

1 DAY **JUNE 14 ONLY!**
5% OFF
VETERAN'S DISCOUNT

Just As Well Get The Best & The Freshest
2 WEEK Dairy Days SALE

PRICES EFFECTIVE 2 BIG WEEKS!
JUNE 3RD THRU JUNE 16TH, 2026



Borden Cheese Shredded, Slices or Singles
 8-12 Oz.
 Select Varieties **2/\$4**



Chobani Yogurt
 5.3 Oz.
 Select Varieties **10/\$10**

Just As Well Get The Best & The Freshest

2 WEEK Dairy Days SALE

PRICES EFFECTIVE 2 BIG WEEKS!
JUNE 3RD THRU JUNE 16TH, 2026

2 BIG WEEKS



Hiland Cream Cheese
8 Oz.

4/\$5

2 BIG WEEKS



Pillsbury Grands! 16.3 Oz.,
Cinnamon Rolls 13 Oz.,
or Crescents 8 Oz., Select Varieties

STARS, STRIPES & Savings

\$2.99

2 BIG WEEKS



Hiland Coffee Creamer
32 Oz.
Select Varieties

\$2.99



G&W FOODS

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

Prices Effective: June 3 - June 16, 2026 • While Supplies Last



12-24 Oz.
Selected Varieties
**Bob Evans
Side Dishes**
3.99

BLACK CANYON
ANGUS BEEF

Black Canyon Angus®
**Cowboy Cut
Bone-In
Ribeye Steaks**

\$14.99
lb.

**Fresh
Florida**

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

\$2.19

**PRAIRIE
FRESH
NATURAL**

Prairie Fresh All Natural
Family Pack
**Bone-In
Sirloin Chops
or Country Ribs**

\$1.69
lb.

**GROUND
FRESH
DAILY!**

Family Pack
**80% Lean
Ground Beef**

\$5.99
lb.

\$2.19
lb.

**Big Smiles South Carolina
Yellow Peaches**

Mountaire
Fresh Young Chicken

Family Pack
Mountaire Fresh
**Party
Wings**

\$2.49
lb.

\$3.99
lb.

**Michigan
Green Asparagus**

Kretschmar

From the Deli
**Kretschmar
Fully Cooked Ribs**

\$14.99

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

\$5.99

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

\$3.99

1.44 Qt.
Selected Varieties
**Turkey Hill
Ice Cream**

\$3.49

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

99¢

22-32 Oz.
Selected Varieties
**Ore Ida
Frozen Potatoes**

\$3.99

11-14 Oz.
Cocoa Pebbles, Fruity Pebbles,
Honey O's, Golden Crisp,
Oreo Puffs, Waffle Crisp,
Honey Maid S'mores
Post Kids 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!

79¢
lb.



**Arkansas
Green
Cabbage**

**Arkansas
GROWN**



**Arkansas
GROWN**

**Arkansas
Super Select
Cucumbers**

99¢



**Arkansas
GROWN**

**Arkansas
Fancy Zucchini
or Yellow Squash**

\$179

\$149

**Extra Large
Red Bell Peppers**



\$349

**2 Lb. Bag
Ruby Red
Sweet Onions**



**1 Lb.
Ripe Red
Strawberries**

\$349



**6 Oz.
Fresh
Blackberries**

\$239



**Pint
Blueberries**

\$329



**3 Lb.
Ruby Sensation,
Honey Gold
or American Blend
Tasteful Selections
B Size Potatoes**
\$349



**3 Lb.
Vidalia Jumbo
Sweet Onions**
\$349



Fresh Fruit Favorites



**9-12 Oz.
Dole
Greener Select or
Classic Romaine Salad**

\$199
ea.



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

\$169
ea.



**16.5 Oz.
Nature Sweet
Cherub Red Grape or
Constellation Medley
Tomatoes**

\$459
ea.



**Hass
Avocados**

79¢
ea.

low prices on everyday organic favorites



**2 Lb. Bag
Organic
Fuji Apples**

\$499



**1 Lb.
Organic
Peeled Baby Carrots**

\$199

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!



\$4.49 lb.

Family Pack Boston Grind

16 Oz. Assorted Varieties Farmland Bacon **\$5.99**



\$6.79 lb.

Black Canyon Angus® Lean And Juicy Arm Roast

OUR BUTCHER'S BEST BUYS FOR THE WEEK



\$7.99 lb.

Black Canyon Angus® Family Pack Sirloin Tip Steaks



\$2.69 lb.

Prairie Fresh All Natural Family Pack Pork Steak



\$6.99 lb.

Black Canyon Angus® Family Pack Patio or Charcoal Steak



\$3.99 lb.

Prairie Fresh All Natural Baby Back Ribs



\$18.99 ea.

Sea Best Argentine Red Shrimp 2 Lb.



\$7.49 lb.

Black Canyon Angus® Cube Steaks



\$8.49 lb.

Black Canyon Angus® Sirloin Breakfast Steaks



\$7.49 lb.

Black Canyon Angus® 90% Lean Ground Beef



\$2.49 lb.

