

Just As Well Get The Best & The Freshest

# BIG 3 DAY SALE

FRIDAY, SATURDAY & SUNDAY

PRICES GOOD JULY 10<sup>TH</sup> THRU JULY 12<sup>TH</sup>, 2026



Prairie Fresh All Natural  
**Whole Boneless Loins**  
Cut and Wrapped Free

**\$1.98**  
Lb.



**Boston Style Grind**

**\$3.99**  
Lb.



16 Oz.  
**Hickory Country Sliced Bacon**

**\$2.99**

Just As Well Get The Best & The Freshest

**BIG**

**3 DAY SALE**

FRIDAY, SATURDAY & SUNDAY

PRICES GOOD JULY 10<sup>TH</sup> THRU JULY 12<sup>TH</sup>, 2026



**Green Seedless Grapes**

**\$2.39** Lb.



**Blue Ribbon Classics Frozen Dairy Dessert**  
Selected Varieties  
48 Oz.

Limit 1 Please

**\$1.99**



7-8 Oz.  
Selected Varieties  
**Kraft Cheese Shreds or Chunks**

Limit 4 Please

**2/\$4**



# G&W FOODS

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

Prices Effective: July 1 - July 14, 2026 • While Supplies Last





Black Canyon Angus®  
Half Cut  
Boneless Ribeye  
Whole In Bag  
**15<sup>99</sup>**  
lb.

**\$18<sup>99</sup>**  
lb.

Black Canyon Angus®  
Family Pack  
**Boneless Ribeye Steak**

Buy Today,  
Freeze  
For Later!



**FOURTH OF JULY Savings**  
Celebrating 250 YEARS of Independence!

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

Dark Red Sweet Cherries



**PRAIRIE FRESH NATURAL**

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

**\$2<sup>59</sup>**  
lb.



GROUND FRESH DAILY!

