



G&W FOODS

FREDONIA, KANSAS
OPEN 7 DAYS
7AM TO 9PM

VISION CARD/WIC • FAX AVAILABLE
CUSTOMER DELIVERY • SENIOR CITIZENS DISCOUNT
POSTAGE STAMPS AVAILABLE
620-378-3612

Prices Effective: Sept 23 - Oct 6, 2026 • While Supplies Last



2 lb.
Sea Best
Argentine Red
Shrimp
18⁹⁹
ea.

\$8⁹⁹
lb.

Black Canyon Angus®
Family Pack
Top Sirloin Steaks



\$4⁹⁹

3 Lb.
**Sunray's
Seedless Mandarins**



\$1⁹⁹
lb.

Prairie Fresh All Natural
Family Pack
Assorted Chops



\$5⁴⁹
lb.

Family Pack
**80% Lean
Ground Beef**



\$1²⁹
ea.

**Produce
for Kids**
produceforkids.com/kids



\$2⁹⁹
lb.

Family Pack
Mountaire Fresh
Boneless Breast



\$1⁵⁹
lb.

**Hot House
Beefsteak Tomatoes**



\$7⁹⁹

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



\$6⁹⁹

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



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

2/\$5



46-48 Oz.
Select Varieties
**Blue Bunny
Premium
Ice Cream**

\$3⁹⁹



15-29 Oz.
Select Varieties
**DiGiorno
Frozen Pizzas**

2/\$8



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

99¢



56-57 Oz.
Select Varieties
**Xtra Liquid
Laundry
Detergent**

2/\$5

DOWNLOAD OUR APP TODAY FOR GREAT RECIPES, FLASH SPECIALS
Plus Great Savings On Digital Coupons

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.

FARM TO TABLE FRESHNESS

Triple Inspected
Daily for Quality!

\$299

lb.

California Grapes!
Jumbo Autumn Crisp
Green Seedless Grapes

XL Midnight Beauty Black Seedless Grapes

\$249

lb.

2 Lb. Clamshell Bi Color Seedless Grapes

\$599

ea.

\$649

2 Lb. Dracula Blood Oranges

\$699

3 Lb. Dracula Seedless Navel Oranges

Gallon Louisburg Apple Cider

\$1049

3 Lb. Missouri Red Delicious Apples

\$349

3 Pk. Happy Apples Carmel With Nuts

\$399

Missouri Fall Squash Acorn, Butternut, or Spaghetti

YOUR CHOICE!

\$119

lb.

Michigan Fall Squash Buttercup, Sweet Dumpling, or Turban

Fresh Fruit Favorites

5 Lb. Farmers Promise Red or Gold Potatoes

\$349

3 Lb. Yellow Cooking Onions

\$249

Green Cabbage

89¢

lb.

8 Oz. Giorgio Portabella Mushrooms

\$279

low prices on everyday organic favorites

Organic Celery

\$239

1 Lb. Organic Baby Peeled Carrots

\$179

100% GUARANTEED ORGANIC

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

GW Base

GW Base_PG2_092326_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



19 Oz. **Johnsonville** Fresh Bratwurst **\$5⁹⁹**

Black Canyon Angus®
Patio Or Charcoal Steaks
Family Pack **\$7⁴⁹** lb.



Black Canyon Angus®
Rump Roast **\$6⁹⁹** lb.

SMOKIN DEALS ON PRARIE FRESH PORK



Prairie Fresh
All Natural
Pork Tenderloins **\$2⁹⁹** lb.



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



Prairie Fresh
All Natural
Pork Steak or Western Style Ribs
Family Pack **\$2²⁹** lb.



Prairie Fresh
All Natural
Boneless Chops
Regular or Tenderized
Family Pack **\$2⁴⁹** lb.



Sea Best
1.5 Lb.
Argentine Red Shrimp Skewers **\$22⁹⁹**



Black Canyon Angus®
Arm Roast **\$6⁹⁹** lb.



