



# G&W FOODS

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

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



28-32 Oz.  
Selected Varieties  
**Bob Evans Family  
Size Side Dishes**  
**3<sup>99</sup>**

**Black Canyon**  
ANGUS BEEF

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

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



3 Pk., Colorado  
**Olathe  
Corn**

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



**PRAIRIE  
FRESH  
NATURAL**

Prairie Fresh All Natural  
Family Pack  
**Assorted Chops**

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



**GROUND  
FRESH  
DAILY!**

16 Oz.  
Selected Varieties  
**Farmland Smoked  
Sliced Bacon**  
**4<sup>99</sup>**

Family Pack  
**80% Lean Ground Beef**

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



California  
**Iceberg  
Lettuce**

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



**Mountaire**  
Fresh Young Chicken

Mountaire  
**Fresh Boneless  
Breast or Thighs**

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



Eckart  
**Yellow Peaches**

**\$1<sup>29</sup>**  
lb.



**MADE FRESH  
HERE!**

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

**\$7<sup>99</sup>**



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

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



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

**2/\$4**



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

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



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

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



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





\$1<sup>77</sup>/<sub>lb.</sub>

On The Vine  
Tomatoes



89¢<sub>ea.</sub>

Super Select  
Cucumbers

\$2<sup>19</sup>/<sub>9 Oz.</sub>

Dole  
Classic Romaine



\$4<sup>99</sup>/<sub>13 Oz.</sub>

Marzetti  
Salad Dressings





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

Dark Red  
Sweet Cherries



\$3<sup>29</sup>/<sub>lb.</sub>

Pint  
Fresh  
Blueberries



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

California  
Red  
Seedless Grapes



3 Lb. Bag  
Halo  
Mandarins

\$6<sup>99</sup>



2 Lb. Bag  
Fresh  
Lemons

\$4<sup>99</sup>



24 Oz.  
Select Varieties  
Tasteful Selections  
Bite Size Potatoes

\$2<sup>99</sup>



3 Lb. Bag  
Yellow  
Cooking Onions

\$3<sup>49</sup>



Fancy Zucchini or  
Yellow Squash

\$1<sup>49</sup>/<sub>lb.</sub>



Green Cabbage

89¢<sub>lb.</sub>



3 Pk.  
Organic  
Romaine Hearts

\$5<sup>99</sup>



5 Oz.  
Organic Girl  
Spring Mix

\$4<sup>49</sup>



100% GUARANTEED ORGANIC

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

GW Base

GW Base\_PG2\_081226\_4C

# 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

**\$749**  
lb.

18.4-23 Oz.  
Select Varieties  
Smithfield  
Marinated  
Pork Loins  
**\$599**



Black Canyon Angus  
Lean and Juicy  
Arm Roast

**\$699**  
lb.

## OUR BUCHERS BEST BUYS FOR THE WEEK



Black Canyon Angus  
Whole Tri Tip  
Sold In Bag

**\$899**  
lb.



Prairie Fresh All Natural  
Whole Boneless  
Loins

**\$199**  
lb.



Prairie Fresh All Natural  
Baby Back Ribs

**\$399**  
lb.



Mountaire  
Fresh Chicken  
Boneless Breast

**\$1299**  
lb.



Black Canyon Angus  
Whole Picanha or  
Coulotte Steaks

**\$999**  
lb.



Black Canyon Angus  
Sirloin for Fajita  
or Stir Fry

**\$899**  
lb.



Black Canyon Angus  
Cube Steak

**\$799**  
lb.



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

**\$249**  
lb.



Prairie Fresh All Natural  
Family Pack  
Boneless or  
Butterfly Chops

**\$299**  
lb.



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

**\$249**  
lb.

# Seafood



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

**\$1899**



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

**\$699**



2 Lb.  
