



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 - Sept 29, 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**



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



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



Family Pack
Mountaire Farms 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.
Hickory or Applewood 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



**Kretschmar
Honey or Original
Ham Off The Bone**

\$7⁹⁹ lb.

Kretschmar



**Kretschmar
Cajun or
Sun Dried Tomato Turkey**

\$10⁴⁹ lb.

Kretschmar



**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



**Tyson Chicken
or Buffalo Chicken &
Cheese Crisпитos**

2/\$3

**Aunt Minnie's
Fish Fillet**



2/\$5

Tyson



**Tyson
Whole
Smoked Chicken**

\$8⁹⁹

Mrs. Gerry's



**1 Lb.
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

Sonic FRIES



Arby's



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

\$4⁹⁹

BIRDSEYE



BIRDSEYE



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

2/\$3

Lean Cuisine



Lean Cuisine



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

\$2⁹⁹

FarmRich



FarmRich



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

\$3⁴⁹

Michelinina's



NEW RECIPE!



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

2/\$3

DRUMSTICK



**THE ORIGINAL
VANILLA**

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

\$7⁹⁹

Blue Bunny



Blue Bunny



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

\$3⁴⁹

Hiland



Chocolate

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

\$3⁶⁹

Hiland



**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