



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 9 - September 22, 2026 • While Supplies Last



12-24 Oz.
Selected Varieties
**Bob Evans
Side Dishes**
3⁹⁹
ea.



Black Canyon Angus®
Any Size Pkg.
**Kansas City
Strip Steak**

\$13⁹⁹
lb.



Missouri
**Granny Smith
Apples**
3 Lb. Bag

\$3⁹⁹



Prairie Fresh All Natural
Family Pack
**Bone In Sirloin
Chops or
Country Style Ribs**

\$1⁷⁹
lb.



GROUND
**FRESH
DAILY!**

Family Pack
60% Beef 40% Pork
**Boston Style
Grind**

\$3⁹⁹
lb.



Produce
for Kids
produceforkids.com/kids

5 Lb. Bag
**Farmers Promise
Red or Gold Potatoes**

\$2⁹⁹
ea.



Family Pack
Mountaire Fresh
**Boneless Chicken
Breast or Thighs**

\$2⁹⁹
lb.



**Green Seedless
Grapes**

\$1⁹⁹
lb.



From the Deli
**Aunt Minnie's
Fish Fillet**

2/\$5



8 Oz.
**Frito Lay
Ruffles
Potato Chips**

2/\$7



17-23 Oz.
Selected Varieties
**Red Baron
Frozen Pizzas**

**LIMIT 2
PLEASE
TOTAL**

\$3⁹⁹



8-12 Oz.
Kix, Cinnamon Toast Crunch,
Reese's Puffs, Cheerios,
Cocoa Puffs,
Golden Grahams or Trix
**General Mills
Cereal**

2/\$6



5.5-7.25 Oz.
Select Varieties
**Kraft
Macaroni &
Cheese**

5/\$5



2 Liter Bottles
Select Varieties
**Coke
Products**

\$1⁶⁹



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

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.

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FARM TO TABLE FRESHNESS

Triple Inspected
Daily for Quality!

\$1.49

lb.

Washington
Red Delicious or
Gala Apples







3 Lb.
Missouri
Jonathon Apples

\$3.49



2 Lb.
Washington
Rockit Apples

\$3.99

Acorn, Butternut, or Spaghetti
Missouri
Fall Squash



\$1.19

lb

Buttercup,
Sweet Dumpling, or Turban
Michigan
Fall Squash



\$1.19

lb



Hot House
Beefsteak Tomatoes

\$1.59

lb.



Hass
Avocados

79¢

ea.



Fresh
Jalapeno Peppers

\$1.39

lb.



3 Lb.
Dracula Seedless
Navel Oranges

\$6.49



Arizona Kandy
Cantaloupes

\$4.99

Fresh Fruit Favorites



9-12 Oz.
Dole American or
Italian Blend Salad

\$2.99

ea.



10 Oz.
Sweet
Grape Tomatoes

\$2.19

ea.



Michigan Slicer
Cucumbers

79¢

ea.



XL Red
or Yellow
Bell Peppers

\$1.29

ea.

low prices on everyday organic favorites



1 Lb.
Organic Baby
Peeled Carrots

\$1.79



3 Pk.
Organic
Romaine Hearts

\$3.99

100% GUARANTEED ORGANIC

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

GW Base

GW Base_PG2_090926_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



12 Oz.
Hickory or Applewood
Jimmy Dean
Smoked Bacon
\$3.99

\$5.49
lb.

Black Canyon Angus®
80% Lean
Ground Beef
Any Size Package!

GROUND FRESH DAILY!



Family Pack
Black Canyon Angus®
Sirloin Tip Steaks
\$7.99
lb.

MOUNTAIRE CHICKEN, FRESH AND READY FOR THE GAME!!!



Mountaire Fresh Chicken
Family Pack
Chicken
Breast Tenders
\$2.49
lb.