Sea Best  
Swai Fillets

**\$899**



8.2-18 Oz.  
Select Varieties  
SeaPak  
Breaded Seafood

**\$899**



16 Lb.  
Sea Best  
Salmon Fillets

**\$899**

## Signature meat items



Black Canyon Angus  
Bacon Wrapped  
Top Sirloins

**\$999**  
lb.



Prairie Fresh All Natural  
Bacon Wrapped  
Pork Ribeye

**\$349**  
lb.



Mountaire  
Fresh Chicken  
Thin Sliced Breast  
or Stir Fry

**\$349**  
lb.



Mountaire  
Fresh Chicken  
Bacon Wrapped Boneless  
Breast or Thighs

**\$399**  
lb.



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

**\$299**



2.44-2.84 Oz.  
Selected Varieties  
Armour  
LunchMakers

**4/\$5**



7-9 Oz.  
Selected Varieties  
Hillshire Farm  
Lunch Meat

**\$449**



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

**\$599**



16-17.5 Oz.  
Select Varieties  
Oscar Mayer  
Lunchables

**\$999**



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

**\$999**



18-20.7 Oz.  
Selected Varieties  
El Monterey  
Taquitos

**\$899**



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

**\$899**



12.8-18.8 Oz.  
Selected Varieties  
Jimmy Dean  
Breakfast  
Sandwiches

**\$699**



6 Lb.  
Holton  
Party Box  
Beef Patties

**\$2699**

## frozen meat favorites

## smoked meats



9 Oz.  
Cacique Beef  
or Pork Chorizo

**\$149**



16 Oz.  
Breakfast or Italian  
Jimmy Dean  
Roll Sausage

**\$499**



16 Ct.  
Ball Park  
Family Sized  
Meat Franks

**\$599**



13-14 Oz.  
Selected Varieties  
Hillshire Farm  
Smoked Sausage

**\$359**



24 Oz.  
Curly's  
BBQ Baby Back Ribs

**\$1299**

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

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

Kretschmar

Kretschmar  
Mesquite or Hickory  
Smoked Turkey Breast

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

Kretschmar

Kretschmar  
Mild Cheddar

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

ZARDA

HICKORY PIT BAR-B-Q

\$3<sup>99</sup> ea.

16 Oz.  
Zarda Classic or  
Grandma's Baked  
Beans

Mrs. Gerry's

The World's Salads

\$5<sup>99</sup> 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 Crisпитos

2/\$3

Aunt Minnie's

Aunt Minnie's  
Fish Fillet

2/\$5

Aunt Minnie's

8 Piece  
Aunt Minnie's  
Fried Chicken

\$10<sup>99</sup> ea.

Kretschmar

Kretschmar  
Fully Cooked Ribs

\$14<sup>99</sup>

\$6<sup>49</sup>

26 Oz., Select Varieties  
Café Valley  
Bundt Cake

\$3<sup>99</sup>

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

King's Hawaiian

King's Hawaiian  
HAWAIIAN  
SWEET ROLLS

\$3<sup>69</sup>

11 Oz.  
Olson's  
Angel Food Bar

\$6<sup>99</sup>

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

5/\$4

4 Oz., Select Varieties  
JJ's  
Fruit Pies

\$5<sup>99</sup>

12 Ct.  
Select Varieties  
Clyde's  
Glazed Donuts

\$4<sup>99</sup>

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

\$3<sup>99</sup>

12 Ct.  
Select Varieties  
Café Valley  
Mini Muffins

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

HUNGRY-MAN

16 Oz.  
Select Varieties  
Hungry Man  
Frozen Dinners

\$3<sup>99</sup>

Tony's

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

\$3<sup>99</sup>

Michelinina's

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

\$1<sup>29</sup>

FarmRich

12-22 Oz.  
Select Varieties  
Farm Rich  
Frozen Appetizers

\$6<sup>99</sup>

Mr. Dell's

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

\$4<sup>49</sup>

Banquet

7 Oz.  
Select Varieties  
Banquet  
Pot Pies

\$1<sup>29</sup>

HOTPOCKETS

4 Ct.  
Select Varieties  
Nestle  
Hot Pockets

\$3<sup>99</sup>

Hiland

Half Gallon  
Select Varieties  
Hiland  
Sherbet

\$4<sup>49</sup>

Prairie Farms

6 Ct.  
Select Varieties  
Prairie Farms  
Ice Cream Cones

\$4<sup>99</sup>

GROCERY FAVORITES

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

\$3.99

Nabisco  
Chips Ahoy! Cookies  
Select Varieties  
9-13 Oz.



