



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 26 - September 1, 2026 • While Supplies Last



28-32 Oz.
Selected Varieties
**Bob Evans Family
Size Side Dishes**
4.99

Black Canyon
ANGUS BEEF

Black Canyon Angus
Family Pack
**Charcoal or
Patio Steaks**

\$6.99
lb.



California
**Red Seedless
Grapes**

\$1.99
lb.



**PRAIRIE
FRESH
NATURAL**

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

\$2.49
lb.



**GROUND
FRESH
DAILY!**

12 Oz.
Selected Varieties
**Jimmy Dean
Sliced Bacon**
3.99

Family Pack
80% Lean Ground Beef

\$5.49
lb.



3 Pk.
Colorado, Olathe
**Bi-Color
Sweet Corn**

\$2.49
ea.



Mountaire
Fresh Young Chicken

Mountaire, Jumbo Pack
**Boneless
Chicken Breast**

\$2.99
lb.



3 Lb. Bag, Missouri
**Jonathan
Apples**

\$3.49
ea.



**MADE
FRESH
HERE!**

1 Lb.
**Aunt Minnie's
Fish Fillets**

2/\$5



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

\$6.99



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

2/\$5



10 Ct.
Select Varieties
**CapriSun Drink
Pouches**

\$2.99



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

\$3.49



4.5 Oz.
Select Varieties
**Chobani Flip
Yogurts**

4/\$5



14-24 Oz.
Select Varieties
**Prego
Pasta Sauce**

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!

\$3⁹⁹
ea.

Arizona
Kandy
Cantaloupes



Pint
Fresh
Blueberries

\$3⁵⁹
ea.



Washington
Gala Apples

\$1⁵⁹
lb.



3 Lb. Bag
Halos
Mandarins

\$6⁹⁹



2 Lb. Bag
Lemons

\$3⁷⁹



Fancy Zucchini or
Yellow Squash

\$1³⁹
lb.



1 Lb.
Bolthouse
Baby Peeled Carrots

\$1²⁹



Green
Cabbage

89¢
lb.



4 Lb. Bag
Farmers Promise
Russet Potatoes

\$2⁴⁹



3 Lb. Bag
Vidalia
Onions

\$3⁹⁹



Extra Large
Green Bell Peppers

99¢
ea.



10 Oz.
Sweetpops
Tomatoes

\$2⁹⁹



Slicing
Cucumbers

79¢
ea.



Hass Avocados

89¢
ea.



3 Pk.
Organic
Romaine Hearts

\$3⁷⁹



Organic
Celery

\$2⁵⁹



100% GUARANTEED ORGANIC

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

GW Base

GW Base_PG2_082626_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

20-24 Oz.
Select Varieties
Reese's
Signature
Side Dishes
\$2⁹⁹



Any Size
Black Canyon Angus
T-Bone Steaks

\$15⁹⁹
lb.



Black Canyon Angus
Tri Tip Roast
Whole In Bag

\$9⁹⁹
lb.

OUR BUCHERS BEST BUYS FOR THE WEEK



Prairie Fresh All Natural
Baby Back Ribs
\$3⁹⁹
lb.



Prairie Fresh All Natural
Whole or Half
Trimmed Pork
Butt Roast
\$1⁹⁹
lb.



22-23 Oz.
Select Varieties
Prairie Fresh
Marinated Loins
\$6⁹⁹
ea.



Prairie Fresh All Natural
Pork Tenderloin
\$2⁹⁹
lb.



Black Canyon Angus
Whole Brisket In Bag
\$6⁴⁹
lb.



Black Canyon Angus
Arm Roast
\$6⁹⁹
lb.



Family Pack
Black Canyon Angus
Cube Steak
\$7⁹⁹
lb.



Mountaire
Family Pack
Chicken Drumsticks
\$1²⁹
lb.



Mountaire
Family Pack
Chicken Breast
Tenders
\$2⁴⁹
lb.