Black Canyon Angus®
Family Pack Cube Steaks **\$6⁹⁹** lb.



Black Canyon Angus®
Family Pack Extra Lean Stew Meat **\$6⁷⁹** lb.

Seafood



15 Lb.
Individually Quick Frozen Catfish Nuggets **\$24⁹⁹**



Sea Best
Ahi Tuna **\$6⁹⁹** lb.



Sea Best
Tilapia Fillets **\$4⁵⁹** lb.



10 Oz.
Sea Best Shrimp Rings **\$5⁹⁹**



Mountaire
Family Pack
Boneless Thighs **\$2⁹⁹** lb.



Mountaire
Family Pack
Boneless Breast Tenders **\$2⁴⁹** lb.



Mountaire
Family Pack
Drumsticks **\$1¹⁹** lb.



Black Canyon Angus®
Steak Fingers
Grill or Fry **\$7⁹⁹** lb.



Our Signature Made
Chicken Breast or Thigh Grillers **\$3⁹⁹** lb.



Prairie Fresh All Natural
Stuffed Pork Chops, Bone In Or Boneless **\$3⁴⁹** lb.



Our Signature Made
Market Made Sausage
Breakfast or Italian **\$2⁹⁹** lb.

Signature meat items



16 Oz.
Williams Premium Roll Sausage **\$3⁴⁹**



12 Oz.
Jimmy Dean Smoked Bacon **\$3⁹⁹**



36 Oz.
Williams Premium Sausage Patties **\$9⁹⁹**



10 Lb.
Covered Wagon Family Sized Sliced Bacon **\$27⁹⁹**



28.8-36 Oz.
Jimmy Dean Breakfast Sandwiches **\$10⁹⁹**



30.4-32 Oz.
Selected Varieties
El Monterey Burritos and Chimichangas **\$5⁹⁹**



21.29 Oz.
Selected Varieties
Tyson Breaded Chicken Nuggets Patties or Burgers **\$5⁹⁹**



16 Oz.
Grilled or Fajita
John Soules Chicken Breast Strips **\$5⁹⁹**



24 Oz.
Selected Varieties
Johnsonville Meatballs **\$7⁹⁹**



19.2-20 Oz.
Selected Varieties
Delimex Taquitos **\$5⁹⁹**

smoked meats



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



5-6 Oz.
Selected Varieties
Hormel Pepperoni **\$3⁴⁹**



10-16 Oz.
Selected Varieties
Land O Frost Premium Lunchmeats **\$5⁹⁹**



7-9 Oz.
Selected Varieties
Oscar Mayer Deli Fresh Lunchmeats **\$4⁹⁹**



8.3-14 Oz.
Selected Varieties
Eckrich Smoked Sausage Ropes **\$3⁹⁹**

ALWAYS SOMETHING GOOD COOKIN' AT AUNT MINNIE'S
HOME OF THE BEST HAND-BREADED FRIED CHICKEN YOU WILL FIND ANYWHERE!



Kretschmar
Honey or Original
Ham Off The Bone

\$7⁹⁹
lb.



Kretschmar
Cajun or
Sun Dried Tomato Turkey

\$10⁴⁹
lb.



Kretschmar
Colby or Colby Jack Cheese

\$7⁹⁹
lb.



2/\$6
1 Lb.
Reser's
Variety Salads
Coleslaw, Potato Salad,
Mustard Potato Salad,
Macaroni Salad



