



G & W FOODS

OSWEGO, KANSAS
OPEN 7 DAYS A WEEK
7AM TO 8PM

VISION CARD/WIC • FAX AVAILABLE
CUSTOMER DELIVERY • POSTAGE STAMPS AVAILABLE
KANSAS HUNTING & FISHING LICENSES NOW AVAILABLE
620-795-4431

Prices Effective: August 12 - August 25, 2026 • While Supplies Last



28-32 Oz.
Selected Varieties
**Bob Evans Family
Size Side Dishes**
3⁹⁹

BLACK CANYON
ANGUS BEEF

Black Canyon Angus
Family Pack
**Top Sirloin
Steaks**

\$8⁹⁹
lb.



3 Pk., Colorado
**Olathe
Corn**

\$2⁴⁹



**PRAIRIE
FRESH
NATURAL**

Prairie Fresh All Natural
Family Pack
Assorted Chops

\$1⁹⁹
lb.



**GROUND
FRESH
DAILY!**

16 Oz.
Selected Varieties
**Farmland Smoked
Sliced Bacon**
4⁹⁹

Family Pack
80% Lean Ground Beef

\$5⁹⁹
lb.



**California
Iceberg
Lettuce**

\$1⁹⁹
ea.



Mountaire
Fresh Young Chicken

Mountaire
**Fresh Boneless
Breast or Thighs**

\$2⁹⁹
lb.



Eckart
Yellow Peaches

\$1²⁹
lb.



**MADE FRESH
HERE!**

1 Lb.
**Aunt Minnie's
Hand Battered
Chicken Tenders**

\$7⁹⁹



6 Pk./16.9 Oz. Bottles
Select Varieties
**Coca Cola
Products**

\$3⁹⁹



**LIMIT 4
PLEASE
TOTAL**

10-14 Oz.
Select Varieties
**Roma
Frozen Pizza**

2/\$4



7-8 Oz.
Select Varieties
**Frito-Lay
Doritos**

\$3⁹⁹



Select Varieties
**Blue Ribbon Classics
Ice Cream Pails,
Cones, Sandwiches
or Bars**

\$4⁹⁹



**LIMIT 5
PLEASE
TOTAL**

5.5-7.25 Oz.
Select Varieties
**Kraft
Macaroni
& Cheese**

5/\$5



7-8 Oz.
Select Varieties
**Borden Cheese
Shreds or Chunks**

2/\$4

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.

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FARM TO TABLE FRESHNESS

Triple Inspected
Daily for Quality!

2/\$3

Red or Yellow
Bell Peppers





\$1⁷⁷/_{lb.}

On The Vine
Tomatoes



89¢_{ea.}

Super Select
Cucumbers

\$2¹⁹/_{9 Oz.}

Dole
Classic Romaine



\$4⁹⁹/_{13 Oz.}

Marzetti
Salad Dressings





\$5⁹⁹/_{lb.}

Dark Red
Sweet Cherries



\$3²⁹/_{lb.}

Pint
Fresh
Blueberries



\$2⁵⁹/_{lb.}

California
Red
Seedless Grapes



\$6⁹⁹/_{3 Lb. Bag}

Halo
Mandarins



\$4⁹⁹/_{2 Lb. Bag}

Fresh
Lemons



\$2⁹⁹/_{24 Oz.}

Tasteful Selections
Bite Size Potatoes



\$3⁴⁹/_{3 Lb. Bag}

Yellow
Cooking Onions



\$1⁴⁹/_{lb.}

Fancy Zucchini or
Yellow Squash



89¢_{lb.}

Green Cabbage



\$5⁹⁹/_{3 Pk.}

Organic
Romaine Hearts



\$4⁴⁹/_{5 Oz.}

Organic Girl
Spring Mix



100% GUARANTEED ORGANIC

Don't forget to check in store
for more organic produce specials!

GW Base

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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



Family Pack
Black Canyon Angus
Patio or
Charcoal Steaks

18.4-23 Oz.
Select Varieties
Smithfield
Marinated
Pork Loins
\$5.99



Black Canyon Angus
Lean and Juicy
Arm Roast

\$7.49
lb.

\$6.99
lb.

OUR BUCHERS BEST BUYS FOR THE WEEK



Black Canyon Angus
Whole Tri Tip
Sold In Bag

\$8.99
lb.