Butterball 85% Lean
Ground Turkey
\$4⁴⁹
lb.



12 Oz.
Oscar Mayer
Turkey Bacon
\$3⁹⁹
ea.

Seafood



16-20 Ct., 2 Lb.
Sea Best
Argentine Red Shrimp
\$19⁹⁹



60 Oz.
Fisher Boy
Fish Sticks
\$8⁹⁹



16 Oz.
Orca Bay
Tuna Steaks
\$7⁹⁹



26-30 Ct., 16 Oz.
Select Varieties
Sea Best
Cooked Shrimp
\$9⁹⁹



16 Oz.
Sea Best
Cod Fillets
\$10⁹⁹



Our Signature, Market Made
Regular or Italian
Pork Sausage
\$2⁹⁹
lb.



Market Made
Bacon Wrapped
Asparagus
\$6⁹⁹
lb.



Great for the Grill!
Jalapeno Cheddar
Burgers
\$6⁴⁹
lb.



Market Made
Chicken or
Pork Kabobs
\$5⁹⁹
lb.



19 Oz.
Select Varieties
Johnsonville
Fresh Bratwurst
\$5⁹⁹



16 Oz.
Selected Varieties
Jimmy Dean
Roll Sausage
\$4⁹⁹



40 Oz.
Best Choice
Sliced Slab Bacon
\$8⁹⁹



12-16 Oz.
Selected Varieties
Williams Premium
Sausage Rolls, Links
or Patties
\$3⁹⁹



2.1 Oz.
Select Varieties
Best Choice
Fully Cooked Bacon
2/\$5



6 Lb.
Holton's
Quarter Pound Beef
Patty Party Box
\$21⁹⁹



22.5-24 Oz.
Selected Varieties
Fast Fixin' Breaded
Chicken Nuggets,
Strips or Patties
\$4⁹⁹

frozen meat favorites



42.7 Oz.
Selected Varieties
State Fair
Classic Corn Dogs
\$9⁹⁹



28.6-32 Oz.
Selected Varieties
Jimmy Dean
Breakfast
Sandwiches
\$10⁹⁹



30.4-32 Oz.
Select Varieties
El Monterey Burritos
or Chimichangas
\$5⁹⁹

smoked meats



12-14 Oz.
Select Varieties
Johnsonville
Smoked Sausage
Links
\$4⁴⁹



16 Oz.
Select Varieties
Oscar Mayer
Sliced Bologna
or Cotto Salami
\$2⁹⁹



10-12 Oz.
Select Varieties
Nathan's
Beef Franks
\$5⁹⁹



8-9 Oz.
Selected Varieties
Oscar Mayer Deli
Shaved Lunch Meats
\$4⁴⁹



8.9-10.7 Oz.
Select Varieties
Oscar Mayer
Lunchable Fun Packs
\$3⁴⁹

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**

\$7⁴⁹ lb.

Kretschmar



**Kretschmar
Mesquite or Hickory
Smoked Turkey Breast**

\$9⁹⁹ lb.

Kretschmar



**Kretschmar
Yellow or White
American Cheese**

\$7⁴⁹ lb.



2/\$6

16 Oz.
Select Varieties
**Reser's
Variety Salads**

ZARDA
HICKORY PIT BAR-B-Q



\$4⁴⁹ ea.

16 Oz.
**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!**



**1 Lb.
Tyson Boneless
Chicken Wings**

\$4⁹⁹



**Nathan's
Beef Hot Dogs**

\$2⁴⁹



**Kretschmar
Fully Cooked Ribs**

\$14⁹⁹



**Aunt Minnie's
Chicken Sandwich**

\$3⁹⁹ ea.