\$4²⁹
ea.
1 Lb.
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!**



Tyson
Chicken
or Buffalo Chicken &
Cheese Crisпитos

2/\$3



Aunt Minnie's
Fish Fillet

2/\$5



Tyson
Whole
Smoked Chicken

\$8⁹⁹



Mrs. Gerry's
Macaroni & Cheese

\$3⁴⁹

\$9⁹⁹
18.5 Oz.
**Rich's Single Layer
Cookies & Cream
Cake**



\$4⁹⁹
12 Ct.
**King's Hawaiian
Original or
Savory Butter Rolls**



\$6⁹⁹
16 Oz.
New York Style
or Strawberry
**Father's Table
Cheesecake**



\$3²⁹
6 Oz.
Yellow, Chocolate
or Carrot
**Rich's
Cake Square**



\$4⁴⁹
13.5 Oz.
**Sweet P's
Frosted Sugar Cookies**



\$7⁴⁹
12 Ct.
Select Varieties
**Clyde
Variety Donuts**



\$3⁹⁹
12 Oz.
**Clyde's
Variety
Donut Holes**



\$5⁴⁹
14 Oz.
**37th Street
Variety Danishes**



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



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

\$4⁹⁹



10 Oz.
Select Varieties
**Birdseye
Frozen Vegetables**

2/\$3



6-11 Oz.
Select Varieties
**Lean Cuisine
Frozen Entrees**

\$2⁹⁹



12 Oz.
Select Varieties
**Farm Rich
French Toast Sticks**

\$3⁴⁹



9-10 Oz.
Select Varieties
**Michelina's
Frozen Entrees**

2/\$3



8 Ct.
Select Varieties
**Drumstick
Ice Cream Cones**

\$7⁹⁹



6-9 Ct.
Select Varieties
**Blue Bunny
Mini Bars, Cones
or Sandwiches**

\$3⁴⁹



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

\$3⁶⁹



1/2 Gallon
Select Varieties
**Hiland
Sherbet**

\$4³⁹

GROCERY FAVORITES

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

\$2⁹⁹

18 Oz.
Selected Varieties
Campbell's
Chunky Soups



\$3⁹⁹

9-13 Oz.
Selected Varieties
Keebler Club &
Town House Crackers





7-9 Oz.
Select Varieties
Jiffy
Muffin Mixes

99¢



24 Oz.
Pace Salsa and
Picante or 15 Oz.
Queso

\$2⁹⁹



1-1.4 Oz.
Select Varieties
Taco Bell
Taco Seasoning
Packets

89¢



24 Oz.
Select Varieties
Rao's
Pasta Sauces

\$6⁹⁹



14.5-15 Oz.
Select Varieties
Libby's
Can Vegetables

4/\$5



2-4 Oz.
Select Varieties
Starkist
Tuna Pouches

\$1²⁹



12 Oz.
Select Varieties
Frank's
Hot Sauces

\$3⁹⁹



64 Oz.
Select Varieties
Old Orchard
Juice Blends

\$2²⁹



4 Ct.
Select Varieties
Libby's
Fruit Cups

\$2⁷⁹



10 Ct.
Select Varieties
McCafe,
Green Mountain,
Donut Shop,
Krispy Kreme K-Cups

\$9⁹⁹



24 Oz.
Select Varieties
Mrs Butterworth's
Syrup

\$3²⁹



Cottonelle
6 Roll
Bath Tissue or
Scott's 12 Mega Roll
Bath Tissue

\$6⁹⁹



Scott 6 Roll
Paper Towels or
Viva 2 Roll
Triple Roll Towels

\$6⁹⁹



Kingsford
16 Lb. Charcoal
Briquets, Or 12 Lb.
Matchlight

\$13⁹⁹



18.5 Lb.
Select Varieties
Purina
Dog Chow

\$16⁹⁹



12.7 Oz.
Select Varieties
Torani
Flavored Syrup

\$4⁷⁹



8.5 Oz.
Select Varieties
Maple Grove
Flavored Syrup

\$2⁹⁹

SHOP OUR ALWAYS FARM FRESH DAIRY FAVORITES

Including products from our hometown Hiland Dairy!