\$2.99

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

\$1.59



18 Oz.  
Select Varieties  
KC Masterpiece  
BBQ Sauce

\$1.59



15 Oz.  
Select Varieties  
Wishbone  
Salad Dressing

\$2.99



2-4 Oz.  
Select Varieties  
Starkist  
Tuna Pouches

2/\$3



12-15 Oz.  
Select Varieties  
Kraft  
Squeeze Mayo

\$2.99



7-9 Oz.  
Select Varieties  
Hershey  
Snack Size  
Candy Bars

\$5.99



12-16 Oz.  
Select Varieties  
Betty Crocker  
Cake Mix or Frosting

2/\$4



3 Ct.  
Select Varieties  
Jolly Time  
Popcorn

2/\$5



8 Ct. or 64 Oz.  
Select Varieties  
Juicy Juice

\$3.99



14-15 Oz.  
Select Varieties  
Green Giant  
Can Vegetables

\$1.69



Select Varieties  
Tide, Downy,  
Bounce Liquid  
Detergent,  
Softener,  
Unstoppables  
or Sheets

\$12.99



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

\$6.99



3.5 Lb.  
Select Varieties  
Kibbles N Bits  
Dog Food

\$6.99



4.5-24 Oz.  
Select Varieties  
Milk Bone  
Dog Biscuits  
or Treats

\$3.99



8 Pk.  
Select Varieties  
Honest Kids  
Organic Juice

\$5.49



4 Ct.  
Select Varieties  
Go Go Squeeze  
Applesauce

\$3.29

SHOP OUR ALWAYS FARM FRESH DAIRY FAVORITES

Including products from our hometown Hiland Dairy!



\$3.99

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.



\$2.49

7.5-8 Oz.  
Selected Varieties  
Kraft  
Philadelphia  
Soft Cream Cheese



24 Oz.  
Select Varieties  
Hiland  
Cottage Cheese

\$4.29



16 Oz.  
Select Varieties  
Hiland  
Cheese Block

\$3.99



Half Gallon  
Select Varieties  
Hiland  
Orange Juice

\$3.99



Half Gallon  
Select Varieties  
Hiland  
Almond or  
Soy Milk

\$3.49



24 Oz.  
Select Varieties  
Hiland  
Sour Cream

\$3.69

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<sup>99</sup>**



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



20 Oz.  
**Bimbo Soft  
White Bread**



**\$2<sup>29</sup>**



17.5 Oz.  
**C2O  
Coconut Water**  
**\$2<sup>79</sup>**



1 Liter  
**Waiakea  
Volcanic Water**  
**\$2<sup>49</sup>**

12 Ct.  
**Ozark Hearth  
Hamburger Buns**



**2/\$5**



6 Oz.  
Select Varieties  
**Blue Diamond  
Almonds**  
**\$5<sup>49</sup>**



3.75-4 Oz.  
Select Varieties  
**Blue Diamond  
Nut Thins Crackers**  
**\$4<sup>79</sup>**



12 Oz.  
Select Varieties  
**Bob's Red Mill  
Granola**  
**\$5<sup>49</sup>**

**Shop Best Choice For Your Best Value**



7-11 Oz.  
Select Varieties  
**Best Choice  
Potato Chips**  
**\$2<sup>19</sup>**



16 Oz.  
Select Varieties  
**Best Choice  
Salad Dressings**  
**\$2<sup>19</sup>**



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<sup>99</sup>**

**Great Party Favorites From Our Deli**



1 Lb.  
**Walker's Spinach  
Artichoke Dip**  
**\$7<sup>49</sup>**



1 Lb.  
**Aunt Minnie's  
7 Layer Bean Dip**  
**\$4<sup>99</sup>**



8 Oz.  
Select Varieties  
**Sabra  
Hummus**  
**\$3<sup>49</sup>**



14 Oz.  
**Kretschmar Beef  
or Beef & Garlic  
Summer Sausage**  
**\$8<sup>99</sup>**



5 Oz.  
**Kretschmar  
Pepperoni or  
Hard Salami  
Pillow Packs**  
**\$4<sup>49</sup>**



1 Lb.  
**Aunt Minnie's  
Tortilla Chips**  
**\$2<sup>49</sup>**

**Best Prices for Drinks**



12 Pk./12 Oz. Cans  
Select Varieties  
**Pepsi  
Products**  
**\$7<sup>99</sup>**



8 Pk./20 Oz. Bottles  
Select Varieties  
**Powerade  
Sports Drinks**  
**\$5<sup>99</sup>**



6 Pk./16.9 Oz. Bottles  
Select Varieties  
**Pepsi  
Products**  
**\$7<sup>49</sup>**



24 Pk./16.9 Oz. Bottles  
**Dasani  
Drinking  
Water**  
**\$6<sup>69</sup>**



12 Pk./12 Oz.  
Bottles  
Select Varieties  
**Lipton Tea**  
**\$5<sup>49</sup>**



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

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

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

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



Just As Well  
Get The Best & The Freshest

# BACK to SCHOOL

1 Day Sale

PRICES GOOD AUGUST 22<sup>ND</sup>, 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 22<sup>ND</sup>, 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**