\$6⁴⁹

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



\$4⁹⁹

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



\$4⁴⁹

13.5 Oz.
Select Varieties
**Sweet P's
Frosted Sugar Cookies**



\$6⁴⁹

14.1 Oz.
Select Varieties
**Sweet P's
Swiss Rolls**



\$4⁴⁹

9 Ct., Select Varieties
**Shirley's
No Bake Cookies**



\$3⁴⁹

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



\$4⁹⁹

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



\$5⁹⁹

6 Ct.
Cherry, Apple
or French Toast
Clyde's Fritters



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



15-16 Oz.
Select Varieties
**Hungry-Man
Frozen Dinners**

\$4⁴⁹



16-28 Oz.
Select Varieties
**Arby's, Checkers,
Sonic, Idaho,
Sonic, Red Robin
or Nathan's
Frozen Potatoes
or Onion Rings**

\$4⁹⁹



10-16 Oz.
Select Varieties
**Birds Eye
Frozen Vegetables**

\$2²⁹



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

\$4⁴⁹



14-17 Oz.
Select Varieties
**Bellatoria
Frozen Pizza**

\$4⁹⁹



4-9 Oz.
Select Varieties
**Michelina's
Frozen Entrées**

\$1²⁹



6 Ct.
Select Varieties
**Outshine
Frozen Fruit Bars**

\$3⁹⁹



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

\$3⁶⁹



20 Pk.
Select Varieties
**North Star
Lotta Pops**

\$5²⁹

GROCERY FAVORITES

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

\$1.29

Chef Boyardee Pasta
Select Varieties
7.5-15 Oz.

4/\$5

4 Ct.
Select Varieties
Snack Pack Pudding or Gelatin

12 Pk.
Select Varieties
Maruchan Ramen

2/\$7

6.25-19 Oz., or 8-12 Ct.
Select Varieties
Old El Paso Premium Shells, Dinner Kit or Sauces

\$3.49

10-16 Oz.
Selected Varieties
Old El Paso Refried Beans or Enchilada Sauce

\$1.79

.85-1 Oz.
Select Varieties
Old El Paso Taco Seasoning

99¢

4.7-12 Oz. or 8-12 Ct.
Select Varieties
Old El Paso Shells, Tostadas, Beans or Rice

\$2.29

7.5 Oz.
Select Varieties
Taco Bell Taco Sauce

\$1.79

8 Pk.
Select Varieties
Bubly Water

\$4.49

20-50 Ct.
Select Varieties
Lipton Tea Bags

\$3.49

20 Oz.
Select Varieties
Welch's Squeeze Grape Jelly or Jam

\$3.29

15-16 Oz.
Select Varieties
Skippy Peanut Butter

2/\$5

6 Ct.
Select Varieties
Orville Redenbacher's Microwave Popcorn

\$4.49

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

\$6.99

12 Mega Rolls
Select Varieties
Cottonelle Bath Tissue

\$12.99

16 Lb.
Select Varieties
Kibbles 'n Bits Dog Food

\$16.99

2.5-3.15 Lb.
Select Varieties
9 Lives Dry Cat Food

\$5.49

12.7 Oz.
Select Varieties
Allegro Marinade

\$3.99

12 Oz.
Select Varieties
Briannas Marinade

\$3.99

SHOP OUR ALWAYS FARM FRESH DAIRY FAVORITES

Including products from our hometown Hiland Dairy!

