



Pequot Lakes SUPERVALU

Quality • Service • Freshness • Count on us!

Store Hours:
7 a.m. to 10 p.m.



Blackberries or
Raspberries

6 oz pkg

2/\$6



Farmer's Promise
Russet Potatoes

5 lb pkg

1.99

BEEF STAMPEDE



80% Lean
Ground Beef

Fresh, Family Pack

4.99_{lb}



Boneless
Chuck Roast

USDA Choice Angus Beef

6.99_{lb}



Boneless
New York Strip Steak

USDA Choice Angus Beef

11.99_{lb}



Boneless
Bottom Round Steak

USDA Choice Angus Beef

6.99_{lb}



Dannon
Greek Oikos or
Remix Mix-Ins Yogurt

4.5-5.3 oz cup,
Selected Varieties

4/\$5



Silk Milk

32 oz btl Creamer
or 59-64 oz Milk,
Selected Varieties

2/\$7



Oscar Mayer
Fun Pack
Lunchables

8.9-10.7 oz pkg,
Selected Varieties

2/\$4



Campbell's
Condensed
Soup

10.5-11.75 oz can,
Selected Varieties

3/\$4



Creamette
Pasta

12-16 oz box,
Selected Varieties

5/\$5



Stouffer's
Entrées

8.375-12.75 oz pkg,
Selected Varieties

3/\$8



Frito Lay
Party Size Chips or
Tostitos XXL Queso

6-18 oz bag or 23- 24 oz jar,
Selected Varieties

2/8.88

X509 SUPER COUPON X500 REDEEMABLE COUPON RV0150



Essential Everyday
Saltines

16 oz box,
Selected Varieties

1.49



Limit one with this coupon.
Limit one coupon per family.
Prices effective Sun., September 7
thru Sat., September 13, 2025.
Valid only at Pequot Lakes SuperValu.



Hershey's
Snack Size Candy

10.35-11.6 oz pkg,
Selected Varieties

2/8.88

RETAILER: Return to UNFI COUPON SERVICES
via UNFI Redemption Form

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**Pequot Lakes
SUPERVALU**

30581 Patriot Avenue
Pequot Lakes, MN 56472
Crow Wing
(218)568-5001

www.pequotlakessupervalu.com

Like us on Facebook



All items may not be available at all stores.
We reserve the right to limit quantities.

QUANTITY RIGHTS RESERVED. NOT RESPONSIBLE
FOR TYPOGRAPHICAL OR PICTORIAL ERRORS.

PRICES EFFECTIVE SEPTEMBER

SUN	MON	TUES	WED	THUR	FRI	SAT
7	8	9	10	11	12	13

BAKED GOODS

ALL ITEMS NOT AVAILABLE
AT ALL LOCATIONS.

