



PAULBECK'S  
M A R K E T

EXPRESS GAS  
& CAR WASH



Home of Wildcraft Meats



Strawberries  
1 lb pkg  
**2.99**



First Kiss  
Apples  
Crisp  
**1.49** lb



Pork  
Shoulder Roast  
Fresh, Bone-In **1.99** lb



Boneless  
Center Cut  
Pork Loin Chops  
Fresh **2.49** lb



Pork Loin  
Back Ribs  
Previously Frozen **3.99** lb



Johnsonville  
Bratwursts  
19 oz pkg,  
Selected Varieties **4.99**



Hormel  
Black Label  
Sliced Bacon  
12-16 oz pkg, Selected Varieties **4.99**



Smithfield  
Marinated  
Fresh Pork  
19.2-23 oz pkg, Selected Varieties **5.99**



Simply Potatoes  
Hash Browns or  
Cut Potatoes  
20 oz bag,  
Selected Varieties

**2/\$5**



Essential Everyday  
Chunk or Shredded  
Cheese  
8 oz Chunk or 6-8 oz Shredded,  
Selected Varieties

**2/4.44**



Yoplait Original,  
Light, Whips! or  
Protein Yogurt  
4-6 oz cup,  
Selected Varieties

**10/\$6**



Healthy Choice  
Classics or  
Cafe Steamers  
9.25-10.7 oz pkg,  
Selected Varieties

**5/\$10**



Land O Lakes  
Butter Quarters or  
Spreadable Butter  
1 lb Quarters or  
13-15 oz tub Spreadable,  
Selected Varieties

**3.99**



Creamette  
Pasta  
12-16 oz box,  
Selected Varieties

**99¢**



Ragú  
Regular or  
Kettle Cooked  
Pasta Sauce  
16-24 oz jar,  
Selected Varieties

**2/\$5**



Old Dutch Crunch,  
Kettle Corn, Cheese  
Puffs, Popcorn or  
Puffcorn or Traditional  
Potato Chips  
8-9 oz Dutch Crunch, 7 oz Kettle Corn,  
6 oz Cheese Puffs, Popcorn, or Puffcorn or  
9.5-10 oz Potato Chips, Selected Varieties

**2/\$7**



PAULBECK'S  
M A R K E T

Visit Us on the Web  
[www.paulbecks.com](http://www.paulbecks.com)

(218) 927-6919  
• OPEN 6AM - 9PM •  
7 DAYS A WEEK

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PRICES EFFECTIVE OCTOBER						
SUN	MON	TUES	WED	THUR	FRI	SAT
5	6	7	8	9	10	11

Highway 169 S., Aitkin

EXPRESS GAS & CAR WASH



# BAKED GOODS

ALL ITEMS NOT AVAILABLE  
AT ALL LOCATIONS.

# DELI FRESH



Artisan  
French Loaf  
Bakery Fresh

**3.99**ea



Boneless or Bone-In  
Chicken Wings  
Deli Fresh,  
Selected Varieties

**5.99**lb



Kretschmar  
Cherrywood  
Smoked Ham  
Deli Fresh

**6.99**lb



Message  
Cookies  
12 inch,  
Selected Varieties

**13.99**



Taco  
Pasta Salad  
Deli Fresh

**4.99**lb



Panera  
Soup  
16 oz pkg,  
Selected Varieties

**5.49**



Cyrus O'Leary's  
Mini Cream Pies  
4 inch,  
Selected Varieties

**2.99**



The Father's Table  
Cheesecake  
32 oz pkg,  
Selected Varieties

**12.99**



Stacy's  
Pita Chips  
7.33 oz pkg,  
Selected Varieties

**3.99**

# FROZEN & DAIRY



Van de Kamp's  
Fish Sticks or  
Fillets  
18-24.6 oz pkg,  
Selected Varieties

**4.99**



Brew Pub  
Stuffed Crust or  
Pizza Corner Pizza  
30.2-33.75 oz Brew Pub or  
22.22-25.39 oz Pizza Corner,  
Selected Varieties