Prairie Fresh All Natural
Whole Boneless
Loins

\$1.99
lb.



Prairie Fresh All Natural
Baby Back Ribs

\$3.99
lb.



Mountaire
Fresh Chicken
Boneless Breast

\$12.99
lb.



Black Canyon Angus
Whole Picanha or
Coulotte Steaks

\$9.99
lb.



Black Canyon Angus
Sirloin for Fajita
or Stir Fry

\$8.99
lb.



Black Canyon Angus
Cube Steak

\$7.99
lb.



Prairie Fresh All Natural
Family Pack
Pork Boneless Sirloin
Chops or Cutlets

\$2.49
lb.



Prairie Fresh All Natural
Family Pack
Boneless or
Butterfly Chops

\$2.99
lb.



Prairie Fresh All Natural
Center Cut Bone In
or Boneless Loin Roast

\$2.49
lb.

Seafood



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

\$18.99



19-24.6 Oz.
Select Varieties
Mrs. Paul's Breaded
Fish Sticks or Fillets

\$6.99



2 Lb.
Sea Best
Swai Fillets

\$8.99



8.2-18 Oz.
Select Varieties
SeaPak
Breaded Seafood

\$8.99



16 Lb.
Sea Best
Salmon Fillets

\$8.99

Signature meat items



Black Canyon Angus
Bacon Wrapped
Top Sirloins

\$9.99
lb.



Prairie Fresh All Natural
Bacon Wrapped
Pork Ribeye

\$3.49
lb.



Mountaire
Fresh Chicken
Thin Sliced Breast
or Stir Fry

\$3.49
lb.



Mountaire
Fresh Chicken
Bacon Wrapped Boneless
Breast or Thighs

\$3.99
lb.



8.8-10.7 Oz.
Select Varieties
Oscar Mayer
Fun Pack Lunchables

\$2.99



2.44-2.84 Oz.
Selected Varieties
Armour
LunchMakers

4/\$5



7-9 Oz.
Selected Varieties
Hillshire Farm
Lunch Meat

\$4.49



10-16 Oz.
Selected Varieties
Land O'Frost
Premium
Lunch Meat

\$5.99



16-17.5 Oz.
Selected Varieties
Oscar Mayer
Lunchables

\$9.99

frozen meat favorites



30 Oz.
Select Varieties
Jimmy Dean
Sausage & Pancake
on a Stick

\$9.99



18-20.7 Oz.
Selected Varieties
El Monterey
Taquitos

\$8.99



20-26.05 Oz.
Selected Varieties
Tyson Breaded Wings,
Snacks or Anytizers

\$8.99



12.8-18.8 Oz.
Selected Varieties
Jimmy Dean
Breakfast
Sandwiches

\$6.99



6 Lb.
Holton
Party Box
Beef Patties

\$26.99

smoked meats



9 Oz.
Cacique Beef
or Pork Chorizo

\$1.49



16 Oz.
Breakfast or Italian
Jimmy Dean
Roll Sausage

\$4.99



16 Ct.
Ball Park
Family Sized
Meat Franks

\$5.99



13-14 Oz.
Selected Varieties
Hillshire Farm
Smoked Sausage

\$3.59



24 Oz.
Curly's
BBQ Baby Back Ribs

\$12.99

ALWAYS SOMETHING GOOD COOKIN' AT AUNT MINNIE'S

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



Kretschmar



**Kretschmar
Virginia Honey
or Smoked Ham**

\$6⁹⁹ lb.

Kretschmar



**Kretschmar
Mesquite or Hickory
Smoked Turkey Breast**

\$9⁹⁹ lb.

Kretschmar



**Kretschmar
Mild Cheddar**

\$7⁴⁹ lb.

ZARDA
HICKORY PIT BAR-B-Q



\$3⁹⁹ ea.

16 Oz.
Zarda Classic or
Grandma's Baked
Beans

Mrs. Gerry's
The World's Salads



\$5⁹⁹ ea.

16 Oz.
Mrs. Gerry's
Cheddar Broccoli
Pasta Salad

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



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

Tyson



**Tyson Chicken
or Buffalo Chicken
& Cheese Crispos**

2/\$3

Aunt Minnie's



**Aunt Minnie's
Fish Fillet**

2/\$5

Aunt Minnie's



**8 Piece
Aunt Minnie's
Fried Chicken**

\$10⁹⁹ ea.

