



G & W FOODS

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

Prices Effective: September 2 - September 8, 2026 • While Supplies Last



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

Black Canyon Angus
Any Size
T-Bone Steaks

\$13.99 lb.

California
**Green Seedless
Grapes**

\$2.39 lb.

**PRAIRIE FRESH
NATURAL**

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

\$1.99 lb.

**GROUND
FRESH
DAILY!**

16 Oz.
Selected Varieties
**Hickory Country
Sliced Bacon**
3.59

Family Pack
80% Lean Ground Beef

\$5.49 lb.

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

\$2.49 ea.

**PRAIRIE FRESH
NATURAL**

Prairie Fresh All Natural
Baby Back Ribs

\$3.49 lb.

Arizona
**Kandy
Cantaloupe**

\$3.99 ea.

1 Lb.
Selected Varieties
**Reser's
Variety Salads**

\$5.99

PEPSI 12 Pk./12 Oz. Cans
Select Varieties
**Pepsi
Products**

\$5.99

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

2/\$5

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

2/\$5

24 Pk./5 Liter Bottles
**Niagara
Drinking Water**

2/\$6

**LIMIT 2
PLEASE
TOTAL**

48 Oz.
Selected Varieties
**Blue Ribbon
Classics
Ice Cream**

2/\$5

7-13 Oz.
Select Varieties
**Nabisco Ritz,
Wheat Thins or
Triscuit Crackers**

\$3.99

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!

\$129

ea.

Red or Yellow
Bell Peppers

10 Oz.
Grape
Tomatoes

\$249

ea.

Michigan
Super Select
Cucumbers

79¢

ea.

\$499

13 Oz., Selected Varieties
Marzetti
Salad Dressings

79¢

ea.

Hass
Avocados

Missouri, 3 Lb. Bag
Gala Apples

\$399

3 Lb. Bag
Halo
Mandarins

\$699

2 Lb. Bag
Fresh Lemons

\$379

4 Ct.
Selected Varieties
Giorgio Stuffed
Mushrooms

2/\$6

Fancy Zucchini
or Yellow Squash

\$139

lb.

16 Oz.
Mini Sweet
Peppers

\$349

Green
Cabbage

89¢

lb.

3 Lb. Bag
Yellow
Cooking Onions

\$249

5 Lb. Bag
Farmers Promise
Red or Gold Potatoes

\$349

low prices on everyday organic favorites

3 Ct.
Organic
Romaine Hearts

\$379

1 Lb.
Organic
Peeled Baby Carrots

\$179

100% GUARANTEED ORGANIC

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

GW Base

GW Base_PG2_090226_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
**Charcoal or
Patio Steaks**

\$7.99
lb.



20-24 Oz.
Select Varieties
**Reese's
Signature
Side Dishes**
\$2.99

Black Canyon Angus
Tri Tip Roast
Whole In Bag

\$8.99
lb.

OUR BUCHERS BEST BUYS FOR THE WEEK



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

\$2.79
lb.



Prairie Fresh All Natural
**Whole or Half
Trimmed Pork
Butt Roast**

\$1.99
lb.



22-23 Oz.
Select Varieties
Prairie Fresh
Marinated Loins

\$6.99
ea.



Prairie Fresh All Natural
Pork Tenderloin

\$2.99
lb.



Black Canyon Angus
Whole Brisket In Bag

\$6.49
lb.



Black Canyon Angus
Arm Roast

\$6.99
lb.



Family Pack
Black Canyon Angus
Cube Steak

\$7.99
lb.



Mountaire
Family Pack
Chicken Drumsticks

\$1.29
lb.



Mountaire
Family Pack
**Chicken Breast
Tenders**

\$2.49
lb.



Butterball 85% Lean
Ground Turkey

\$4.49
lb.



Our Signature, Market Made
**Regular or Italian
Pork Sausage**

\$2.99
lb.



Market Made
**Bacon Wrapped
Asparagus**

\$6.99
lb.



Great for the Grill!
**Jalapeno Cheddar
Burgers**

\$6.49
lb.



Market Made
**Chicken or
Pork Kabobs**

\$5.99
lb.