Prairie Fresh All Natural Boneless Chops or Butterflies



\$2.99 lb.

Prairie Fresh All Natural Pork Tenderloins



\$2.69 lb.

Prairie Fresh All Natural 1/2 Cut Boneless Butt Roast

Seafood



\$10.99

16 Oz. Sea Best Cod Fillets



\$6.99

19-24.6 Oz. Mrs Paul's Breadcrumbs Fish Sticks or Fillets



2/\$5

8 Oz. Louis Kemp Imitation Crab Flakes, Chunks or Leg Style



\$7.99

Great on the grill! 16 Oz. Orca Bay Tuna Steaks



\$2.99 lb.

Prairie Fresh All Natural Market Made Ground Sausage

Signature meat items



\$7.99 lb.

Our Signature Made Bacon Wrapped Asparagus



\$3.49 lb.

Great on the Grill Bacon Wrapped Pork Ribeyes



\$3.99 lb.

Seasoned To Perfection Bacon Wrapped Chicken Breast or Boneless Thighs



\$2.99 lb.

Mountaire Family Pack Boneless Breast or Tenders



\$1.19 lb.

Mountaire Family Pack Drumsticks



\$5.99

20-29 Oz. Tyson Breaded Chicken Nuggets, Patties Or Burgers



\$5.49

10 Oz. Tyson Stuffed Chicken Entrees



\$3.99

12 Oz. Oscar Mayer Turkey Bacon



\$12.99

32 Oz. Selected Varieties Holtens Smashed Burgers



\$4.99

13.5-16 Oz. Regular or Beef State Fair Corn Dogs

frozen meat favorites



\$8.99

30 Oz. Selected Varieties Jimmy Dean Pancake and Sausage on a stick



\$8.99

18-20.7 Oz. Selected Varieties El Monterey Taquitos



\$3.99

16 Oz. Mild, Hot Or Extra Sage Williams Premium Sausage Rolls

smoked meats



\$3.99

12 Oz. Regular or Thick Smithfield Sliced Bacon



\$4.99

12-16 Oz. Selected Varieties Curly's BBQ Pulled Pork or Chicken



\$6.99

20 Oz. Selected Varieties Land O Frost Sandwich Kits



5/\$5

12 Oz. Selected Varieties Bar-S All Meat or Chicken Franks



\$12.99

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

ALWAYS SOMETHING GOOD COOKIN' AT AUNT MINNIE'S

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




Kretschmar
Virginia
Honey or Smoked Ham

\$6⁹⁹ lb.



Kretschmar
Pepperoni or Hard Salami

\$8⁴⁹ lb.



Kretschmar
Colby or Colby Jack Cheese

\$6⁹⁹ lb.



RESER'S
FINE FOODS

\$6⁹⁹ ea.
16 Oz.
Reser's Variety
Salads



ZARDA
HICKORY PIT BAR-B-Q

\$4²⁹ ea.
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

Chicken or Buffalo
Tyson Chicken &
Cheese Crisпитos

2/\$3



Aunt Minnie's
Fried Chicken

\$8⁹⁹ ea.
8 Piece



Aunt Minnie's
Hand Breaded
Chicken Tenders

\$6⁹⁹ lb.



Aunt Minnie's
Chicken Sandwich

\$3⁹⁹

\$4⁹⁹

24 Oz.
**Heartland
Apple Pie**



\$4⁴⁹

24 Oz.
**Mapleleaf
Cracked Wheat,
Toasted Onion or
Sourdough Sliced Loaf**




JJ's
Assorted
Fruit Pies

5/\$4



Olson's
Sliced
Angel Food Cake

\$3⁹⁹



Shirley's
No Bake Cookies

\$3⁹⁹

4 Oz.
**JJ's Assorted
Fruit Pies**

8 Oz.
**Olson's Sliced
Angel Food Cake**

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

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



DRUMSTICK
THE ORIGINAL
VANILLA

8 Ct.
**Drumstick
Ice Cream Cones**

\$7⁹⁹



RED BARON
Classic Crust
Authentic PIZZA

15-23 Oz.
Select Varieties
**Red Baron
Frozen Pizza**

\$5⁴⁹



Marie Callender's
Frozen Entrées
or Pot Pies

10-15 Oz.
Select Varieties

\$3⁴⁹



Pillsbury
Toaster
Strudels or
Toaster Scrambles

7-12 Oz.
Select Varieties

\$3²⁹



PAGODA
bibigo
Potstickers
Chicken & Vegetable
Dumplings

22-24 Oz.
Select Varieties
**Pagoda or Bibigo
Egg Rolls, Wontons,
or Potstickers**

