

Just As Well Get The Best & The Freshest

BIG 2 DAY MEAT SALE

SATURDAY & SUNDAY

PRICES GOOD MAY 16TH & MAY 17TH, 2026



Prairie Fresh All Natural
2 Pack
Pork Butts

\$179
Lb.



80% Lean
Ground Beef
Sold in 10 Lb. Tube Only

\$499
Lb.



Catfish
Nuggets
Sold Frozen in 15 Lb. Box

\$2999

Just As Well Get The Best & The Freshest

BIG 2 DAY MEAT SALE

SATURDAY & SUNDAY

PRICES GOOD MAY 16TH & MAY 17TH, 2026



2 DAYS ONLY!

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

\$17.99



2 DAYS ONLY!

Smithfield Prime Fresh Lunchmeats
7-8 Oz.
Select Varieties

2/\$7



2 DAYS ONLY!



Prairie Fresh All Natural Baby Back Ribs

\$34.99 Lb.



G & W FOODS

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

Prices Effective: May 6 - May 19, 2026 • While Supplies Last



28-32 Oz.
Selected Varieties
**Bob Evans
Side Dishes**
4.99

BLACK CANYON
ANGUS BEEF

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

\$13.99 ea.

**Fresh
Florida**

5 Pk.
**Florida Bi Color
Sweet Corn**

\$3.99

**PRAIRIE
FRESH
NATURAL**

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

\$1.99 lb.

**GROUND
FRESH
DAILY!**

Family Pack
**80% Lean
Ground Beef**

\$5.99 lb.

**Produce
for Kids**
produceforkids.com/kids

3 Lb. Ruby Sensation, Honey Gold or American Blend
**Tasteful Selections
B Size Potatoes**

\$3.49 ea.

Mountaire
Fresh Young Chicken

Family Pack
Mountaire Fresh
**Chicken Breast
Tenders**

\$2.99 lb.

**First
of the
Season**

**California Sweet
Red Cherries**

\$5.99 lb.

Kretschmar

From the Deli
**Kretschmar
Fully Cooked Ribs**

\$14.99

**WHILE
SUPPLIES
LAST!**

Dozen
**Red or
Multi Color
Roses**

\$14.99

8-9 Oz.
Selected Varieties
**Frito Lay
Fritos, Cheetos
or Tostitos**

2/\$8

46-48 Oz.
Selected Varieties
**Blue Bunny
Premium
Ice Cream**

\$3.49

DiGiorno
Supreme

15-29 Oz.
Select Varieties
**DiGiorno
Frozen Pizzas**

\$4.99

PEPSI

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

\$11.99

**CAP'N
CRUNCH**

**Quaker
Life**
MULTIGRAIN CEREAL

11-14 Oz.
Select Varieties
**Cap'n Crunch,
Oat Squares
or Life Cereal**

\$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!

\$2.99

4.5 Oz.
**NEW! Local Bounti
Crispy Green Leaf,
Red & Green or
Romaine Lettuce**



**XXL Red
Bell Peppers**

\$1.49



13 Oz.
**Marzetti
Salad Dressings**

\$4.99

\$3.49

12 Oz.
Multi-Color
**Cherry Picked
Tomatoes**



\$1.69

6 Ct. Tray
**Red Sun Farms
Mini Cucumbers**



**Jumbo
Navel Oranges**

**99¢
ea.**



Fuji, Granny Smith,
Red Delicious or Pizazz
**Washington
Premium Apples**

**\$1.49
lb.**



Sunkist
2 Lb.
**Sunkist
Lemons**

\$3.79



1 Lb.
Strawberries
\$2.79



6 Oz.
Blackberries
\$1.99

Fresh Fruit Favorites



3 Lb.
**Vidalia
Onions** **\$3.49**



1 Lb. Bag
**Brussels
Sprouts** **\$2.99**



**\$1.19
lb.** Fancy Yellow or
Zucchini Squash



**89¢
lb.** Green
Cabbage

low prices on everyday organic favorites



2 Lb.
**Organic
Gala Apples**

\$4.99



8 Oz.
**Organic Mini
Sweet Peppers**

\$2.99

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

Wright's Sliced Slab Bacon
\$8.99

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

\$7.99 lb.

Black Canyon Angus® Family Pack Sirloin Tip Steaks

\$7.99 lb.

BUY BIG, SAVE BIG ON THESE SIZZLING DEALS!

Black Canyon Angus® Family Pack Cube Steaks

\$9.99 lb.

Prairie Fresh All Natural Family Pack Iowa Chops

\$2.49 lb.

Previously Frozen Family Pack Chicken Wings

\$1.69 lb.

Prairie Fresh All Natural St. Louis Style Ribs

\$2.99 lb.

Fresh Frozen Catfish Nuggets

\$2.49 lb.

