



G & W FOODS

**SENECA, MISSOURI
OPEN 7 DAYS A WEEK
7AM TO 9PM**

CUSTOMER DELIVERY • FOOD STAMPS/WIC • DOUBLE COUPONS
POSTAGE STAMPS • SENIOR CITIZEN DISCOUNT ON TUESDAYS

417-591-3630

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



28-32 Oz.
Selected Varieties
**Bob Evans Family
Size Side Dishes**
3.99

Black Canyon
ANGUS BEEF

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

\$8.99
lb.



**3 Pk., Colorado
Olathe
Corn**

\$2.49



**PRAIRIE
FRESH
NATURAL**

Prairie Fresh All Natural
Family Pack
Assorted Chops

\$1.99
lb.



**GROUND
FRESH
DAILY!**

16 Oz.
Selected Varieties
**Farmland Smoked
Sliced Bacon**
4.99

Family Pack
80% Lean Ground Beef

\$5.99
lb.



**California
Iceberg
Lettuce**

\$1.99
ea.



Mountaire
Fresh Young Chicken

Mountaire
**Fresh Boneless
Breast or Thighs**

\$2.99
lb.



**Eckart
Yellow Peaches**

\$1.29
lb.



**MADE FRESH
HERE!**

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

\$7.99



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

\$3.99



**LIMIT 4
PLEASE
TOTAL**

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

2/\$4



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

\$3.99



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

\$4.99



**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



3 Lb. Bag
Halo
Mandarins

\$6⁹⁹



2 Lb. Bag
Fresh
Lemons

\$4⁹⁹



24 Oz.
Select Varieties
Tasteful Selections
Bite Size Potatoes

\$2⁹⁹



3 Lb. Bag
Yellow
Cooking Onions

\$3⁴⁹



Fancy Zucchini or
Yellow Squash

\$1⁴⁹/_{lb.}



Green Cabbage

89¢_{lb.}



3 Pk.
Organic
Romaine Hearts

\$5⁹⁹



5 Oz.
Organic Girl
Spring Mix

\$4⁴⁹



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

\$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



frozen meat favorites



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.
Holtan
Party Box
Beef Patties

\$2699

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

\$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 Finest

\$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

HUNGRY-MAN

16 Oz.
Select Varieties
Hungry Man Frozen Dinners

\$3⁹⁹

Tony's

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

\$3⁹⁹

Michelinina's

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

\$1²⁹

FarmRich

12-22 Oz.
Select Varieties
Farm Rich Frozen Appetizers

\$6⁹⁹

Mr. Dell's

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

\$4⁴⁹

Banquet

7 Oz.
Select Varieties
Banquet Pot Pies

\$1²⁹

HOTPOCKETS

4 Ct.
Select Varieties
Nestle Hot Pockets

\$3⁹⁹

Hiland Sherbet

Half Gallon
Select Varieties
Hiland Sherbet

\$4⁴⁹

Prairie Farms

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!

32 Oz.
Select Varieties

**International Delight
Coffee Creamers**

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

7.5-8 Oz.
Selected Varieties

**Kraft
Philadelphia
Soft Cream Cheese**

24 Oz.
Select Varieties
**Hiland
Cottage Cheese**

16 Oz.
Select Varieties
**Hiland
Cheese Block**

Half Gallon
Select Varieties
**Hiland
Orange Juice**

Half Gallon
Select Varieties
**Hiland
Almond or
Soy Milk**

24 Oz.
Select Varieties
**Hiland
Sour Cream**

\$4²⁹

\$3⁹⁹

\$3⁹⁹

\$3⁴⁹

\$3⁶⁹

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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**
\$10⁹⁹



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



20 Oz.
**Bimbo Soft
White Bread**



\$2²⁹



17.5 Oz.
**C2O
Coconut Water**
\$2⁷⁹



1 Liter
**Waiakea
Volcanic Water**
\$2⁴⁹

12 Ct.
**Ozark Hearth
Hamburger Buns**



2/\$5



6 Oz.
Select Varieties
**Blue Diamond
Almonds**
\$5⁴⁹



3.75-4 Oz.
Select Varieties
**Blue Diamond
Nut Thins Crackers**
\$4⁷⁹



12 Oz.
Select Varieties
**Bob's Red Mill
Granola**
\$5⁴⁹

Shop Best Choice For Your Best Value



7-11 Oz.
Select Varieties
**Best Choice
Potato Chips**
\$2¹⁹



16 Oz.
Select Varieties
**Best Choice
Salad Dressings**
\$2¹⁹



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**
\$2⁹⁹

Great Party Favorites From Our Deli



1 Lb.
**Walker's Spinach
Artichoke Dip**
\$7⁴⁹



1 Lb.
**Aunt Minnie's
7 Layer Bean Dip**
\$4⁹⁹



8 Oz.
Select Varieties
**Sabra
Hummus**
\$3⁴⁹



14 Oz.
**Kretschmar Beef
or Beef & Garlic
Summer Sausage**
\$8⁹⁹



5 Oz.
**Kretschmar
Pepperoni or
Hard Salami
Pillow Packs**
\$4⁴⁹



1 Lb.
**Aunt Minnie's
Tortilla Chips**
\$2⁴⁹

Best Prices for Drinks



12 Pk./12 Oz. Cans
Select Varieties
**Pepsi
Products**
\$7⁹⁹



8 Pk./20 Oz. Bottles
Select Varieties
**Powerade
Sports Drinks**
\$5⁹⁹



6 Pk./16.9 Oz. Bottles
Select Varieties
**Pepsi
Products**
\$7⁴⁹



24 Pk./16.9 Oz. Bottles
**Dasani
Drinking
Water**
\$6⁶⁹



12 Pk./12 Oz.
Bottles
Select Varieties
Lipton Tea
\$5⁴⁹



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

\$6⁹⁹

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

\$5⁹⁹



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