



G&W FOODS

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

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
XL Red or Yellow
Bell Peppers



\$2⁹⁹
lb.

Family Pack
Mountaire Fresh
Boneless Breast



\$1⁵⁹
lb.

Hot House
Beefsteak Tomatoes



\$7⁹⁹

8 Piece
Aunt Minnies
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.

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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

YOUR CHOICE!

\$119

lb.

Missouri Fall Squash Acorn, Butternut, or Spaghetti

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.

Signature meat items



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.



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



**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



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

\$4⁹⁹

BIRDSEYE



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

2/\$3

Lean Cuisine



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

\$2⁹⁹

FarmRich



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

\$3⁴⁹

Michelinina's



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

2/\$3

DRUMSTICK



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

\$7⁹⁹

Blue Bunny



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

\$3⁴⁹

Hiland



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**
\$9⁹⁹

Gallon
Select Varieties
**Red Diamond
Tea**
\$3⁶⁹



6.5-8.5 Oz.
Select Varieties
**Nabisco
Snack Crackers**
\$3⁹⁹



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

\$2⁶⁹



20 Oz.
**Ozark Hearth
Texas Toast**

2/\$5



12 Ct.
**Ozark
Hearth
Hamburger
Buns**

\$2⁶⁹



specialty foods



20 Ct.
**Bigelow
Tea Bags**
\$3⁴⁹



12 Oz.
**Bob's Red Mill
Granola**
\$4⁶⁹



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

\$6⁹⁹



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

\$5⁶⁹



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

\$5⁹⁹

Shop Best Choice For Your Best Value



24 Oz.
**Best Choice
Cottage Cheese**

\$2⁷⁹



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

\$1⁹⁹



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

\$4⁹⁹



4 Lb.
**Best Choice
Granulated Sugar**

\$3⁴⁹



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

\$5⁹⁹

Great Party Favorites From Our Deli



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

\$7⁴⁹



8 Oz.
Selected Varieties
**Sabra
Hummus**

\$3⁴⁹



14 Oz.
**Kretschmar
Beef or
Beef & Garlic
Summer Sausage**

\$8⁹⁹



5 Oz.
**Kretschmar
Pepperoni or
Hard Salami
Pillow Packs**

\$4⁴⁹



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

\$8⁴⁹



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

\$6⁴⁹

Best Prices for Drinks



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

\$7⁹⁹



2 Liter Bottles
Select Varieties
**Pepsi
Products**

\$2¹⁹



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

\$4²⁹



28 Oz. Bottles
**Gatorade
Sports Drink**

\$2¹⁹



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

\$6²⁹



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

\$2¹⁹

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

\$5⁴⁹



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