\$6⁹⁹



Totino's
PIZZA ROLLS

24 Oz.
Select Varieties
**Totino's
Pizza Rolls**

\$3⁹⁹



LOUISA
Taste The Difference
RAVIOLI
ORIGINAL BEEF

16-19 Oz.
Select Varieties
**Louisa
Ravioli or Tortellini**

\$4⁴⁹



Hiland
PREMIUM ICE CREAM
Vanilla

48 Oz.
**Hiland Premium
Ice Cream**

\$4⁹⁹



North Star
Lotta Pops

20 Pk.
**North Star
Lotta Pops**

\$5⁴⁹

GROCERY FAVORITES

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

\$1.59

20 Oz.
Hunt's Ketchup



28 Oz.
Bush's Best Baked Beans

2/\$5

2/\$5

15 Oz.
Selected Varieties
Wishbone Salad Dressings



23-24 Oz.
Select Varieties
Prego Spaghetti Sauce

\$2.99



12-16 Oz.
Select Varieties
American Beauty Pasta

\$1.69



12 Oz.
Select Varieties
Frank's Hot Sauce

\$3.99



5 Oz.
Select Varieties
Chicken of the Sea Tuna

\$1.19



15 Oz.
Select Varieties
Libby's Can Vegetables

\$1.29



13-16 Oz.
Select Varieties
Jif Peanut Butter

\$2.99



Select Varieties
Smucker's Grape Jelly or Jam 20-32 Oz.

\$2.99



3 Ct.
Select Varieties
Act II Popcorn

2/\$4



8-12 Oz.
Cinnamon Toast Crunch, Golden Grahams, Trix, Cocoa Puffs, Reese's Puffs or Cheerios
General Mills Cereal

2/\$7



7.5 Oz.
Select Varieties
Chef Boyardee Microwave Meals

2/\$3



Select Varieties
Royal Oak Charcoal Briquets 15.4 Lb. or Lump Charcoal 8 Lb.

\$7.49



Fiora Bath Tissue 12 Mega Rolls or Paper Towels 6 Triple Rolls

\$7.99



14-20 Lb.
Select Varieties
Arm & Hammer Cat Litter

\$10.99



24 Oz.
Select Varieties
Milk-Bone Dog Biscuits

\$4.99



12 Oz.
Select Varieties
Brianna's Marinades

\$3.99



12 Oz.
Select Varieties
Nathan's Mustard

\$3.29

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



\$3.29

64 Oz.
Select Varieties
Silk Almond Milk



\$5.99

45 Oz.
Select Varieties
Country Crock Vegetable Spread



\$3.99

128 Oz.
Select Varieties
Sunny D Orange Drink



1/2 Gallon
Select Varieties
Hiland Orange Juice
GW Base

\$3.69



16 Oz.
Select Varieties
Hiland Cottage Cheese

\$3.29



12 Oz.
Select Varieties
Hiland Squeeze Sour Cream

\$2.69



Quart
Select Varieties
Hiland Chocolate Milk

\$2.49



Pint
Select Varieties
Hiland Milk or Red Diamond Tea

99¢

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



7-8 Oz.
Select Varieties
**Frito Lay
Lay's
Potato Chips**
\$3.99



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



7-8 Oz.
Select Varieties
**General Mills
Chex Mix,
Gardettos
or Bugles**
\$3.29



20 Oz.
**Sara Lee
Classic White
Bread**



20 Oz.
Sourdough, Rye,
Wheatberry, Whole Wheat,
Multi Grain, Potato,
Country White or Honey Wheat
**Ozark Hearth
Bread**



8 Ct.
**Ozark Hearth
Jumbo
Hamburger
Buns**



5.52-6.88 Oz.
**Nonni's
Biscotti**
\$4.99



10 Oz.
**Kentucky Kernel
Cornbread** **\$2.99**



30 Oz.
**Bob's Red Mill
Popcorn** **\$5.49**

specialty foods



2.6-3.5 Oz.
**Dan-O's
Seasoning**
\$6.99



2.7-3.75 Oz.
**Kernel Seasons
Popcorn Seasoning** **\$3.49**

Shop Best Choice For Your Best Value



12-16 Oz.
Select Varieties
**Best Choice
Frozen Waffles
or Pancakes** **2/\$5**



20 Oz.
Select Varieties
**Best Choice
Pizza Bites** **\$3.49**



8 Oz.
Select Varieties
**Best Choice
Frozen
Appetizers** **\$2.99**



4 Qt.
Select Varieties
**Best Choice
Ice Cream Pails** **\$5.99**



10-20 Oz.
Select Varieties
**Best Choice
Cereal** **2/\$5**

Great Party Favorites From Our Deli



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



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**



8 Oz.
**Sabra
Variety Hummus** **2/\$7**



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

Best Prices for Drinks



2 Liter Bottles
Select Varieties
**Coca-Cola
Products** **\$1.99**



6 Pk/16.9 Oz. Bottles
Select Varieties
**Pepsi
Products** **\$5.99**



8 Pk/12 Oz. Bottles
Select Varieties
**Coca-Cola
Products** **\$5.49**



12 Pk/12 Oz. Cans
Select Varieties
**Pepsi
Products** **\$8.29**



28 Oz.
Select Varieties
**Powerade
Sports Drink** **3/\$4**



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

\$7.99



.5 Liter Bottles
Select Varieties
**RC Cola or
7-Up Products**
6 Pack
\$5.99