**7.99**



Essential Everyday  
Natural Sliced  
Cheese  
6-8 oz pkg, Selected Varieties

**2.88**



Dannon Oikos,  
Light + Fit Greek  
or Remix Mix-Ins  
Yogurt  
4.5-5.3 oz cup, Selected Varieties

**4/\$5**



Essential Everyday  
Vegetables  
12 oz pkg,  
Selected Varieties

**2/\$4**



Kemps  
Simply Crafted  
Ice Cream  
48 oz ctn,  
Selected Varieties

**4.99**



Kraft  
Twist-Ums or  
String Cheese  
12 oz pkg,  
Selected Varieties

**3.99**



Minute Maid  
Zero Sugar  
Lemonade or  
Juice Drinks  
52 oz btl, Selected Varieties

**2/\$5**



Alexia  
Family Size  
Potatoes or  
Onion Rings  
13.5-28 oz pkg,  
Selected Varieties

**4.49**

Alexia  
Family Size  
Potatoes or  
Onion Rings  
13.5-28 oz pkg,  
Selected Varieties

**4.49**



Essential Everyday  
Waffles  
24 ct box,  
Selected Varieties

**4.99**

Essential Everyday  
Waffles  
24 ct box,  
Selected Varieties

**4.99**



Essential Everyday  
Sliced  
Strawberries  
15 oz bowl

**3.69**

Essential Everyday  
Sliced  
Strawberries  
15 oz bowl

**3.69**



Haagen Dazs  
Waffle Cone or  
Mini Ice Cream  
Bars  
4-6 ct pkg,  
Selected Varieties

**5.99**

Haagen Dazs  
Waffle Cone or  
Mini Ice Cream  
Bars  
4-6 ct pkg,  
Selected Varieties

**5.99**



Halo Top  
Ice Cream or  
Pops  
16 oz pkg or 4 ct box,  
Selected Varieties

**4.99**

Halo Top  
Ice Cream or  
Pops  
16 oz pkg or 4 ct box,  
Selected Varieties

**4.99**



Outshine  
Fruit Bars  
12 ct box,  
Selected Varieties

**5.49**

Outshine  
Fruit Bars  
12 ct box,  
Selected Varieties

**5.49**

# HOUSEHOLD GOODS

# PET



Essential Everyday  
All-Purpose  
Cleaner  
28 oz btl,  
Selected Varieties

**2.49**



Essential Everyday  
Lawn & Leaf or  
Super Size  
Trash Bags  
20-36 ct box,  
Selected Varieties

**8.99**



Wild Harvest  
Dog Food  
3.5-4 lb bag,  
Selected Varieties

**9.99**



Essential Everyday  
Sandwich Bags  
30-50 ct box,  
Selected Varieties

**2/\$3**



Kingsford  
Charcoal or  
Match Light Charcoal  
12-16 lb pkg,  
Selected Varieties

**11.99**



Essential Everyday  
Cat Food  
5.5 oz can,  
Selected Varieties

**5/\$4**

# HEALTH & BEAUTY



Equaline  
Calcium  
Antacid  
60-150 ct pkg,  
Selected Varieties

**3.99**



Prilosec OTC  
Heartburn  
Relief  
14 ct box,  
Selected Varieties

**11.49**



Benadryl  
Allergy Relief  
24 ct box,  
Selected Varieties

**6.49**



Colgate  
Toothbrush,  
Toothpaste or  
Mouthwash  
1 ct Toothbrush, 5.1-6 oz Toothpaste  
or 33.8 oz btl Mouthwash,  
Selected Varieties

**4.99**



Pantene  
Shampoo or  
Conditioner  
10.4-12 oz btl,  
Selected Varieties

**4.99**



Speed Stick or  
Lady Speed Stick  
Deodorant  
2.7-3 oz Speedstick or  
2.3 oz Lady,  
Selected Varieties

**2.99**





X500 STORE COUPON



Bar S  
Franks or Bologna  
16 oz Franks or 12 oz Bologna,  
Selected Varieties

2/\$4

Customer must purchase two.  
Limit two with this coupon.  
Limit one coupon per family.  
Prices effective Sun., October 5  
thru Sat., October 11, 2025.  
Valid only at stores listed on the front page.