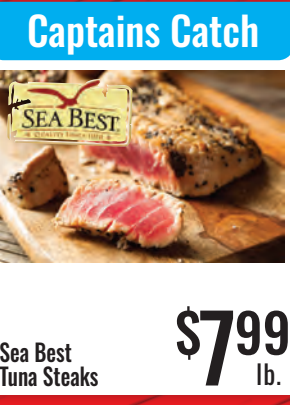
Mountaire Fresh Chicken
Family Pack
Party Wings
\$2.59
lb.



Mountaire Fresh Chicken
Whole Legs,
Backbones
Removed
\$1.49
lb.



Mountaire Fresh Chicken
Family Pack Drum-
sticks
\$1.29
lb.



Captains Catch
Sea Best
Tuna Steaks
\$7.99
lb.



Black Canyon Angus®
Sirloin Tip
Roast
\$7.49
lb.



Black Canyon Angus®
Thin Sliced
Breakfast Steaks
\$8.49
lb.



Black Canyon Angus®
Sirloin for Fajita
or Stir Fry
\$8.99
lb.



Family Pack
Prairie Fresh All Natural
Pork Steaks
\$2.29
lb.



Family Pack
Prairie Fresh All Natural
Boneless Chops
or Butterflies
\$2.49
lb.



Prairie Fresh All Natural
1/4's For Your Convenience
Pork Belly
\$3.99
lb.

Seafood



1.5 Lb.
Sea Best
Breaded
Jumbo Shrimp
\$11.99



19-24.6 Oz.
Mrs Paul's
Breaded
Fish Sticks or Fillets
\$6.99



Sea Best
Catfish Fillets
\$6.99
lb.



16 Oz. 26-30 Ct.
Sea Best
Cooked
Shrimp
\$9.99



Our Signature Made
Jalapeno or Sweet
Pepper Poppers
\$9.99
lb.



Great on the Grill
Beef
Kabobs
\$10.99
lb.



Our Signature Made
Bacon Wrapped
Pork Ribeyes
\$3.79
lb.



Our Signature Made
Chicken Breast or
Thigh Grillers
\$3.99
lb.



7.5 Lb.
Kentucky
Legend
Bulk Bacon
\$29.99



12.8-18.8 Oz.
Selected Varieties
Jimmy Dean
Breakfast
Sandwiches
\$6.99



24 Oz.
Hickory, Cherry or
Applewood Smoked
Smithfield
Stack Pack Bacon
\$9.99



12-16 Oz.
Bob Evans
Sausage Rolls,
Links or Patties
\$3.99



9 Oz.
Beef or Pork
Cacique
Chorizo
4/\$5



10 Oz.
Selected Varieties
Tyson Stuffed
Chicken Entrees
\$3.99



14 Oz.
Selected Varieties
Armour
Meatballs
\$3.99



21-29 Oz.
Selected Varieties
Tyson Breaded
Nuggets, Strips or
Patties
\$5.99



16 Oz.
John Soules
Chicken
Breast Strips
\$5.99



2.5 Lb.
Tyson IQF
Boneless Breasts
or Tenders
\$6.99



5-6 Oz.
Selected Varieties
Hormel Sliced
Pepperoni
\$3.49



2.64-10.7 Oz.
Selected Varieties
Oscar Mayer
Fun Pack
Lunchables
\$2.99



28 Oz.
Selected Varieties
Oscar Mayer
Ham & Turkey
Sub Kit
\$8.99



9 Oz.
Selected Varieties
Cacique Queso
Fresco Or Rancho
2/\$6



Selected Varieties
Kentucky Legend
Quarter
Sliced Hams
\$4.99
lb.

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. Coleslaw, Potato Salad, Mustard Potato Salad, or Macaroni Salad

Reser's Variety Salads

\$4⁴⁹

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!

Tyson



Tyson Boneless Chicken Wings

\$4⁹⁹ lb.