12 Oz. Select Varieties Bar-S Hot Dogs **99¢**

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

Family Pack  
**80% Lean Ground Beef**



**\$1<sup>79</sup>**  
lb.

South Carolina Yellow Peaches



Family Pack  
**Boneless Chicken Breast**

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



5 Pk.  
**Bi Color Sweet Corn**

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



3 Lb.  
Select Varieties  
**Reser's Salads**

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



12 Pk./12 Oz. Cans  
Selected Varieties  
**Pepsi Products**

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



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

**2/\$5**



6-13 Oz.  
Select Varieties  
**Nabisco Ritz Crackers and Snack Crackers**

**2/\$6**



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

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



22-25 Oz.  
Select Varieties  
**Folgers Coffee**

**\$12<sup>99</sup>**



10-18 Oz.  
Selected Varieties  
**Nabisco Family Size Oreos**

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

**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!

**\$1.79**  
lb.

Arkansas  
**Fancy Zucchini  
or Yellow  
Squash**



Arkansas  
GROWN



Arkansas  
**Slicer  
Tomatoes**

**\$1.99**  
lb.



Arkansas  
GROWN

Arkansas  
**Super Select  
Cucumbers**

**99¢**  
ea.

**2/\$5**

Arkansas, 6 Oz.  
**Blackberries**

Arkansas  
GROWN



**\$2.49**

Arkansas, 10 Oz.  
**Grape  
Tomatoes**

Arkansas  
GROWN



24 Oz.  
Select Varieties  
**Tasteful Selections  
Bite Size Potatoes**

**\$2.99**



**Vidalia Jumbo  
Sweet Onions**

**\$1.39**  
lb.



14 Oz.  
**Dole  
Coleslaw Mix**

13 Oz.  
Select Varieties  
**Marzetti  
Coleslaw Dressing**

**\$4.99**

**\$1.49**



2 Lb. Bag  
Mountain View  
**Peaches,  
Nectarines  
or Plums**  
**\$4.89**

Northwest  
Cherries



**Rainier  
Cherries**  
**\$7.99**

## Fresh Favorites



12 Oz.  
**Taylor Farms  
Cauliflower or  
Broccoli Florettes**

**\$2.79**  
ea.



**Extra Large  
Green Bell Peppers**

**\$1.19**  
ea.



2 Lb. Bag  
**Lemons**

**\$4.59**  
ea.



**5/\$2**



6 Oz.  
**Organic  
Blueberries**

**\$3.99**



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



**GROUND FRESH DAILY!**

Any Size Package  
**90% Lean Ground Beef**

**\$7.49** lb.

**Claussen Assorted Pickles**  
Select Varieties, 20-32 Oz.  
**\$4.99**



16 Oz.  
Hickory or Applewood Smoked  
**Kentucky Legend Sliced Bacon**

**\$4.99**

## SIZZLING DEALS FOR YOUR 4TH OF JULY BLOWOUT



**Black Canyon Angus Top Sirloin Steak**

**\$9.99** lb.



**Prairie Fresh All Natural Baby Back Ribs**

**\$3.99** lb.



19 Oz. Selected Varieties  
**Johnsonville Fresh Bratwurst**

**\$5.99**



**Mountaire Fresh Chicken Family Pack Boneless Thighs**

**\$3.49** lb.



**Black Canyon Angus Family Pack Sirloin Tip Steak**

**\$7.99** lb.



**Black Canyon Angus Thin Sliced Fajita Meat**

**\$8.49** lb.



**Black Canyon Angus Bacon Wrapped Top Sirloin**

**\$10.99** lb.

# Seafood



2 Lb.  
**Sea Best Argentine Red Shrimp**

**\$18.99**



1 Lb.  
**Sea Best Cod Fillets**

**\$10.99**



2 Lb.  
**Sea Best Tilapia Fillets**

**\$9.99**



2 Lb.  
**Sea Best Frog Legs**

**\$16.99**



1 Lb., 26-30 Ct.  
**Sea Best Cooked Shrimp**

**\$9.99**

**Perfect for Smoked Pulled Ham!**



**Cook's Shank Portion Hams**

**\$1.99** lb.



**Prairie Fresh All Natural Family Pack Butterfly or Boneless Chops**

**\$2.79** lb.



**Prairie Fresh All Natural Quarter Cut Pork Belly**

**\$4.99** lb.

**Great On The Grill!**



**Bacon Wrapped Pork Ribeye**

**\$3.99** lb.

**Signature meat items**



**Market Made Beef Kabobs**

**\$9.99** lb.



**Our Signature Bacon Wrapped Chicken Grillers**

**\$3.99** lb.



**Market Made Pork or Chicken Kabobs**

**\$6.99** lb.



**Springer Mountain Farms Split Chicken Breast**

**\$2.79** lb.



**Mountaire Fresh Chicken Whole Legs or Drumsticks**

**\$1.59** lb.



10 Lb. Selected Varieties  
**Sager Creek Farms Chicken Leg Quarters**

**\$8.99**



20-29 Oz. Selected Varieties  
**Tyson Breaded Chicken Nuggets Strips or Patties**