X501 STORE COUPON



Kingsford BBQ Ribs  
or Combo Platter  
24-28 oz pkg,  
Selected Varieties

10.99

Limit one with this coupon.  
Limit one coupon per family.  
Prices effective Sun., October 5  
thru Sat., October 11, 2025.  
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X502 STORE COUPON



Old Wisconsin  
Snack Sticks or Bites  
7-8 oz pkg,  
Selected Varieties

4.99

Limit one with this coupon.  
Limit one coupon per family.  
Prices effective Sun., October 5  
thru Sat., October 11, 2025.  
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X503 STORE COUPON



Simply Potatoes  
Mashed Potatoes  
24 oz pkg,  
Selected Varieties

2/\$7

Customer must purchase two.  
Limit two with this coupon.  
Limit one coupon per family.  
Prices effective Sun., October 5  
thru Sat., October 11, 2025.  
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X504 STORE COUPON



Essential Everyday  
String Cheese  
9-12 oz pkg,  
Selected Varieties

2/\$7

Customer must purchase two.  
Limit two with this coupon.  
Limit one coupon per family.  
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thru Sat., October 11, 2025.  
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X505 STORE COUPON



Dannon  
Activia  
Zero Sugar Drink  
24.8 oz pkg,  
Selected Varieties

2/\$10

Customer must purchase two.  
Limit two with this coupon.  
Limit one coupon per family.  
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X506 STORE COUPON



Banquet  
Boneless Chicken  
24-32 oz pkg,  
Selected Varieties

4.44

Limit one with this coupon.  
Limit one coupon per family.  
Prices effective Sun., October 5  
thru Sat., October 11, 2025.  
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X507 STORE COUPON



Stone Ridge Creamery  
Fudge or Orange  
Cream Bars  
12 ct pkg,  
Selected Varieties

3.99

Limit one with this coupon.  
Limit one coupon per family.  
Prices effective Sun., October 5  
thru Sat., October 11, 2025.  
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X508 STORE COUPON



Kraft Deluxe, Velveeta,  
or Cracker Barrel  
Macaroni & Cheese  
9.4-14 Kraft or Velveeta or  
12-14 oz Cracker Barrel, Selected Varieties

2/\$6

Customer must purchase two.  
Limit two with this coupon.  
Limit one coupon per family.  
Prices effective Sun., October 5  
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X509 STORE COUPON



Wesson  
Cooking Oils  
40 oz btl,  
Selected Varieties

3.99

Limit one with this coupon.  
Limit one coupon per family.  
Prices effective Sun., October 5  
thru Sat., October 11, 2025.  
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X510 STORE COUPON



Pompeian  
Olive Oil  
16 oz btl,  
Selected Varieties

8.99

Limit one with this coupon.  
Limit one coupon per family.  
Prices effective Sun., October 5  
thru Sat., October 11, 2025.  
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X511 STORE COUPON



Kellogg's  
Pop-Tarts  
12 ct box,  
Selected Varieties

2.99

Limit one with this coupon.  
Limit one coupon per family.  
Prices effective Sun., October 5  
thru Sat., October 11, 2025.  
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X512 STORE COUPON



Nestlé  
Fun Size  
Candy Bars  
10-10.2 oz bag,  
Selected Varieties

2/8.88

Customer must purchase two.  
Limit two with this coupon.  
Limit one coupon per family.  
Prices effective Sun., October 5  
thru Sat., October 11, 2025.  
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X513 STORE COUPON



Hostess  
Single Serve  
2.55-4.5 oz pkg,  
Selected Varieties

3/\$4

Customer must purchase three.  
Limit two with this coupon.  
Limit one coupon per family.  
Prices effective Sun., October 5  
thru Sat., October 11, 2025.  
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X514 STORE COUPON



Blue Diamond  
Almonds  
14-16 oz bag,  
Selected Varieties

8.99

Limit one with this coupon.  
Limit one coupon per family.  
Prices effective Sun., October 5  
thru Sat., October 11, 2025.  
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X515 STORE COUPON



Nutella  
Hazelnut Spread  
13 oz jar

3.49

Limit one with this coupon.  
Limit one coupon per family.  
Prices effective Sun., October 5  
thru Sat., October 11, 2025.  
Valid only at stores listed on the front page.

