fancy Yellow
or Zucchini Squash**

\$1⁴⁹
lb.



14 Oz.
**Dole Classic
Cole Slaw**
\$1⁴⁹



10-12 Oz.
**Taylor Farms
Broccoli or
Cauliflower Florets**
\$2⁷⁹



Fresh Fruit Favorites



3 Lb.
**Tasteful Selections
Red, Gold or
American Blend Potatoes**
\$3⁴⁹



3 Lb.
**Vidalia
Sweet Onions**
\$3⁴⁹



1 Lb.
**Ocean Mist
Brussel Sprouts**
\$2⁹⁹



16.5 Oz.
**Naturesweet
Chreub Red Grape
or Constellation
Medley Tomatoes**
\$3⁹⁹

low prices on everyday organic favorites



8 Oz.
**Organic
Mini Sweet Peppers**

\$2⁹⁹



Sunkist
3 Lb.
**Organic Sunkist
Seedless Navel Oranges**

\$5⁹⁹

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. Hormel Black Label Bacon \$5.99

GROUND FRESH DAILY!

Black Canyon Angus® 90% Lean Ground Beef Any Size Package!

\$6.99 lb.



Black Canyon Angus® Extra Lean and Juicy Rump Roast

\$6.99 lb.

RED WHITE AND B.B.Q. MEMORIAL DAY MEAT SALE



19 Oz. Assorted Varieties Johnsonville Fresh Bratwurst

\$5.99



16 Oz. Schweid & Sons Chuck and Brisket Blended Beef Patties or Slider Patties

\$10.99



Prairie Fresh All Natural Pork Belly

\$4.99 lb.



Prairie Fresh All Natural Baby Back Ribs

\$3.99 lb.



Black Canyon Angus® Great on the Grill Tri Tip Roast

\$8.99 lb.



Black Canyon Angus® Family Pack Chuck Mock Tender Steaks or Roast

\$6.99 lb.



Black Canyon Angus® Family Pack Cube Steaks

\$7.99 lb.



Black Canyon Angus® Family Pack Tenderized Bottom Round Steak

\$7.49 lb.



Family Pack Prairie Fresh All Natural Pork Steaks or Western Style Ribs

\$2.49 lb.



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

\$2.69 lb.



Prairie Fresh All Natural Whole Trimmed Pork Butt Roast

\$2.29 lb.

Seafood



35.13 Oz. Taste Choice Shrimp or Seafood Boils

\$12.99



16 Oz. Sea Best Tilapia Fillets

\$4.99



16 Oz. Sea Best Salmon Fillets

\$7.99



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

\$18.99

Signature meat items



Black Canyon Angus® Seasoned Steak Fingers, Grill or Fry

\$8.99 lb.



Our Signature Made Bacon Wrapped Asparagus

\$6.99 lb.



Prairie Fresh All Natural Bacon Wrapped Pork Ribeyes

\$3.49 lb.



Moultair Bacon Wrapped Chicken Breast or Boneless Thighs

\$3.99 lb.



Moultair Family Pack Party Wings

\$2.79 lb.



Moultair Whole Legs Perfect For The Grill

\$1.49 lb.



16 Oz. Springer Mountain Farms Ground Chicken

\$2.99



Previously Frozen Whole Fryers

\$1.59 lb.



2 Lb. Butterball Original Turkey Burgers

\$8.99



6 Lb. Selected Varieties Holtens Party Pack Hamburger Patties

\$29.99



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

\$12.99



60.9-64 Oz. Selected Varieties El Monterey Burritos or Chimichangas

\$9.99



12-8-18.8 Oz. Selected Varieties Jimmy Dean Breakfast Sandwiches

\$6.99



16 Oz. Selected Varieties Williams Premium Roll Sausage

\$3.49

smoked meats



16 Oz. Assorted Varieties Land of Frost Premium Lunchmeat

\$5.99



16 Oz. Selected Varieties Oscar Mayer Lunchmeats, Ham & Cheese, Chopped Ham or Turkey

\$3.99



15 Oz. Ball Park All Meat Franks

\$1.99



12-14 Oz. Selected Varieties Johnsonville Smoked Sausages

\$3.99



2 Lb. Selected Varieties Burgers City Ham Ends

\$3.99

ALWAYS SOMETHING GOOD COOKIN' AT AUNT MINNIE'S

HOME OF THE BEST HAND-BREADED FRIED CHICKEN YOU WILL FIND ANYWHERE!