19 Oz.
Select Varieties
Johnsonville
Fresh Bratwurst

\$5.99



16 Oz.
Select Varieties
Jimmy Dean
Roll Sausage

\$4.99



40 Oz.
**Best Choice
Sliced Slab Bacon**

\$8.99



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

\$3.49



12-14 Oz.
Select Varieties
Johnsonville
**Smoked Sausage
Links**

\$4.49



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

\$19.99



22.5-24 Oz.
Select Varieties
Fast Fixin' Breaded
**Chicken Nuggets,
Strips or Patties**

\$4.99



42.7 Oz.
Select Varieties
State Fair
Classic Corn Dogs

\$9.99



28.6-32 Oz.
Select Varieties
Jimmy Dean
**Breakfast
Sandwiches**

\$10.99



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

\$5.99



12 Oz.
Select Varieties
Bar-S Meat Franks
or Bologna

99¢



16 Oz.
Select Varieties
Oscar Mayer
**Sliced Bologna
or Cotto Salami**

\$2.99



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

\$5.99



8-9 Oz.
Select Varieties
Oscar Mayer Deli
Shaved Lunch Meats

\$4.49



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

\$3.49

Seafood



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

\$19.99



60 Oz.
Fisher Boy
Fish Sticks

\$8.99



16 Oz.
Orca Bay
Tuna Steaks

\$7.99



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

\$9.99



16 Oz.
Sea Best
Cod Fillets

\$10.99

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**

\$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
Fish Sandwich**

2/\$5

\$6⁴⁹

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



\$3⁹⁹

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



\$6⁹⁹

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



\$4⁴⁹

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



5/\$4

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



\$5⁹⁹

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



\$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



22-32 Oz.
Select Varieties
**Best Choice
Frozen Potatoes
or Fries**

\$3⁹⁹



10-14 Oz.
Select Varieties
Roma Pizza

2/\$5



7-11 Oz.
Select Varieties
**Pillsbury
Toaster Strudels
or Scrambles**

\$3²⁹



7.4-11.88 Oz.
Select Varieties
**Banquet
Classics Dinners**

\$1⁹⁹



8-12 Oz.
Select Varieties
**PictSweet
Frozen Vegetables**

2/\$4



8 Oz.
Select Varieties
**Best Choice Frozen
Whipped Topping**

2/\$4



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

\$5⁹⁹



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

\$3⁶⁹



20 Pk.
Select Varieties
**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

2/\$5

Wish-bone
Salad Dressing
Select Varieties
15 Oz.

2/\$3

20 Oz.
Select Varieties
Hunt's
Ketchup

9.4-14 Oz.
Select Varieties
Kraft Deluxe
or Velveeta
Macaroni & Cheese

\$2.49

15 Oz.
Van Camp's
Pork and Beans

5/\$5.50

18 Oz.
Select Varieties
KC Masterpiece
BBQ Sauce

\$1.59

12 Oz.
Select Varieties
Frank's
Hot Sauce

\$3.99

2.12-3.5 Oz.
Select Varieties
McCormick
Grill Mates
Seasonings

\$1.99

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

\$3.29

18-24 Ct.
Select Varieties
Luzianne
Family Size Tea Bags

\$2.99

4-5 Oz.
Select Varieties
Knorr Pasta
or Rice Sides

3/\$5

6 Ct.
Select Varieties
Maruchan Ramen
Noodles

2/\$5

24 Oz.
Select Varieties
Hunt's
Pasta Sauce

\$1.69

10 Ct.
Select Varieties
Dunkin Donuts
K-Cups Coffee

\$7.99

12-16 Lb.
Select Varieties
Kingsford
Regular or
Match Light
Charcoal

\$11.99

6-12 Roll
Select Varieties
Fiora Bath
Tissue or
Paper Towels

\$7.99

35-100 Ct.
Select Varieties
Glad
Storage Bags

2/\$4

16-22 Oz.
Select Varieties
Dawn Platinum,
Spray or
EZ Squeeze
Dish Soap

\$3.99

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!