X516 REDEEMABLE COUPON RV0150



Hershey's  
Giant Candy Bars  
7.13-7.56 oz pkg, Selected Varieties

2/\$5

RETAILER: Return to UNFI COUPON SERVICES  
via UNFI Redemption Form  
VOID IF COPIED, TRANSFERRED, PURCHASED  
OR SOLD, ONE COUPON PER PURCHASE. GOOD ONLY AT  
UNFI SUPPLIED STORES  
Customer must purchase two.  
Limit two with this coupon.  
Limit one coupon per family.  
Prices effective Sun., October 5  
thru Sat., October 11, 2025.  
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X517 REDEEMABLE COUPON RV0100



Hershey's  
Baking Chips  
8-12 oz pkg, Selected Varieties

2/\$6

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OR SOLD, ONE COUPON PER PURCHASE. GOOD ONLY AT  
UNFI SUPPLIED STORES  
Customer must purchase two.  
Limit two with this coupon.  
Limit one coupon per family.  
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thru Sat., October 11, 2025.  
Valid only at stores listed on the front page.

X518 REDEEMABLE COUPON RV0125



Hershey's  
Popped Snack Mix or  
Dipped Pretzels  
8-8.5oz pkg, Selected Varieties

2/\$6

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OR SOLD, ONE COUPON PER PURCHASE. GOOD ONLY AT  
UNFI SUPPLIED STORES  
Customer must purchase two.  
Limit two with this coupon.  
Limit one coupon per family.  
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X519 STORE COUPON



Essential Everyday  
Party Cups  
20 ct pkg,  
Selected Varieties

2/\$4

Customer must purchase two.  
Limit two with this coupon.  
Limit one coupon per family.  
Prices effective Sun., October 5  
thru Sat., October 11, 2025.  
Valid only at stores listed on the front page.

SAVE BIG WITH THESE COUPONS!



breakfast SAVINGS!



X520 REDEEMABLE COUPON RV0300

Save \$300

When You Purchase Any 5  
\*Participating Quaker® Products.



\*Participating Products include: Pearl Milling Co. Pancake Mix and Syrup, Quaker Chewy Bars 5-8 ct, Quaker Cap'n Crunch or Life Cereal 13-14.5 oz, Quaker Squares, Quaker Instant Oats Core, Quaker Instant Oats Premium or Quaker Standard Oatmeal. Customer must purchase five. Limit five with this coupon. Limit one coupon per family. Prices effective Sun., October 5 thru Sat., October 11, 2025. Valid only at stores listed on the front page.

**RETAILER: Return to UNFI COUPON SERVICES via UNFI Redemption Form**

VOID IF COPIED, TRANSFERRED, PURCHASED OR SOLD, ONE COUPON PER PURCHASE.

GOOD ONLY AT UNFI SUPPLIED STORES

  
005200



**Quaker Cereal**  
11.2-12.6 oz Cap'n Crunch,  
13 oz Life or 14.5 oz Oatmeal Squares,  
Selected Varieties

2/\$6



**Quaker Chewy Granola Bars**  
6-8 ct box,  
Selected Varieties

2/\$6



**Quaker Premium Instant Oatmeal**  
8.4-12.9 oz pkg,  
Selected Varieties

4.49



**Quaker Instant Oatmeal**  
7.4-14.1 oz box,  
Selected Varieties

2.99



**Quaker Steel Cut, Quick or Old Fashioned Oats**  
16-42 oz cnstr,  
Selected Varieties

4.49



**Pearl Milling Company Pancake & Waffle Mix or Syrup**  
32 oz box Mix or 24 oz btl Syrup,  
Selected Varieties

3.49

GAME DAY

MADE EASY

AMAZING QUALITY. FANTASTIC PRICES.  
THAT'S OUR QUALITY PROMISE.