46 Oz.
Select Varieties
Tropicana Premium Orange Juice

\$3.99

12 Oz.
Select Varieties
Kraft Velveeta Singles

\$2.99

24-32 Oz.
Selected Varieties
Starbucks or Coffee-mate Bliss Coffee Creamers

\$4.99

Gallon
Select Varieties
Red Diamond Tea

\$3.99

16 Oz.
Select Varieties
Hiland Sour Cream or Dips

\$2.39

8 Oz.
Select Varieties
Hiland Cream Cheese or Cheese Shreds

\$1.99

16 Oz.
Select Varieties
Hiland Butter Quarters

\$3.29

Half Gallon
Select Varieties
Hiland Lemonade or Raspberry Lemonade

\$2.19

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



7-9 Oz.
Select Varieties
**Frito-Lay
Frito's
or Cheetos**
2/\$8



18 Ct.
Select Varieties
**Frito-Lay
Variety Packs**
\$9.99



7.8-14.03 Oz.
Selected Varieties
**Oreo
Cookies**
\$3.99



20 Oz.
**Sara Lee
Honey Wheat
Bread**



\$2.99

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



\$2.99

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



\$2.29

specialty foods



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



12 Oz.
Select Varieties
**Briannas
Salad Dressing**
\$3.99



15.75-16 Oz.
Select Varieties
**Serious Bean Co.
Baked Beans**
\$2.29



5-6.25 Oz.
Select Varieties
Kinder's Seasoning
\$5.49



5.4-8 Oz.
Select Varieties
**Country Bob's
Seasoning**
\$3.99

Shop Best Choice For Your Best Value



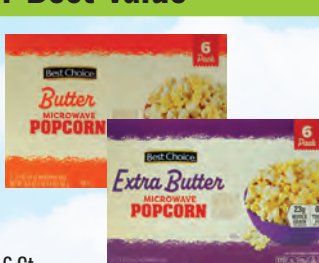
8-10 Ct.
Select Varieties
**Best Choice
Instant Oatmeal**
2/\$5



12 Ct.
Select Varieties
**Best Choice
K-Cup Coffee**
\$5.99



64 Oz.
Select Varieties
**Best Choice
Cranberry
Cocktail Juices**
\$2.99



6 Ct.
Select Varieties
**Best Choice
Microwave Popcorn**
\$3.29



8 Ct.
Select Varieties
**Best Choice
Toaster Pastries**
2/\$4

Great Party Favorites From Our Deli



5.2 Oz.
Select Varieties
**Boursin Garlic
& Herb Cheese**
\$4.99



6 Oz.
Select Varieties
**Kaukauna
Cheese Balls**
\$3.99



8 Oz.
Select Varieties
**Red Apple
Smoked
Cheddar or Gouda**
\$6.49



12 Oz.
**Kretschmar
Specialty or
Premium Cheese
Platters**
\$7.99



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



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

Best Prices for Drinks



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



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



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



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



8 Pk./20 Oz. Bottles
Select Varieties
**Powerade
Sports Drinks**
\$7.49



2 Liters
Select Varieties
**RC Cola or
7-Up Products**

\$1.79



.5 Liter Bottles
Select Varieties
**RC Cola or
7-Up Products
6 Pack**
\$5.49

Just As Well Get The
Best & The Freshest

BIG

3 DAY

SALE

FRIDAY, SATURDAY & SUNDAY

PRICES GOOD AUGUST 28TH THRU AUGUST 30TH, 2026



3 Lb. Bag
Missouri
Gala Apples

\$2⁹⁹



Select Varieties
Pillsbury
Grands! Biscuits
10.2 Oz.
Crescent Rolls
4 Oz. or
Cinnamon Rolls
7.3 Oz.

Limit 4 Please

99¢



9-15 Oz.
Select Varieties
Kellogg's Cereal

Limit 2 Please

\$1⁹⁹



13-16 Oz.
Select Varieties
Betty Crocker
Brownies or
Cake Mix

Limit 2 Please

99¢

Just As Well Get The Best & The Freshest

BIG 3 DAY SALE

FRIDAY, SATURDAY & SUNDAY

PRICES GOOD AUGUST 28TH THRU AUGUST 30TH, 2026



Prairie Fresh All Natural
Family Pack

Pork Steaks

\$1.99
lb.



**80% Ground
Beef Tubes**

\$4.99
lb.



10 Lb.

**Covered Wagon
Sliced Bacon**

\$27.99



10 Lb.

**Sugar Creek Farm
Chicken Leg Quarters**

\$7.99