**\$7.99**



16 Oz. Selected Varieties  
**Jimmy Dean Turkey Breakfast Sausage**

**\$3.99**



16 Oz. Selected Varieties  
**Jimmy Dean Sausage Roll**

**\$3.99**



18.68 Oz.  
**Smithfield Maple or Apple Cinnamon Breakfast in a Blanket**

**\$7.99**

**frozen meat favorites**



30.4-32 Oz. Selected Varieties  
**El Monterey Burritos or Chimichangas**

**\$5.99**



6 Lb., Party Pack  
**Holten's Quarter Pound Beef Patties**

**\$29.99**



40 Oz.  
**Hickory or Applewood Williams or J.C. Potter Sliced Slab Bacon**

**\$11.99**



12-16 Oz. Selected Varieties  
**Williams Sausage Rolls, Links or Patties**

**\$3.79**



8.8-10.7 Oz. Selected Varieties  
**Oscar Mayer Fun Pack Luchables**

**\$3.49**



8.3-14 Oz. Selected Varieties  
**Eckrich Smoked Sausage Links or Ropes**

**\$3.49**



16 Oz. Selected Varieties  
**Field Hot Dogs or Bologna**

**4/\$5**



12 Oz. Regular, Bun Length or Cheddar  
**Nathan's Beef Franks**

**\$5.99**

**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

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



**Kretschmar**  
Mesquite or Hickory  
Smoked Turkey Breast

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



**Kretschmar**  
Colby or Colby Jack Cheese

**\$7<sup>49</sup>** lb.



**Kretschmar**  
Pepperoni or  
Hard Salami

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



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

**\$9<sup>99</sup>** ea.  
3 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**  
Chicken or  
Buffalo Chicken &  
Cheese Crisпитos