Black Canyon Angus® Boneless Chuck Roast

\$8.99 lb.

Black Canyon Angus® Thin Sliced Breakfast Steaks

\$8.49 lb.

Black Canyon Angus® Thin Sliced Sirloin Fajita or Stir Fry

\$7.99 lb.

Prairie Fresh All Natural Bone In Sirloin Chops

\$1.79 lb.

Family Pack Prairie Fresh All Natural Country Style Ribs

\$1.99 lb.

22 Oz., Assorted Varieties Smithfield Marinated Boneless Loins

\$5.99

Seafood

Mrs. Paul's Battered Fish Sticks or Fillets

\$6.99

16 Oz. Sea Best Cod Fillets

\$9.99

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

\$9.99

5 Lb. Sea Best Whole Cooked Crawfish

\$19.99

Fresh Ground Daily Market Made Fresh Pork Breakfast Sausage

\$2.99 lb.

Our Signature Made Sweet Pepper Poppers

\$8.99 lb.

Prairie Fresh Stuffed Bone In Pork Chops

\$3.99 lb.

Our Signature Made Bacon Wrapped Chicken Breast Grillers

\$3.49 lb.

Mountaire Family Pack Boneless Chicken Breast or Thighs

\$2.99 lb.

Mountaire Family Pack Chicken Drumsticks

\$1.19 lb.

10 Lb. Sager Creek Farms Chicken Leg Quarters

\$8.99

16 Oz. John Soules Fully Cooked Chicken Breast Strips

\$5.99

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

\$4.59

27 Oz. Smokey Farms Sausage Patties

\$4.99

24 Oz. Select Varieties Johnsonville Assorted Meatballs

\$7.99

30.4-32 Oz. Select Varieties El Monterey Burritos or Chimichangas

\$5.99

40 Oz. Williams Premium Sliced Slab Bacon

\$12.99

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

\$3.79

frozen meat favorites

Prairie Fresh Hickory or Applewood Sliced Bacon

\$3.99

13-14 Oz. Select Varieties Eckrich Smoked Sausage, Ropes or Links

2/\$7

2.25-4.4 Oz. Select Varieties Oscar Mayer Basic Lunchables

2/\$4

12-16 Oz. Select Varieties Curly's BBQ Tubs

\$5.49

15 Oz. Regular, Bun Size or Turkey Ball Park Meat Franks

\$1.99

ALWAYS SOMETHING GOOD COOKIN' AT AUNT MINNIE'S

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



Kretschmar

\$6⁹⁹ lb.

Kretschmar Virginia Honey or Smoked Ham

Kretschmar

\$8⁹⁹ lb.

Kretschmar Cajun or Sundried Tomato Turkey

Eckrich
Since 1894

\$6⁹⁹ lb.

Eckrich Double Smoked Bologna

Kretschmar

\$6⁹⁹ lb.

Kretschmar Mild Cheddar Cheese

Kretschmar

\$7⁴⁹ lb.

Kretschmar Colby or Colby Jack Cheese

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

Tyson

\$4⁹⁹ lb.