Kretschmar



**Kretschmar
Fully Cooked Ribs**

\$14⁹⁹

\$6⁴⁹

26 Oz., Select Varieties
**Café Valley
Bundt Cake**



\$3⁹⁹

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



\$3⁶⁹

11 Oz.
**Olson's
Angel Food Bar**



\$6⁹⁹

16 Oz.
**The Father's Table
New York Style or
Strawberry Cheesecake**



5/\$4

4 Oz., Select Varieties
**JJ's
Fruit Pies**



\$5⁹⁹

12 Ct.
Select Varieties
**Clyde's
Glazed Donuts**



\$4⁹⁹

16 Oz., Select Varieties
**Olson's Sliced
Crème Cakes**



\$3⁹⁹

12 Ct.
Select Varieties
**Café Valley
Mini Muffins**



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



16 Oz.
Select Varieties
**Hungry Man
Frozen Dinners**

\$3⁹⁹



18-20 Oz.
Select Varieties
**Tony's
Frozen Pizza**

\$3⁹⁹



8-10 Oz.
Select Varieties
**Michelinina's
Frozen Entrees**

\$1²⁹



12-22 Oz.
Select Varieties
**Farm Rich
Frozen Appetizers**

\$6⁹⁹



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

\$4⁴⁹



7 Oz.
Select Varieties
**Banquet
Pot Pies**

\$1²⁹



4 Ct.
Select Varieties
**Nestle
Hot Pockets**

\$3⁹⁹



Half Gallon
Select Varieties
**Hiland
Sherbet**

\$4⁴⁹



6 Ct.
Select Varieties
**Prairie Farms
Ice Cream Cones**

\$4⁹⁹

GROCERY FAVORITES

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

\$3⁹⁹

Nabisco

Chips Ahoy! Cookies

Select Varieties
9-13 Oz.

\$2⁹⁹

16.3 Oz.
Select Varieties

**Peter Pan
Peanut Butter**

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

**General Mills
Cereal**

2/\$7

20 Oz.
Select Varieties

Hunt's Ketchup

18 Oz.
Select Varieties

**KC Masterpiece
BBQ Sauce**

15 Oz.
Select Varieties

**Wishbone
Salad Dressing**

2-4 Oz.
Select Varieties

**Starkist
Tuna Pouches**

12-15 Oz.
Select Varieties

**Kraft
Squeeze Mayo**

\$1⁵⁹

\$1⁵⁹

\$2⁹⁹

2/\$3

\$2⁹⁹

7-9 Oz.
Select Varieties

**Hershey
Snack Size
Candy Bars**

12-16 Oz.
Select Varieties

**Betty Crocker
Cake Mix or Frosting**

3 Ct.
Select Varieties

**Jolly Time
Popcorn**

8 Ct. or 64 Oz.
Select Varieties

Juicy Juice

14-15 Oz.
Select Varieties

**Green Giant
Can Vegetables**

\$5⁹⁹

2/\$4

2/\$5

\$3⁹⁹

\$1⁶⁹

Select Varieties

**Tide, Downy,
Bounce Liquid
Detergent,
Softener,
Unstoppables
or Sheets**

100.5-105 Oz.
Select Varieties

**Arm & Hammer
Liquid
Detergent**

3.5 Lb.
Select Varieties

**Kibbles N Bits
Dog Food**

4.5-24 Oz.
Select Varieties

**Milk Bone
Dog Biscuits
or Treats**

8 Pk.
Select Varieties

**Honest Kids
Organic Juice**

4 Ct.
Select Varieties

**Go Go Squeeze
Applesauce**

\$12⁹⁹

\$6⁹⁹

\$6⁹⁹

\$3⁹⁹

\$5⁴⁹

\$3²⁹

SHOP OUR ALWAYS FARM FRESH DAIRY FAVORITES

Including products from our hometown Hiland Dairy!