Nathan's



Nathan's Beef Hot Dogs

\$2⁴⁹

Mrs. Gerry's



1 Lb. Mrs. Gerry's Macaroni & Cheese

\$3⁴⁹

Aunt Minnie's



Aunt Minnie's Chicken Sandwich

\$3⁹⁹

\$6⁴⁹

Café Valley BAKERY

26 Oz. **Café Valley Variety Bundt Cakes**



\$4⁹⁹

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



\$4⁴⁹

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



\$6⁴⁹

14.1 Oz. Strawberry Shortcake or Chocolate Vanilla **Sweet P's Swiss Rolls**



\$4⁴⁹

9 Ct. **Shirley's No Bake Cookies**



\$3⁴⁹

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



\$4⁹⁹

16 Oz. **Olson's Sliced Crème Cake**



\$5⁹⁹

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



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

Stouffer's



8-14 Oz. Select Varieties **Stouffer's Entrees**

2/\$7

LOUISA



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

\$4⁴⁹

PF Chang's



18-22 Oz. Select Varieties **PF Chang's Frozen Entrees**

\$6⁴⁹

Mr. Dell's



24-32 Oz. Select Varieties **Mr. Dell's Frozen Hashbrowns**

\$3⁹⁹

Pictsweet Farms



9-12 Oz. Select Varieties **Pictsweet Frozen Vegetables**

\$2²⁹

Jimmy Dean



7-9 Oz. Select Varieties **Jimmy Dean Breakfast Bowls**

2/\$6

Banquet



24-28 Oz. Select Varieties **Banquet Family Size Frozen Dinners**

\$4⁴⁹

Hiland



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

\$5²⁹

Prairie Farms



12 Ct. Select Varieties **Prairie Farms Ice Cream Sandwiches**

\$5⁶⁹

GROCERY FAVORITES

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

2/\$5

14.5 Oz. or 4 Ct.
Selected Varieties
Libby's Can Fruit or
Fruit Cups



99¢

14-15 Oz.
Selected Varieties
Green Giant
Can Vegetables



7.5-15 Oz.
Chef Boyardee
Can Pasta and
Microwave Pasta

2/\$3



9-16 Oz.
Select Varieties
Nabisco
Premium
Saltines

\$3.49



2.6-4.5 Oz.
Select Varieties
Starkist
Tuna Pouches

\$1.29



6-9 Oz.
Select Varieties
Jiffy Muffin Mixes,
Pizza Crust Mix
or Biscuit Mix

88¢



8 Oz.
Select Varieties
Idahoan Family Size
Instant Mashed
Potatoes

\$2.99



12 Oz.
Select Varieties
Buffalo Wild
Wings Sauce

\$3.49



18 Oz.
Select Varieties
Quaker Old Fashion
or Quick Oats

\$3.49



8-12 Oz.
Select Varieties
Kellogg's
Cereal

\$3.49



12-16 Oz.
Select Varieties
Betty Crocker
Cake or Brownie
Mixes or Frosting

\$1.79



9-12 Oz.
Select Varieties
Hostess
Donuts

2/\$5



10-12 Oz.
Select Varieties
Gevalia
Coffee

\$7.99



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

\$6.99



6 Mega Rolls
Select Varieties
Cottonelle
Bath Tissue

\$8.99



3 Lb.
Select Varieties
Meow Mix
Dry Cat Food

\$5.99



3.5 Lb.
Select Varieties
Kibbles N Bits
Dry Dog Food

\$6.49



20.5-21.5 Oz.
Select Varieties
Kikkoman
Teriyaki Sauce

\$4.99



8 Oz.
Select Varieties
Ty Ling Mixed
Vegetables

\$3.29

SHOP OUR ALWAYS FARM FRESH DAIRY FAVORITES

Including products from our hometown Hiland Dairy!



\$2.79

8 Oz Shredded,
12 Oz. Singles or 6 Oz Slices
Select Varieties
Borden Cheese



\$4.49

16 Oz.
Select Varieties
Pillsbury Grands Cinnamon
Rolls & Grands Fruit Rolls



\$3.29

64 Oz.
Select Varieties
Silk Pure
Almond Milk



Select Varieties
Hiland
Sour Cream 24 Oz.
or Cheese 16 Oz.