DELI FRESH



French Bread

Bakery Fresh

2.49_{ea}



Kretschmar Turkey off the Bone

Deli Fresh

8.99_{lb}



Coleslaw, Potato or Macaroni Salad

Deli Fresh

3.49_{lb}



J. Skinner Danish Strips

14 oz pkg, Selected Varieties

3.99



Apple or Dutch Apple Pie

8 inch, Selected Varieties

5.99



Curt's Salsa

16 oz pkg, Selected Varieties

4.99



CT Bakery Mini Donuts

6 ct pkg, Selected Varieties

3.99



Kaukauna Spreadable Cheese

6.5 oz pkg, Selected Varieties

3.99



Stacy's Pita Chips

7.33 oz pkg, Selected Varieties

3.99

FROZEN & DAIRY



Bellatoria Personal Size or Roma Pizza

5.67-7.8 oz Bellatoria or 10.54-11.05 oz Roma, Selected Varieties

3/9.99



Essential Everyday Garlic Bread, Breadsticks or Texas Toast

10-16 oz pkg, Selected Varieties

2.89



Essential Everyday Natural Sliced Cheese

6-8 oz pkg, Selected Varieties

2/\$5



Hot Pockets Sandwiches

4 ct pkg, Selected Varieties

2/\$9



Mr. Dell's Hash Browns

24-32 oz pkg, Selected Varieties

3.99



Essential Everyday Grated Parmesan Cheese

8 oz cnstr, Selected Varieties

3.69



Shoppers Value Ice Cream

128 oz pail, Selected Varieties

6.88



Frigo CheeseHeads String Cheese

24 oz pkg, Selected Varieties

7.99



Essential Everyday Cottage Cheese

24 oz tub, Selected Varieties

3.49

HOUSEHOLD GOODS



Tide Laundry Liquid

117-132 oz Btl Liquid or 45-76 ct Pods, Selected Varieties

19.99



Dawn Powerwash Dish Spray or EZ Squeeze Dish Soap

16-22 oz btl, Selected Varieties

3.99



Essential Everyday Designer Plates, Bowl

24-54 ct pkg, Selected Varieties

2.99



Essential Everyday Awesome Paper Towels

2 ct roll

3.29



Essential Everyday Ultra Bath Tissue

6 ct Mega Rolls, Selected Varieties

7.99



Essential Everyday Aluminum Foil

50-75 sq ft roll

4.29



Essential Everyday Storage and Freezer Bags

10-20 ct box, Selected Varieties

2/\$5



Essential Everyday Lawn and Leaf Bags

10 ct pkg

3.99



Essential Everyday Facial Tissue

4 ct pkg

6.99



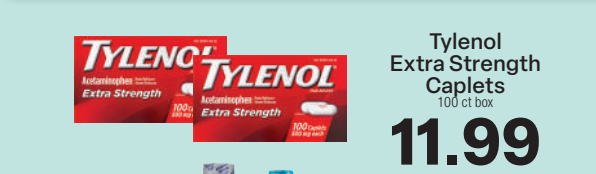
Energizer AA or AAA Batteries

8 ct pkg, Selected Varieties

9.49

HEALTH & BEAUTY

PET



Tylenol Extra Strength Caplets

100 ct box

11.99



Act Anticavity Adult or Kids Rinse

16.9-18 oz btl, Selected Varieties

4.49



Depend Underwear, Briefs, Bed Protection, Guards, Shields or Poise Pads

12-58 ct Depend or 22-114 ct Poise, Selected Varieties

16.99



Colgate Total, Max Toothpaste or Optic Toothbrush

3.3-6.3 oz Toothpaste, 1 ct Toothbrush or 4.6 Paste, Selected Varieties

3.99



Equaline Cotton Swabs

375 ct pkg

2.49



Old Spice Body Wash

16-24 oz btl, Selected Varieties

5.99



Essential Everyday Cat Litter

14 lb jug, Selected Varieties

6.99

GROCERY SPECIALS



Essential Everyday
Family Size Soup

26 oz can,
Selected Varieties

2/\$5



Essential Everyday
Snack Pudding

4 ct pkg,
Selected Varieties

99¢



Old Dutch Party Pack,
Popcorn, Tortilla, Pretzel or
Super Size Potato Chips

14.5-15 oz Party Pack, 15 oz Super Size, 17-20 oz Tortilla Chips,
12 oz Popcorn, 13-14 oz Pretzels, Selected Varieties

2/\$10



Kellogg's
Zesta or Krispy Saltine
or Cracker Packs

11 oz Packs or 16 oz box Saltines,
Selected Varieties

3.29



Kellogg's
Pop-Tarts

8 ct box,
Selected Varieties

2/\$5



Keebler
Cookies Family Size

14.6-17.3 oz pkg,
Selected Varieties

2/\$8



Green Mountain,
McCafe or
Donut Shop Coffee

12 oz bag or 10 ct K-Cups, Selected Varieties

5.99



Essential Everyday
Apple Juice

64 oz btl,
Selected Varieties

2/\$5



Heinz
Homestyle Gravy

12 oz Heinz,
Selected Varieties

2/\$5



Prego
Pasta, Alfredo, or
Pesto Sauce

45 oz Pasta, 22 oz Alfredo, or 8 oz Pesto,
Selected Varieties

3.99



Cheetos
Mac 'N Cheese

2.11-2.32 oz cup or 5.6-5.9 oz box,
Selected Varieties

4/\$5



Essential Everyday
Rice Cakes

12 ct pkg,
Selected Varieties

2/\$5



Essential Everyday
Rice Crisps

6.06-7.04 oz bag,
Selected Varieties

2.99



Kellogg's
Rice Krispies Treats

40 ct box

10.99



Hershey's
Snack Size Candy Bars

8 ct pkg,
Selected Varieties

2/4.44



Voortman
Wafer Cookies

10.6 oz pkg,
Selected Varieties

2.99



Mars
Single Candy Bar

1.35-2.17 oz pkg,
Selected Varieties

4/\$5



Nutella
Hazelnut Spread

13 oz jar

3.99

TACO NIGHT Savings



Essential Everyday
Flour Tortillas

10 ct pkg,
Selected Varieties

2/\$4



Ortega Salsa, Taco Sauce,
Taco Dinner Kit or Shells

16 oz jar Salsa or Sauce,
12 ct Dinner Kit or 12-18 ct Shells,
Selected Varieties