\$3⁹⁹

32 Oz.
Select Varieties

**International Delight
Coffee Creamers**

3/\$5

Select Varieties

Pillsbury Grands! Biscuits

10.2 Oz.,
Cinnamon Rolls
7 Oz. or
Crescent Rolls
4 Oz.

\$2⁴⁹

7.5-8 Oz.
Selected Varieties

**Kraft
Philadelphia
Soft Cream Cheese**

\$4²⁹

24 Oz.
Select Varieties

**Hiland
Cottage Cheese**

\$3⁹⁹

16 Oz.
Select Varieties

**Hiland
Cheese Block**

\$3⁹⁹

Half Gallon
Select Varieties

**Hiland
Orange Juice**

\$3⁴⁹

Half Gallon
Select Varieties

**Hiland
Almond or
Soy Milk**

\$3⁶⁹

24 Oz.
Select Varieties

**Hiland
Sour Cream**

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



7-8 Oz.
Select Varieties
**Frito-Lay
Tostitos**
2/\$8



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



16 Oz.
Select Varieties
**Pace Picante
or Salsa**
2/\$5



20 Oz.
**Bimbo Soft
White Bread**



\$2.29

12 Ct.
**Ozark Hearth
Hamburger Buns**



2/\$5

specialty foods



17.5 Oz.
**C2O
Coconut Water**
\$2.79



1 Liter
**Waiakea
Volcanic Water**
\$2.49



6 Oz.
Select Varieties
**Blue Diamond
Almonds**
\$5.49



3.75-4 Oz.
Select Varieties
**Blue Diamond
Nut Thins Crackers**
\$4.79



12 Oz.
Select Varieties
**Bob's Red Mill
Granola**
\$5.49

Shop Best Choice For Your Best Value



7-11 Oz.
Select Varieties
**Best Choice
Potato Chips**
\$2.19



16 Oz.
Select Varieties
**Best Choice
Salad Dressings**
\$2.19



5 Oz.
Select Varieties
**Best Choice
Can Tuna**
99¢



5-6 Oz.
Select Varieties
**Best Choice
Box Dinner Mixes**
2/\$3



10 Ct.
Select Varieties
**Best Choice
Granola Bars**
\$2.99

Great Party Favorites From Our Deli



1 Lb.
**Walker's Spinach
Artichoke Dip**
\$7.49



1 Lb.
**Aunt Minnie's
7 Layer Bean Dip**
\$4.99



8 Oz.
Select Varieties
**Sabra
Hummus**
\$3.49



14 Oz.
**Kretschmar Beef
or Beef & Garlic
Summer Sausage**
\$8.99



5 Oz.
**Kretschmar
Pepperoni or
Hard Salami
Pillow Packs**
\$4.49



1 Lb.
**Aunt Minnie's
Tortilla Chips**
\$2.49

Best Prices for Drinks



12 Pk./12 Oz. Cans
Select Varieties
**Pepsi
Products**
\$7.99



8 Pk./20 Oz. Bottles
Select Varieties
**Powerade
Sports Drinks**
\$5.99



6 Pk./16.9 Oz. Bottles
Select Varieties
**Pepsi
Products**
\$7.49



24 Pk./16.9 Oz. Bottles
**Dasani
Drinking
Water**
\$6.69



12 Pk./12 Oz.
Bottles
Select Varieties
Lipton Tea
\$5.49

12 Oz. Cans
Select Varieties
**RC Cola or
7•Up Products**
18 Pack
\$6.99



12 Oz. Cans
Select Varieties
**Dr Pepper
Products**
12 Pack
\$7.99



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



.5 Liter Bottles
Select Varieties
**Dr Pepper
Products**
6 Pack
\$7.49



Just As Well
Get The Best & The Freshest

BACK to SCHOOL

1 Day Sale

PRICES GOOD AUGUST 22ND, 2026



**80% Lean
Ground Beef**

Sold in Tubes Only

\$4.99
Lb.



**Jimmy Dean
Sausage Roll**

Breakfast or Italian
16 Oz.

\$3.99



**Land O'Frost
Premium
Lunch Meats**

Select Varieties
10-16 Oz.

\$4.99

Just As Well
Get The Best & The Freshest

BACK to SCHOOL

1 Day Sale

PRICES GOOD AUGUST 22ND, 2026



California
**Green Seedless
Grapes**

\$1.99
Lb.



**Frito-Lay
Variety Packs**
Select Varieties
18 Ct.

\$8.99



**Hunt's
Snack Pack
Puddings**
Select Varieties
4 Ct.

4/\$5