46 Oz.
Select Varieties
Tropicana
Premium Orange Juice

\$4⁴⁹



10.2 Oz.
7.3 Oz.
4 Oz.
Pillsbury
Grands Biscuits,
Cinnamon Rolls,
Crescent Rolls

3/\$5



12-16Oz.
Select Varieties
Dean's
Dips

\$2²⁹



16 Oz.
Select Varieties
Hiland
Sour Cream
& Dips

\$2³⁹



16 Oz.
Select Varieties
Hiland
Butter

\$3²⁹



8 Oz.
Select Varieties
Hiland
Cheese Shreds

\$1⁹⁹



24 Oz.
Select Varieties
Hiland
Cottage Cheese

\$4³⁹



Half Gallon
Select Varieties
Hiland
Almond & Soy
Milks

\$3³⁹

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



18 Ct.
**Frito Lay
Variety Packs**
\$9.99

Gallon
Select Varieties
**Red Diamond
Tea**
\$3.69



6.5-8.5 Oz.
Select Varieties
**Nabisco
Snack Crackers**
\$3.99



20 Oz.
**Sara Lee
Classic
White Bread**

\$2.69



20 Oz.
**Ozark Hearth
Texas Toast**

2/\$5



12 Ct.
**Ozark
Hearth
Hamburger
Buns**

\$2.69



specialty foods



20 Ct.
**Bigelow
Tea Bags**
\$3.49



12 Oz.
**Bob's Red Mill
Granola**
\$4.69



24 Oz.
**Bob's Red Mill
Pancake Mix**

\$6.99



24 Oz.
**Bob's Red Mill
Waffle Mix**

\$5.69



24 Oz.
**Bob's Red Mill
Steel Cut Oats**

\$5.99

Shop Best Choice For Your Best Value



24 Oz.
**Best Choice
Cottage Cheese**

\$2.79



12 Oz.
**Best Choice
Texas Style
Biscuits**

\$1.99



40 Oz.
Select Varieties
**Best Choice
Peanut Butter**

\$4.99



4 Lb.
**Best Choice
Granulated Sugar**

\$3.49



4 Qt.
Select Varieties
**Best Choice
Ice Cream Pails**

\$5.99

Great Party Favorites From Our Deli



1 Lb.
**Walker's Spinach
Artichoke Dip**

\$7.49



8 Oz.
Selected 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



12 Oz.
**Kretschmar
Specialty and
Premium Cheese
Platters**

\$8.49



8 Oz.
**Red Apple
Smoked Cheddar
or Gouda**

\$6.49

Best Prices for Drinks



12 Pk./12 Oz. Cans
Select Varieties
**Coke
Products**

\$7.99



2 Liter Bottles
Select Varieties
**Pepsi
Products**

\$2.19



6 Pk./16.9 Oz. Cans
Select Varieties
**Coke
Products**

\$4.29



28 Oz. Bottles
**Gatorade
Sports Drink**

\$2.19



6 Pk./16.9 Oz.
Select Varieties
**Gold Peak
Tea**

\$6.29



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

\$2.19

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

\$5.49



Just As Well Get
BIG The Best & The Freshest

3 DAY SALE

FRIDAY, SATURDAY & SUNDAY

PRICES GOOD OCTOBER 1ST THRU 3RD, 2026



3 DAYS ONLY!

GROUND
FRESH
DAILY!

Boston Style Grind
60% Beef
40% Pork
Family Pack

\$3.79
Lb.



3 DAYS ONLY!



Prairie Fresh All Natural
Pork Butts
2 Pack

\$1.79
Lb.



3 DAYS ONLY!



Mountaire
Boneless
Breast Tenders
Sold in 10 Lb.

\$16.99

Just As Well Get
BIG The Best & The Freshest

**3 DAY
SALE**

FRIDAY, SATURDAY & SUNDAY

PRICES GOOD SEPTEMBER 18TH THRU 20TH, 2026



**Dole
Classic Romaine**
9 Oz.

\$1.49



**Roma
Frozen Pizza**
9-11 Oz.

2/\$4

Limit 2 Please



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

\$2.88

Limit 2 Please