SAVE BIG EVERYDAY

Essential EVERYDAY®





**Essential Everyday Potato Chips**  
9 oz bag,  
Selected Varieties

2/\$5



**Essential Everyday Pickle Spears**  
24 oz jar,  
Selected Varieties

2/\$5



**Essential Everyday Taco Seasoning Mix**  
1.25 oz pkg,  
Selected Varieties

4/\$3



**Essential Everyday Peanuts**  
12 oz jar,  
Selected Varieties

2.79



**Essential Everyday Barbecue Sauce**  
18 oz btl,  
Selected Varieties

1.99



**Essential Everyday Buffalo Wing Sauce**  
12 oz btl

2.49



**Essential Everyday Ketchup**  
24 oz btl

1.39



**Essential Everyday Cream Cheese**  
8 oz brick,  
Selected Varieties

2/\$4



**Super Chill Soda**  
2 ltr btl,  
Selected Varieties

3/\$5



**Essential Everyday Paper Plates**  
40-85 ct pkg,  
Selected Varieties

4.99

MADE EASY

GAME DAY



GROCERY SPECIALS



**Green Giant Vegetables**  
14.5-15.25 oz can,  
Selected Varieties

**4/\$5**



**Starkist Chunk Light Tuna**  
5 oz can,  
Selected Varieties

**99¢**



**Ortega Refried Beans, Taco Sauce, Seasoning or Shells**  
16 oz Refried, 7.5-8 oz Taco Sauce,  
3 ct Seasoning or 10-12 ct Shells, Selected Varieties

**2/\$4**



**Rice-a-Roni or Pasta-Roni**  
1.97-7.2 oz pkg,  
Selected Varieties

**2/\$3**



**Hellmann's Mayonnaise**  
15-30 oz jar,  
Selected Varieties

**5.99**



**Pillsbury Flour**  
5 lb bag,  
Selected Varieties

**3.49**



**Frito Lay Party Size Chips or Tostitos Queso Dip**  
6-18 oz bag or 23 oz jar,  
Selected Varieties

**2/\$9**



**Cheez-It Puff'd or Snap'd Snacks or Kellogg's Town House Crackers**  
5.75-7.5 oz Cheez-It or 9.2-13.8 oz Town House,  
Selected Varieties

**3.99**



**Ocean Spray 100% Juice**  
64 oz btl,  
Selected Varieties

**2/\$7**



**Starkist Pouch Chicken or Solid White Tuna**  
2.6 oz pkg Chicken or 5 oz can Tuna,  
Selected Varieties

**2/\$3**



**Kraft Mac & Cheese or Velveeta Shells & Cheese Microwave Cups**  
4 ct pkg,  
Selected Varieties

**5.49**



**Velveeta Shells & Cheese or Kraft Mac & Cheese Deluxe**  
3 Pack

**7.99**



**Pillsbury Brownie or Cake Mix**  
18.4 oz box Brownie or 15.25-15.3 oz Cake,  
Selected Varieties

**3/\$5**



**Pillsbury Ready To Spread Frosting**  
12-16 oz pkg,  
Selected Varieties

**2/\$4**



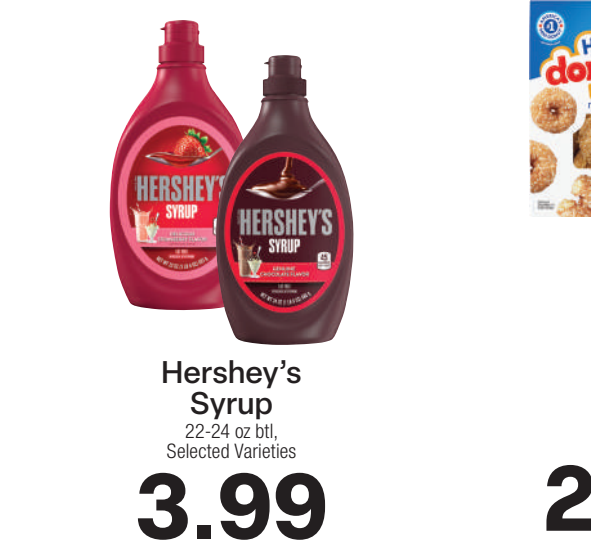
**Maruchan Ramen Noodles**  
12 ct pkg,  
Selected Varieties