\$3.99



1/2 Gallon
Select Varieties
Hiland
Orange Juice

\$3.69



8 Oz.
Select Varieties
Hiland
Cream Cheese

\$1.79



1/2 Gallon
Select Varieties
Hiland
Lactose Free Milk

\$4.69



48 Oz.
Select Varieties
Hiland
Cottage Cheese

\$8.49

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



7-8 Oz.
Select Varieties
**Fritos or
Cheetos**
2/\$8



18 Ct.
Select Varieties
**Frito-Lay's
Variety Packs**
\$10⁹⁹



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



\$2⁹⁹

12-13 Oz.
**Thomas
English Muffins**



\$3²⁹

16 Oz.
**Bunny Soft
Twist White
Bread**



2/\$5

specialty foods



17 Oz.
**Huy Fong
Sriracha Sauce**
\$5⁷⁹



5 Oz.
**Kikkoman
Soy Sauce**
\$2⁴⁹



8.4 Oz.
**Snapdragon
Noodle Soup**
\$6⁹⁹



8.5 Oz.
**Royal
Rice**
\$2⁴⁹



2.2 Oz.
**Snapdragon
Noodle Soup**
\$2⁴⁹

Shop Best Choice For Your Best Value



28 Oz.
Select Varieties
**Best Choice
Can Tomatoes**
\$1⁹⁹



24 Oz.
Select Varieties
**Best Choice
Spaghetti Sauce**
\$1⁹⁹



5-6 Oz.
Select Varieties
**Best Choice
Box Dinners**
2/\$3



16 Oz.
Select Varieties
**Best Choice
Pasta**
\$1²⁹



32 Oz.
Select Varieties
**Best Choice
Cheese Spread**
\$5⁴⁹

Great Party Favorites From Our Deli



5.2 Oz.
**Boursin
Garlic & Herb
Cheese**
\$4⁹⁹



60z.
**Kaukauna
Variety
Cheeseballs**
\$3⁹⁹



8 Oz.
**Red Apple
Smoked
Cheddar or Gouda**
\$6⁴⁹



12 Oz.
**Kretschmar
Specialty and
Premium Cheese
Platters**
\$7⁹⁹



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



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

Best Prices for Drinks



24 Pk./12 Oz. Cans
Select Varieties
**Pepsi
Products**
\$12⁴⁹



8 Pk. Bottles
Select Varieties
**Coca-Cola
Products**
\$4⁴⁹



6 Pk. Bottles
Select Varieties
**Pepsi
Products**
\$5⁹⁹



28 Oz. Bottles
Select Varieties
**Powerade
Sports Drink**
3/\$5



6 Pk. 16.9 Oz. Bottles
Select Varieties
**Pure Leaf
Tea**
\$6⁹⁹



12 Oz. Cans
Select Varieties
**RC Cola or 7-Up
Products 24 Pack**

\$8⁹⁹

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

\$4⁹⁹



BIG Just As Well Get
The Best & The Freshest

**3 DAY
SALE**

FRIDAY, SATURDAY & SUNDAY

PRICES GOOD SEPTEMBER 18TH THRU 20TH, 2026

**JUST AS
WELL GET
THE BEST
& THE
FRESHEST!**



Prairie Fresh All Natural
**Whole
Boneless Loins**
Sliced FREE!

\$179
Lb.



**80% Lean
Ground Beef**
Sold In Tubes Only

\$479
Lb.



Black Canyon Angus
**Half Cut
KC Strips**
In Bag Only

\$1199
Lb.

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BIG Just As Well Get
The Best & The Freshest
3 DAY SALE

FRIDAY, SATURDAY & SUNDAY

PRICES GOOD SEPTEMBER 18TH THRU 20TH, 2026

**JUST AS
WELL GET
THE BEST
& THE
FRESHEST!**



3 DAYS ONLY!

**Red Seedless
Grapes**

\$1⁶⁹
Lb.



3 DAYS ONLY!

Limit 2 Please

**Best Choice
Ice Cream**

4 Qt.

\$4⁹⁹



3 DAYS ONLY!

Limit 2 Please

SELECT VARIETIES
**Folgers
Coffee**
18-25.9 Oz.

\$10⁴⁹