Kretschmar
Honey or Original
Ham Off The Bone

\$6⁹⁹ lb.



Kretschmar
Honey or Original
Turkey Off The Bone

\$9⁹⁹ lb.



Kretschmar
Yellow or White
American Cheese

\$6⁹⁹ lb.



RESER'S
FINE FOODS

\$4⁹⁹

3 Lb.
Reser's
Mac Salad



ZARDA
HICKORY PIT BAR-B-Q

\$9⁹⁹

3 Lb.
Zarda Grandma's
or Classic
Baked Beans

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



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



8 Piece
Aunt Minnie's
Fried Chicken

\$8⁹⁹



Aunt Minnie's
Hand Breaded
Chicken Tenders

\$6⁹⁹ lb.



Mrs. Gerry's
The Best in Sauce

Mrs. Gerry's
Macaroni & Cheese

\$2⁹⁹ lb.



Mrs. Gerry's
The Best in Sauce

Mrs. Gerry's
Mashed Potatoes

\$2⁴⁹ lb.

\$4⁹⁹

24 Oz.
Heartland
Apple Pie



2/\$6

8 Ct.
King's Hawaiian
Hamburger &
Hot Dog Buns



\$10⁹⁹

26.7 Oz.
JWA
Pineapple
Upside Down Cake



\$3⁴⁹

11 Oz.
Olson's
Angel Food
Bar



\$3⁹⁹

9 Ct.
Shirley's
No Bake Cookies



\$5⁹⁹

8 Ct.
Select Varieties
Sweet Eddie's
Cinnamon Rolls



\$3⁹⁹

6.8 Oz. Triple Chocolate
or Salted Caramel Cake
Two Bite
Donuts



2/\$6

9 Ct.
King's Hawaiian
Slider Buns



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



48 Oz.
Select Varieties
Hiland
Light Ice Cream

\$3⁶⁹



35-37 Oz.
Select Varieties
Mrs. Smith's
Fruit Pies

\$6⁹⁹



48 Oz.
Select Varieties
Edy's
Premium
Ice Cream

\$4⁴⁹



8 Oz.
Select Varieties
Best Choice
Frozen Whipped
Topping

\$1⁹⁹



22-32 Oz.
Select Varieties
Ore Ida
Frozen Potatoes

\$3⁹⁹



12 Ct.
Select Varieties
Prairie Farms
Ice Cream Sandwiches

\$5⁹⁹



11-19 Oz.
Select Varieties
Bellatoria
Frozen Pizzas

\$4⁹⁹



8-16 Oz.
Select Varieties
PictSweet
Frozen Vegetables

\$3²⁹



25-28 Oz.
Select Varieties
Banquet
Family Size Dinners

\$3⁹⁹

GROCERY FAVORITES

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

2/\$5

9-14 Oz.
Selected Varieties
**Kraft Shells & Cheese
and Deluxe Mac & Cheese**



20 Oz.
**Hunt's
Ketchup**

10/\$10

2/\$5

24 Pk. 16.9 Oz.
**Niagara
Drinking Water**



15 Oz.
Select Varieties
**Wishbone
Salad Dressing**

2/\$5



18 Oz.
Select Varieties
**Sweet Baby Ray's
BBQ Sauce**

2/\$5



12 Oz.
Select Varieties
**Frank's
Hot Sauce**

\$3.99



16-24 Oz.
Select Varieties
**Vlasic
Pickles or Relish**

2/\$5



4-5 Oz.
Select Varieties
**Knorr Rice & Sauce
and Pasta & Sauce
Sides**

2/\$3



4 Ct.
Select Varieties
**Snack Pack
Pudding Cups**

2/\$3



9.5-10.75 Oz.
Select Varieties
**Hostess
Bag Donuts**

2/\$5



9.6 Oz.
Select Varieties
**Folgers
Coffee**

\$6.99



10-18 Oz.
Select Varieties
**Nabisco
Family Size
Oreo Cookies**

\$4.99



11-14 Oz.
Select Varieties
**Post Kids
Cereal**

2/\$6



Select Varieties
**Kingsford
Charcoal Briquettes**

\$12.99