**3.49**



**Betty Crocker Mashed Potatoes**  
13.75 oz box

**2/\$5**



**Hershey's Syrup**  
22-24 oz btl,  
Selected Varieties

**3.99**



**Hostess Donettes Mini Donuts**  
9.5-10.75 oz bag,  
Selected Varieties

**2/4.44**



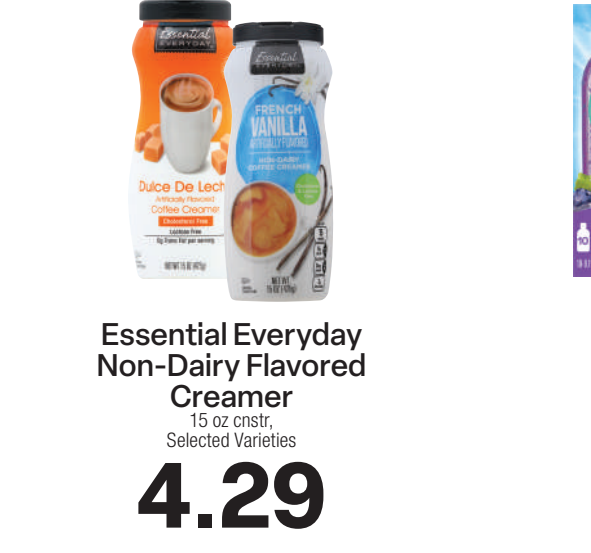
**Pam Cooking Spray**  
5-6 oz can,  
Selected Varieties

**3.99**



**Jolly Time Microwave Popcorn**  
6 ct box,  
Selected Varieties

**4.99**



**Essential Everyday Non-Dairy Flavored Creamer**  
15 oz cnstr,  
Selected Varieties

**4.29**



**Crystal Light MiO Drink Mix**  
8-12 ct pkg,  
Selected Varieties

**2/\$7**



**Country Time, Kool-Aid or Tang Drink Mix**  
18-20 oz pkg,  
Selected Varieties

**3.99**



**Splash Blast Water**  
6 pk, .5 ltr btl,  
Selected Varieties

**2/\$6**



# FRESH MEAT & SEAFOOD



Boneless  
Sirloin Tip  
Steak  
USDA Choice Angus Beef

**8.49** lb



Boneless  
Sirloin Tip  
Roast  
USDA Choice Angus Beef

**7.99** lb



Boneless  
Top Sirloin  
Steak  
USDA Choice Angus Beef

**9.99** lb



Pork  
Shoulder  
Steak  
Fresh, Bone-In

**2.79** lb



Boneless  
Center Cut  
Pork Loin Roast  
Fresh

**2.49** lb



Gold'n Plump  
Whole Chicken  
Fresh

**1.49** lb



Kingsford BBQ Entrées  
or St Louis Style Half Rib  
16 oz pkg,  
Selected Varieties

**7.99**



Simek's  
Meatballs  
12-22 oz pkg,  
Selected Varieties

**7.99**



El Monterey  
Enchilada, Quesadilla  
or Fajita Entrées  
9-10.25 oz pkg,  
Selected Varieties

