

Just As Well Get The Best & The Freshest

# BIG 3 DAY SALE

FRIDAY, SATURDAY & SUNDAY

PRICES GOOD FROM MAY 29<sup>TH</sup> THRU 31<sup>TH</sup>, 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 29<sup>TH</sup> THRU 31<sup>TH</sup>, 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

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

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**

**\$15<sup>00</sup>**  
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**

**Coke**  
Diet  
**Coca-Cola**

12 Pk./12 Oz. Cans  
**Coke Products**

**\$699**

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

**\$599**

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

**2/\$5**

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

**2/\$6**

**BUSH'S BEST**  
Original  
SLOW SIMMERED CLASSIC WITH BACON

**BUSH'S BEST**  
GRILLIN' BEANS  
BOURBON AND BROWN SUGAR  
Baked Beans with a Touch of Natural Bourbon Flavors

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

**2/\$5**

**Kraft**  
Natural Cheese  
**Colby Jack**  
SHREDDED COLBY & MONTEREY JACK CHEESE

**Kraft**  
Sharp Cheddar  
**Kraft**  
Mild Cheddar

7-8 Oz. Selected 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!

**\$2.99**

1 Lb.  
**California  
Strawberries**



Pint  
**Fresh  
Blueberries**

**\$3.49**



6 Oz.  
**Fresh  
Blackberries**

**\$2.49**

**\$1.79**  
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**

**\$1.49**  
lb.



14 Oz.  
**Dole Classic  
Cole Slaw**  
**\$1.49**



10-12 Oz.  
**Taylor Farms  
Broccoli or  
Cauliflower Florets**  
**\$2.79**



### Fresh Fruit Favorites



3 Lb.  
**Tasteful Selections  
Red, Gold or  
American Blend Potatoes**  
**\$3.49**



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



1 Lb.  
**Ocean Mist  
Brussel Sprouts**  
**\$2.99**



16.5 Oz.  
**Naturesweet  
Chreub Red Grape  
or Constellation  
Medley Tomatoes**  
**\$3.99**

### low prices on everyday organic favorites



8 Oz.  
**Organic  
Mini Sweet Peppers**

**\$2.99**



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

**\$5.99**

**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

**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.**

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

**\$2.49 lb.**

**Prairie Fresh All Natural Family Pack 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**

**Black Canyon Angus® Seasoned Steak Fingers, Grill or Fry**

**\$8.99 lb.**

**Our Signature Made Prairie Fresh Bacon Wrapped Asparagus**

**\$6.99 lb.**

**Prairie Fresh All Natural Bacon Wrapped Pork Ribeyes**

**\$3.49 lb.**

**Mountaire Bacon Wrapped Chicken Breast or Boneless Thighs**

**\$3.99 lb.**

**Mountaire Family Pack Party Wings**

**\$2.79 lb.**

**Mountaire 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 Holten 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**

### frozen meat favorites

**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**

### smoked meats

**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

**\$6<sup>99</sup>** lb.



**Kretschmar**  
Honey or Original  
Turkey Off The Bone

**\$9<sup>99</sup>** lb.



**Kretschmar**  
Yellow or White  
American Cheese

**\$6<sup>99</sup>** lb.



**RESER'S**  
FINE FOODS

**\$4<sup>99</sup>**

3 Lb.  
Reser's  
Mac Salad



**ZARDA**  
HICKORY PIT BAR-B-Q

**\$9<sup>99</sup>**

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

**\$8<sup>99</sup>**



Aunt Minnie's  
Hand Breaded  
Chicken Tenders

**\$6<sup>99</sup>** lb.



Mrs. Gerry's  
The Best in Sauce

Mrs. Gerry's  
Macaroni & Cheese

**\$2<sup>99</sup>** lb.



Mrs. Gerry's  
The Best in Sauce

Mrs. Gerry's  
Mashed Potatoes

**\$2<sup>49</sup>** lb.

**\$4<sup>99</sup>**

24 Oz.  
Heartland  
Apple Pie



**2/\$6**

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



**\$10<sup>99</sup>**

26.7 Oz.  
JWA  
Pineapple  
Upside Down Cake



**\$3<sup>49</sup>**

11 Oz.  
Olson's  
Angel Food  
Bar



**\$3<sup>99</sup>**

9 Ct.  
Shirley's  
No Bake Cookies



**\$5<sup>99</sup>**

8 Ct.  
Select Varieties  
Sweet Eddie's  
Cinnamon Rolls



**\$3<sup>99</sup>**

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

**\$3<sup>69</sup>**



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

**\$6<sup>99</sup>**



48 Oz.  
Select Varieties  
Edy's  
Premium  
Ice Cream

**\$4<sup>49</sup>**



8 Oz.  
Select Varieties  
Best Choice  
Frozen Whipped  
Topping

**\$1<sup>99</sup>**



22-32 Oz.  
Select Varieties  
Ore Ida  
Frozen Potatoes

**\$3<sup>99</sup>**



12 Ct.  
Select Varieties  
Prairie Farms  
Ice Cream Sandwiches

**\$5<sup>99</sup>**



11-19 Oz.  
Select Varieties  
Bellatoria  
Frozen Pizzas

**\$4<sup>99</sup>**



8-16 Oz.  
Select Varieties  
PictSweet  
Frozen Vegetables

**\$3<sup>29</sup>**



25-28 Oz.  
Select Varieties  
Banquet  
Family Size Dinners

**\$3<sup>99</sup>**

# 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.  
**Woeber'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**