18 Oz.
Select Varieties
**Hefty
EZ Grip Cups**

\$3.29



10-20 Ct.
Select Varieties
**Hefty Gallon or
Quart Sider Bags**

\$3.29



50 Ct.
**Best Choice
Summer
Party Plates**

\$4.49



15.75-16 Oz.
Select Varieties
**Serious
Bean Co.
Baked Beans**

\$2.29



5.4-6.25 Oz.
Select Varieties
**Kinder's
Seasoning**

\$5.49

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



\$3.99

32 Oz.
Select Varieties
**Coffee Mate
Coffee Creamers**



\$3.99

46 Oz.
Select Varieties
**Tropicana
Orange Juice**



2/\$3

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



Gallon
Select Varieties
**Red Diamond
Tea**

\$3.99



1/2 Gallon
Select Varieties
**Hiland Lemonade
and Raspberry
Lemonade**

\$1.79



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

\$2.19



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

\$3.49



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

\$4.29

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



9-10 Oz.
Select Varieties
**Frito-Lay
Doritos**
2/\$8



8 Ct.
**Ball Park
Hamburger or
Hot Dog Buns**
\$2.79

18 Ct.
Select Varieties
**Frito Lay
Variety
Packs**
\$10.99



16 Oz.
Select Varieties
**Frito-Lay
Jar Dips**
\$3.99

9.1-11.5 Oz.
Select Varieties
**On The
Border
Tortilla Chips**
\$3.69



20 Oz.
**Sara Lee
Honey Wheat
Bread**



\$2.99

8 Ct.
**Best Choice
Hamburger or
Hot Dog Buns**



\$1.69

20 Oz.
**Ozark Hearth
Texas Toast**



\$2.49

specialty foods



12 Oz.
**Briannas
Salad Dressing**
\$3.99



16 Oz.
**Weeber's
Mustard**
\$2.49



18 Oz.
**Stubb's
BBQ Sauce**
\$4.99



12.7 Oz.
**Allegro
Marinade**
\$3.99



12 Oz.
**Ragin Cajun
Sweet & Spicy
Pickles**
\$6.79

Shop Best Choice For Your Best Value



12Pk./12 Oz. Cans
Select Varieties
**Best Choice
Soda Products**
\$3.99



15.25 Oz.
Select Varieties
**Best Choice
Cake Mixes**
\$1.29



16 Oz.
Select Varieties
**Best Choice
Frosting**
\$1.99



29 Oz.
Select Varieties
**Best Choice
Vegetables**
\$1.79



10 Oz.
Select Varieties
**Best Choice
Diced Tomatoes
with Green Chiles**
4/\$5

Great Party Favorites From Our Deli



6 Oz.
**Kaukauna
Variety
Cheeseballs**
\$3.99



12 Oz.
**Kretschmar
Specialty and
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



16 Oz.
**Aunt Minnie's
7 Layer Bean Dip**
\$4.99



**Aunt Minnie's
Tortilla Chips**
\$2.49

Best Prices for Drinks



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



6 Pk. Bottles
Select Varieties
**Coca-Cola
Products**
2/\$9



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



24 Pk.
16.9 Oz. Bottles
**Dasani
Water**
\$6.99



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

\$6.88

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