**2/\$3**



**Aunt Minnie's**  
Fried Chicken

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



**Aunt Minnie's**  
Hand Breaded  
Chicken Tenders

**\$7<sup>99</sup>**  
1 Lb.



**Kretschmar**  
Fully Cooked Ribs

**\$14<sup>99</sup>**  
1 Lb.

**\$4<sup>99</sup>**  
24 Oz.  
**Heartland  
Apple Pie**



**\$4<sup>99</sup>**  
8 Ct.  
**King's Hawaiian  
Hamburger &  
Hot Dog Buns**



**\$4<sup>49</sup>**  
13.5 Oz.  
Select Varieties  
**Sweet P's  
Frosted Cookies**



**\$3<sup>99</sup>**  
16 Oz.  
**Café Valley Lemon  
or Triple Chocolate  
Bundt Cakes**



**\$3<sup>69</sup>**  
11 Oz.  
Select Varieties  
**Olson's  
Angel Food Bar**



**\$3<sup>49</sup>**  
6 Ct.  
**Clyde's  
Glazed Donuts**



**\$5<sup>99</sup>**  
8 Ct.  
**Sweet Eddie's  
Cinnamon Rolls**



**\$3<sup>99</sup>**  
12 Ct., Original or Savory  
**King's Hawaiian  
Butter Rolls**



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



**Ore-Ida**  
GOLDEN CRISPY POTATOES  
CRISPY STRAIGHT-CUT FRIES

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

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



**RED BARON**  
THIN & CRISPY  
BRICK OVEN  
PEPPERONI PIZZA

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

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



**BIRDS EYE**  
Steamfresh  
Super Sweet  
Corn  
Broccoli  
Florets

10 Oz.  
Select Varieties  
**Birds Eye  
Vegetables**

**2/\$3**



**Banquet**  
FAMILY SIZE  
CREAMY SAUCE + BROCCOLI & CHICKEN SWISS  
BACON & BEEF  
BONELESS PATTIES

26-28 Oz.  
Select Varieties  
**Banquet  
Family Size Dinners**

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



**FRIDAYS**  
CHICKEN WINGS  
HONEY BBQ  
LOADED POTATO SKINS  
CHEDDAR & BACON

8-11 Oz.  
Select Varieties  
**TGI Fridays  
Appetizers**

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



**Mrs. Smith's**  
FLAKY CRUST  
Apple  
Peach

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

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



**Blue Bunny**  
Ice Cream Sandwiches  
Mini Cones  
Bars

9 Ct.,  
8 Ct. or  
6-8 Ct., Select Varieties

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



**Hiland**  
LIGHT ICE CREAM  
Cherry  
Chocolate Chip

48 Oz.  
Select Varieties  
**Hiland  
Light Ice Cream**

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



**North Star**  
Lotta Pops

20 Ct.  
Selected Varieties  
**North Star  
Lotta Pops**

**\$5<sup>29</sup>**

# GROCERY FAVORITES

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

**\$3.99**

16 Oz.  
Select Varieties  
**Hidden Valley Ranch  
Salad Dressings**



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

**\$1.99**

**2/\$5**

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



20 Oz.  
Select Varieties  
**Hunt's  
Ketchup**

**2/\$3**



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

**2/\$3**



15 Oz.  
Select Varieties  
**Wish-Bone  
Salad Dressings**

**2/\$5**



16-24 Oz.  
Select Varieties  
**Mt Olive Pickles  
or Relish**

**\$3.29**



30 Oz.  
Select Varieties  
**Kraft Mayonnaise**

**\$3.99**



12 Oz. or 12 Ct.  
Select Varieties  
**Starbucks Whole  
Bean, Ground or  
K-Cup Coffee**

**\$8.99**



4-7.5 Oz.  
Select Varieties  
**Betty Crocker  
Hamburger Helper**

**2/\$4**



10-14 Oz.  
Select Varieties  
**Kraft Shells &  
Cheese or Deluxe  
Mac & Cheese**

**2/\$6**



16 Oz.  
Select Varieties  
**Pace Salsa  
or Picante**

**2/\$5**



16 Oz.  
Select Varieties  
**Chick-Fil-A  
Sauces**

**\$3.99**



Select Varieties  
**Kingsford  
Charcoal  
Briquets**  
16 Lb. or  
Match Light  
12 Lb.

**\$11.99**



**Hefty Quart,  
Gallon, Sandwich  
Slider or  
Zip Bags**  
Select Varieties  
28-110 Ct.

**\$4.29**



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

**\$6.99**



4 Pk.  
Select Varieties  
**Kleenex  
Facial Tissue**

**\$6.99**



72 Ct.  
Select Varieties  
**Twinings  
Ice Tea Bag**

**\$6.99**



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

**\$2.29**

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



**\$3.99**

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



**\$3.99**

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



**2/\$5**

12-16 Oz.  
Select Varieties  
**Dean's Dips**



Gallon  
Select Varieties  
**Red Diamond  
Tea**

**\$3.99**



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

**\$3.49**



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

**\$1.29**



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

**\$1.99**



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

**\$2.29**

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



7-8 Oz.  
Select Varieties  
**Frito-Lay  
Cheetos  
or Fritos**  
**2/\$8**



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



32 Oz.  
Select Varieties  
**Kraft  
Velveeta**  
**\$7.49**



20 Oz.  
**Sara Lee  
Butter Bread**



**\$2.79**

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



**\$2.79**

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



**2/\$3**

specialty foods



15.3-15.8 Oz.  
Select Varieties  
**Kinder's  
BBQ Sauce**  
**\$4.49**



18 Oz.  
Select Varieties  
**Country Bob's  
BBQ Sauce**  
**\$3.49**



16 Oz.  
Select Varieties  
**Woeber's Mustard**  
**\$2.49**



12.7 Oz.  
Select Varieties  
**Allegro  
Marinade**  
**\$4.29**



16 Oz.  
Select Varieties  
**Hendrickson's  
Salad Dressing**  
**\$4.29**

Shop Best Choice For Your Best Value



8 Oz.  
Select Varieties  
**Best Choice  
Frozen Whipped  
Topping**  
**2/\$3**



50 Ct.  
**Best Choice  
Summer Party  
Plates**  
**\$4.49**



6 Ct.  
**Best Choice  
Ultra Paper Towels**  
**\$7.99**



20-25 Ct.  
Select Varieties  
**Best Choice  
Party Cups**  
**\$2.99**



20 Oz.  
Select Varieties  
**Best Choice  
Mustard**  
**\$1.49**

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.  
Select Varieties  
**Sabra  
Hummus**  
**2/\$6**



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

Best Prices for Drinks



12 Pk./12 Oz. Cans  
Select Varieties  
**Coca Cola  
Products**  
**\$6.99**



2 Liter Bottles  
Select Varieties  
**Pepsi  
Products**  
**\$2.19**



8 Pk./12 Oz. Bottles  
Select Varieties  
**Coca Cola  
Products**  
**\$3.99**



8 Pk./20 Oz. Bottles  
Select Varieties  
**Gatorade  
Sport Drinks**  
**\$6.49**



28 Oz.  
Select Varieties  
**Powerade  
Sports Drink**  
**3/\$5**



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

**\$4.99**

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

**\$4.99**

