



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 - 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



3 Lb.
Sunray's
Seedless Mandarins

\$4⁹⁹



PRAIRIE FRESH NATURAL

Prairie Fresh All Natural
Family Pack
Assorted Chops

\$1⁹⁹
lb.



GROUND
FRESH
DAILY!

Family Pack
80% Lean
Ground Beef

\$5⁴⁹
lb.



Produce for Kids
produceforkids.com/kids

XL Red or Yellow
Bell Peppers

\$1²⁹
ea.



Mountaire
Fresh Young Chicken

Family Pack
Mountaire Fresh
Boneless Breast

\$2⁹⁹
lb.



Hot House
Beefsteak Tomatoes

\$1⁵⁹
lb.



Aunt Minnie's
8 Piece
Dark Meat
Fried Chicken

\$7⁹⁹



PEPSI
Mt Dew

12 Pk/12 Oz. Cans
Select Varieties
Pepsi
Products

\$6⁹⁹



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

2/\$5



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

\$3⁹⁹



DIGIORNO
15-29 Oz.
Select Varieties
DiGiorno
Frozen Pizzas

2/\$8

LIMIT 2
PLEASE
TOTAL



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

99¢



XTRA
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.



1.5 Lb.
Sea Best
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.
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
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
The Best & The Freshest

BIG

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