Tyson Boneless Chicken Wings

Aunt Minnie's Fish Fillet

2/\$5

Nathan's

\$2⁴⁹

Nathan's Beef Hot Dogs

\$5⁹⁹

26 Oz. Café Valley Chocolate Fudge or Mississippi Cake

\$3⁹⁹

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

\$6⁹⁹

16 Oz. Father's Table New York Style Cheesecake

\$5⁴⁹

13 Oz. Select Varieties MJay's Variety Brownies

\$3⁶⁹

11 Oz. Olson's Angel Food Bar

2/\$9

4 Ct. Select Varieties Café Valley Variety Muffins

\$4⁹⁹

6 Ct. Apple, Cherry or French Toast Clyde's Fritters

\$5⁹⁹

8 Ct. Sweet Eddie's Cinnamon Rolls

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

LOUISA

\$4⁹⁹

16-19 Oz. Select Varieties Louisa Tortellini or Ravioli

HUNGRY-MAN

\$3⁹⁹

13-16 Oz. Select Varieties Hungry Man Frozen Dinners

BIRDSEYE

\$2¹⁹

9-10 Oz. Select Varieties Birdseye Vegetable Blends

MR. DELL'S

\$3⁹⁹

24-32 Oz. Select Varieties Mr. Dell's Hash Browns

STOUFFER'S

\$3⁹⁹

9-20 Oz. Select Varieties Stouffer's Entrées

TONY'S

\$3⁹⁹

18-20 Oz. Select Varieties Tony's Frozen Pizzas

Blue Bunny

\$3⁴⁹

8-9 Ct. Select Varieties Blue Bunny Mini Cones or Ice Cream Sandwiches

Hiland

\$7⁶⁹

4 Quart Select Varieties Hiland Ice Cream Pails

Hiland

\$4³⁹

Half-Gallon Select Varieties Hiland Sherbet

GROCERY FAVORITES

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

\$5.99

20-30 Oz.
Selected Varieties
**Hellmann's
Mayonnaise**



\$2.99

28 Oz.
Selected Varieties
**Bush's Best
Baked Beans**



8 Lb. Lump or
15.4 Lb. Briquets
**Royal Oak
Charcoal**

\$6.99



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

\$2.99



5 Oz.
Select Varieties
**Texas Toast
Croutons**

\$1.69



20 Oz.
**Hunt's
Ketchup**

\$1.59



18 Oz.
Select Varieties
**KC Masterpiece
BBQ Sauce**

\$1.59



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

5/\$5.50



4-7 Oz.
Select Varieties
**Betty Crocker
Hamburger, Chicken
or Tuna Helper**

2/\$4



15 Oz.
Select Varieties
**Chef Boyardee
Canned Pasta**

2/\$3



5 Oz.
Select Varieties
**Starkist
Chunk Light Tuna**

99¢



12-16 Oz.
Select Varieties
**American Beauty
Pasta**

2/\$3



15-24 Oz.
Select Varieties
**Classico
Pasta Sauce**

\$3.49



12 Double Rolls
or 6 Mega Rolls
Select Varieties
**Scott
Bath Tissue**

\$4.99



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

\$6.99



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

\$5.99



18.5 Lb.
Select Varieties
**Purina
Dog Chow
Dog Food**

\$18.99



12 Oz.
**Slap Ya Mama
Cajun
Fish Fry**

\$2.99



8 Oz.
**Kikkoman
Panko Bread
Crumbs**

\$2.29

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



\$4.99

24 Oz.
Select Varieties
**Chobani
Coffee
Creamers**



4/\$5

5.3 Oz.
Select Varieties
**Chobani
Yogurts**



\$1.29

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



1 Gallon
Select Varieties
**Red Diamond
Tea**

\$3.99



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

\$3.29



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

\$4.29



Quart
**Hiland
Buttermilk**

2/\$4



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

2/\$4

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



7.25-10.25 Oz.
Select Varieties
**Frito Lay
Ruffles
Potato Chips**
2/\$7



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



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



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



\$2.99

8 Ct.
**Ball Park
Hamburger or
Hot Dog Buns**



\$2.79

6-12 Ct.
**Lewis Brat or
Sausage Rolls
or Slider Buns**



\$2.99

specialty foods

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



\$2.99

8 Ct.
**Ball Park
Hamburger or
Hot Dog Buns**



\$2.79

6-12 Ct.
**Lewis Brat or
Sausage Rolls
or Slider Buns**



\$2.99



5 Oz.
**Kikkoman
Soy Sauce**
\$2.49



16 Oz.
**Terry Ho's
Yum Yum
Sauce**
\$4.99



8 Oz.
**Slap Ya Mama
Cajun Seasoning**
\$2.79



8 Oz.
**Ragin Cajun
All Purpose
Seasoning**
\$4.99



20.5 Oz.
**Kikkoman
Teriyaki Sauce**
\$4.99

Shop Best Choice For Your Best Value



4 Pk.
Select Varieties
**Best Choice
Fruit Cups**
\$2.99



.87-1.3 Oz.
Select Varieties
**Best Choice
Seasoning Packets**
79¢



6 Pk.
Select Varieties
**Best Choice
Apple Sauce**
2/\$5



5-7 Oz.
Select Varieties
**Best Choice
Mac & Cheese**
79¢



20 Oz.
**Best Choice
Yellow Mustard**
\$1.49

Great Party Favorites From Our Deli



18 Oz.
**Fresh Cravings
Hummus Trio**
\$6.49



14 Oz.
**La Mexicana
Roasted
Chipotle Salsa**
\$4.49



14 Oz.
**La Mexicana
Roasted
Habanero Salsa**
\$4.49



10 Oz.
**Fresh Cravings
Poblano
Street Corn
Dip & Spread**
\$4.99



10 Oz.
**Fresh Cravings
Spinach Artichoke
Dip & Spread**
\$4.99



**Aunt Minnie
Tortilla Chips**
\$2.49
lb.

Best Prices for Drinks



12 Pk./12 Oz. Cans
Select Varieties
**Coca-Cola
Products**
\$7.99



2 Liter Bottles
Select Varieties
**Pepsi
Products**
\$2.79



8 Pk./12 Oz. Bottles
Select Varieties
**Coca-Cola
Products**
\$5.99



28 Oz. Bottles
Select Varieties
**Gatorade
Thirst
Quencher**
\$2.19



8 Pk./20 Oz. Bottles
Select Varieties
**Powerade
Sports Drinks**
\$7.49

Select Varieties
**RC Cola
or 7-Up
Products**
2 Liter
\$2.39



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