2/\$6



Essential Everyday
Taco or Picante Sauce
or Salsa

16 oz jar,
Selected Varieties

2/\$5



Essential Everyday
Tomatoes

28 oz can,
Selected Varieties

2/4.44



Essential Everyday
Refried Beans

16 oz can,
Selected Varieties

3/\$4



Essential Everyday
Diced Green Chilies or
Jalapeno Peppers

4 oz can

3/\$4



Essential Everyday
Taco Seasoning Mix

1.25 oz pkg,
Selected Varieties

4/\$3

FRESH MEAT & SEAFOOD

BEEF STAMPEDE



Boneless
Chuck Steak
USDA Choice Angus Beef

8.99lb



Boneless
Rump Roast
USDA Choice Angus Beef

6.99lb



Sirloin
Ball Tip Steak
USDA Choice Angus Beef

9.99lb



Bone-In
Beef Short Ribs
USDA Choice Angus Beef

7.99lb



Boneless
Center Cut
Pork Loin Roast
Fresh

2.79lb



Boneless
Center Cut
Pork Loin Chops
Fresh

2.99lb



St. Louis Style
Pork Ribs
Previously Frozen

3.99lb



Just Bare
Chicken Thighs
or Drumsticks
20 oz pkg, Fresh, All Natural

2/\$7



Hebrew National
Beef Franks
9.43-12 oz pkg,
Selected Varieties

4.99



Nathan's
Pretzel or Bagel Dogs
16 oz pkg,
Selected Varieties

7.99



Land O' Frost
Premium Lunchmeat
20-22 oz pkg,
Selected Varieties

8.99



Hormel
Seasoned Pork
Shoulder Roast
1.5 lb pkg,
Selected Varieties

4.49



Sugardale
Sliced Bacon
12 oz pkg,
Selected Varieties

3.99



Essential Everyday
Boneless Skinless
Chicken Breasts
3 lb bag, Individually Quick Frozen

11.99



Arctic Shores
Tilapia Fillets
16 oz pkg

\$5.99



Louis Kemp
Imitation Seafood
8 oz pkg,
Selected Varieties

2/\$4

FARM FRESH PRODUCE



Dole
Chopped
Salad Kits
10.3-12.3 oz bag,
Selected Varieties

3.99



Baby Bella
Mushrooms
Whole or Sliced
8 oz pkg

2/\$4



Cucumbers
or Green
Bell Peppers
Fresh

3/\$2



Whole
Cantaloupe
Ripe, Jumbo

2.99



Iceberg
Lettuce
Crisp

1.99



Dole
Celery
Crisp

1.59



First Kiss
Apples
First of the Season

1.99lb



Grape
Tomatoes
pint

2.99

FLORAL

All items not available
at all locations.



Mums Vyrom
Sunflower
4.5 inch

5.99



Timeless
Treasure
Bouquet

7.99

18120 SUPER COUPON



Coke
Products
12 pk-12 oz cans,
Selected Varieties

2/\$12

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Coke
Products
6 pk-16.9 oz btls,
Selected Varieties

2/\$8



Chippewa
Water
24 pk/16.9 oz btls

6.99



7-Up, Squirt, A&W
Root Beer, RC Cola,
Sunkist or Canada
Dry Products
12 pk/12 oz cans,
Selected Varieties

2/\$12



Country Hearth
English Muffin Bread
24 oz loaf

3.79



Frescodos
Corn Tortilla
White or Yellow

2/\$3

COUPON SAVINGS

X501

STORE COUPON



**Buddig Original
Thin Sliced
Lunch Meat**
2 oz pkg,
Selected Varieties

4/\$3



Customer must purchase four.
Limit four with this coupon. Limit one coupon per family.
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X502

STORE COUPON



**Smithfield
Breakfast or
Roll Sausage**
12-16 oz pkg,
Selected Varieties

2/\$7



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X503

STORE COUPON



**Essential Everyday
Sour Cream**
16 oz tub,
Selected Varieties

2/\$4



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X504

STORE COUPON



**Stone Ridge
Creamery
Ice Cream Bars**
6-12 ct pkg,
Selected Varieties

3.99



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X505

STORE COUPON



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

2/\$4



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X506

STORE COUPON



**Essential Everyday
Cookies**
8.5-13 oz pkg,
Selected Varieties

2/\$6



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X507

REDEEMABLE COUPON

RV0100



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

2/\$6

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GOOD ONLY AT
UNFI SUPPLIED STORES



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X508

REDEEMABLE COUPON

RV0200

**SAVE \$2.00**

INSTANTLY WHEN YOU
PURCHASE ANY FOUR (4)
PARTICIPATING POST
CONSUMER BRANDS CEREALS,
OATMEAL, PEANUT BUTTER,
DOG & CAT FOOD WITH COUPON

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**Malt-O-Meal
Family Size
Cereal**
22-30 oz pkg,
Selected Varieties

4.49

**Better Oats
Oatmeal**
9.8-15.1 oz box,
Selected Varieties

2/\$6

**Post
Honey Bunches
of Oats**
11-12 oz box,
Selected Varieties

2/\$5

**Peter Pan
Peanut Butter**
16.3 oz jar,
Selected Varieties

2/\$5

**DON'T FORGET ABOUT YOUR
FURRY FRIENDS!**



**Rachael Ray Nutrish
Dog Food**

13-14 lb bag, Selected Varieties

22.99

**9 Lives
Cat Food**

4 pk, 5.5 oz cans,
Selected Varieties

2/\$5