14-16 Oz.
Selected Varieties
Daisy
Sour Cream

2/\$5

4 Ct.
Select Varieties
Chobani
Yogurt

\$3.99

10-12 Oz.
Selected Varieties
Kraft
Cheese Singles

\$3.99

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



12-19 Oz.
Selected Varieties
**Oreo
Family Size
Cookies**
\$4.99



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



\$2.99

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



\$2.99

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



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

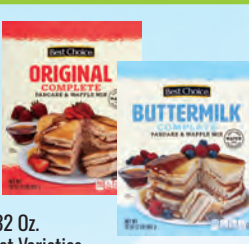
Shop Best Choice For Your Best Value



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



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



28-32 Oz.
Select Varieties
**Best Choice
Pancake &
Waffle Mix**
\$2.99



24 Oz.
Select Varieties
**Best Choice
Pancake &
Waffle Syrup**
\$2.99



2 Liter
Select Varieties
**Best Choice
Soda**
2/\$3

Great Party Favorites From Our Deli



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



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



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



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



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



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

Best Prices for Drinks



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



12 Pk./16.9 Oz. Bottles
Select Varieties
Lipton Tea
\$6.99



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



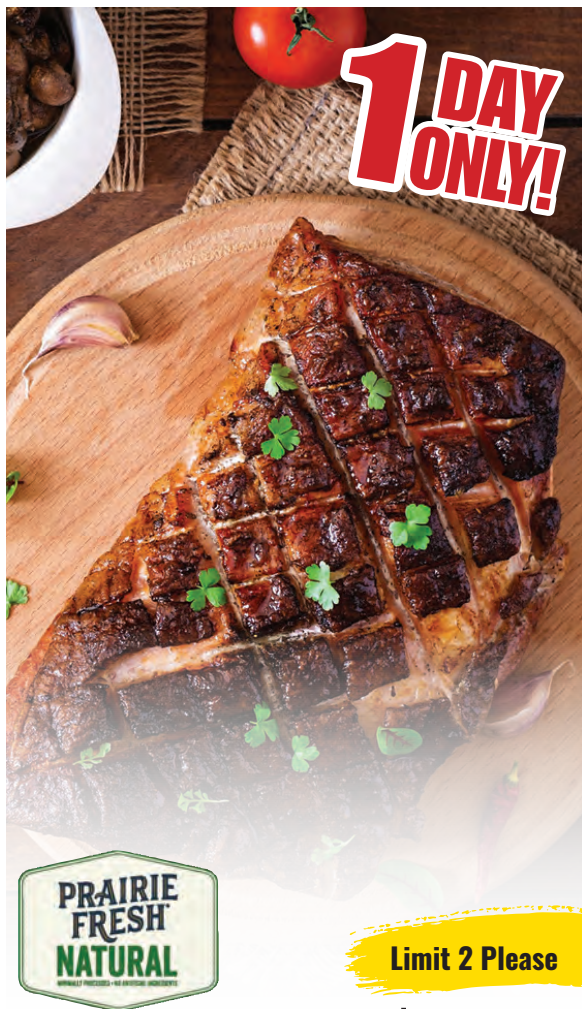
.5 Liter Bottles
Select Varieties
**RC Cola or
7-Up Products
6 Pack**
\$5.49

Just As Well Get The
Best & The Freshest

BIG 1 DAY SALE

SATURDAY ONLY!

PRICES GOOD SEPTEMBER 5TH, 2026



Limit 2 Please

Prairie Fresh All Natural
Whole Pork Butts
2 Pack, Sold In Bag

\$179
Lb.



Limit 2 Please

80% Lean Ground Beef
Sold in Tubes Only

\$499
Lb.



Limit 2 Please
While Supplies Last

16 Oz.
**Hickory Country
Hickory Smoked
Sliced Bacon**

\$299

Just As Well Get The Best & The Freshest

BIG 1 DAY SALE

SATURDAY ONLY!

PRICES GOOD SEPTEMBER 5TH, 2026



14 Oz.
Dole
Coleslaw Mix

\$1.29



15-29 Oz.
Select Varieties
DiGiorno
Frozen Pizza

2/\$9



6 Ct.
Select Varieties
Blue Bunny
Bomb Pops

2/\$5