**4.99**



Cloverdale  
Tangy Summer Sausage  
28 oz pkg,  
Selected Varieties

**11.99**



Land O' Frost  
Bistro Favorites  
Lunchmeat  
6-8 oz pkg,  
Selected Varieties

**3.99**



Smithfield  
Fully Cooked  
Breakfast Sausage  
24 oz pkg

**5.99**



Cloverdale  
Applewood  
Smoked Bacon  
3 lb pkg

**18.99**



Jennie-O  
93% Lean Ground  
Turkey or Patties  
16 oz pkg,  
Selected Varieties

**5.99**



Arctic Shores  
Extra Jumbo Raw Shrimp  
16 oz pkg,  
16-20, EZ-Peel

**7.99**



No Name  
Salmon Fillets  
10 oz pkg,  
Selected Varieties

**11.99**

# FARM FRESH PRODUCE



Fresh Express  
Salad Blends  
5-11 oz bag,  
Selected Varieties

**2/\$5**



Rainbow  
Pepper  
Multi Pack  
4 ct pkg

**3.99**



Taylor Farms  
Cut Vegetables  
10-12 oz pkg,  
Selected Varieties

**2/\$5**



Dole  
Romaine  
Hearts  
3 pack

**3.99**



Giorgio  
Steak Cut Sliced  
Mushrooms  
8 oz pkg

**2.99**



Cortland or  
McIntosh  
Apples  
Crisp

**1.19** lb



Cranberries  
12 oz bag

**1.99**



Gala  
Apples  
3 lb bag

**2.99**

## FLORAL

All items not available  
at all locations.



Powerful Pink  
Bouquet

**6.99**



Blooming  
Fall Tin  
4.5 inch

**9.99**



**Coke**  
Products  
12 pk-12 oz cans,  
Selected Varieties

**5.98**  
**3.98**

6 pk-16.9 oz btls



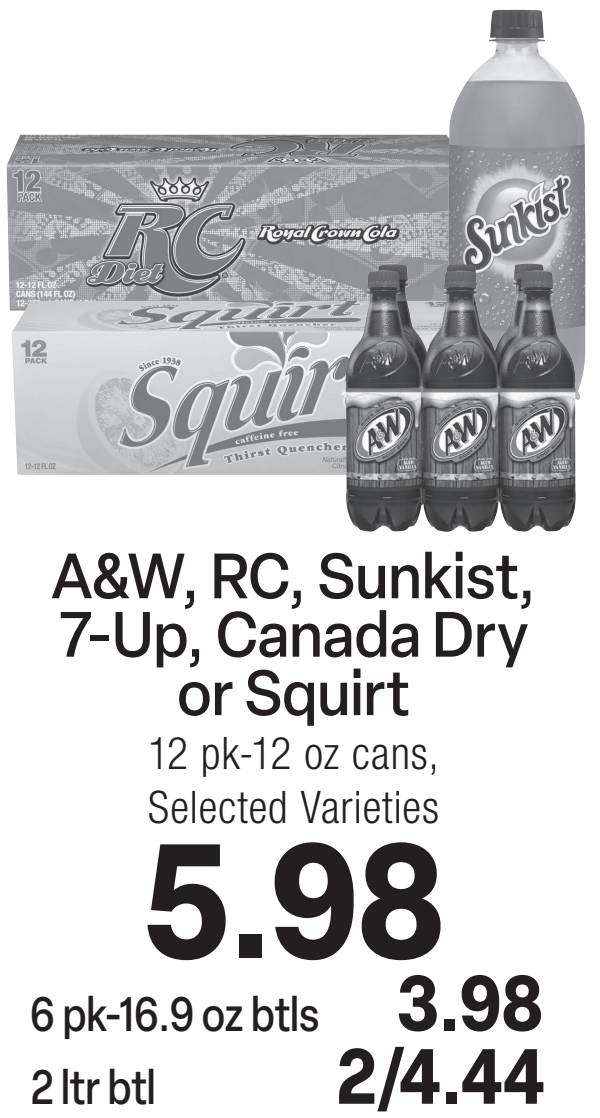
Wildcraft  
Smoked  
Chicken Parts

**2.29** lb



Country Hearth  
Cracked  
Wheat Bread  
24 oz loaf

**3.19**



A&W, RC, Sunkist,  
7-Up, Canada Dry  
or Squirt  
12 pk-12 oz cans,  
Selected Varieties

**5.98**  
**3.98**  
**2/4.44**

6 pk-16.9 oz btls  
2 ltr btl



Powerade  
8 pk-20 oz btls  
Body Armor  
6 pk-20 oz btls

**5.98**



Lakeland  
Jumbo Hot Dog  
or Hamburger  
Buns  
12 ct pkg

**3.59**