

THU
30

EAT MORE WELL.

An illustration featuring a vampire with pale skin, yellow eyes, and a red cape, a witch in a black hat and dress riding a broom, and a carved jack-o'-lantern. The word 'COM' is partially visible on the left.



13.1-22.29 oz
pkg



200 c
nka



We reserve the right to limit sales to 1 per family. Prices effective this store only. Not responsible for typographic errors.
Some pictures are for design purposes only and do not necessarily represent items on sale.

WEEKLY SALES!

Parboiled or Brown

**Carolina
Extra Long Grain
Regular**

\$5.99

5 lb
bag



Light, Rich & Hearty, Reduced Sodium, or

**Progresso
Traditional &
Classic
Soups**

2/\$5

18 -19 oz
can



**Froot Loops, Corn
Pops & Apple
Jacks
Kelloggs
Corn Flakes,
Frosted Flakes**

\$4.99

8.8 - 12 oz
box



**Seven Farms
Organic Ketchup**

\$2.49

20 oz
btl



in Oil or Water

**Bumble Bee
Solid White Tuna**

4/\$6

5 oz
can



16 oz Bread/Butter & Kosher
Stackers or Assorted

**Vlasic
Bread/Butter Chips &
Dill Spears**

\$3.99

24 oz
jar



Butter Flavor, Grilling or

**Pam
Original
Cooking Spray**

\$4.99

5 -6 oz
can



Assorted Varieties
Great For Dipping
**Kens Steak House
Dressing, Topping
& Spread**

\$4.49

24 oz
btl



6.2-6.5oz Pesto or
Assorted Varieties of
**Barilla
Pasta Sauce**

\$3.49

24 oz
jar



Canola, Corn, Best
Blend or
**Wesson
Vegetable
Oil**

\$4.99

40 oz
btl



Plain or Iodized

**Red Cross
Salt**

99¢

26 oz
canister



Assorted Varieties

**New York
Texas Toast
Croutons**

\$1.99

5 oz
pouch



**Nescafe
Clasico Instant
Coffee**

\$3.49

1.7 oz
jar



Assorted Varieties

**Pearl Milling
Company
Pancake Mix**

2/\$6

16 oz
box



Assorted Varieties

**Pearl Milling
Company
Pancake Syrup**

2/\$6

12 oz
btl



Assorted Varieties, Fruit
Fusion or
**Quaker
Steel Cut & Protein
Instant Oatmeal**

\$5.99

8.4-13.44 oz
box



**Golden Blossom
Honey**

\$4.99

12 oz
btl



25 oz Japanese Style
Panko, or
**4C
Plain & Seasoned
Bread Crumbs**

\$5.49

46 oz
canister



**McCormick
Organic
Vanilla Extract**

\$7.99

2 oz
btl



Assorted Varieties

**Cheez-It
Crackers**

2/\$6

6 - 7 oz
box



Assorted Flavores
+dep.w/apptc.
**San Pellegrino
Sparkling Drinks
6 pk**

\$5.99

11.15 oz
cans



or, Manzanita
**Schweppes, Crush,
Dr Browns, Country
Time
2 Ltr**

2/\$5

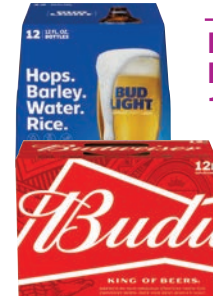
+ dep.
67.6 oz btl



**Budweiser
Regular or Light
12 Pack**

\$16.99

12 oz
cans/btls



NON-FOODS!

Assorted Varieties

**Febreze
Fabric Refresher**

\$6.99

23.6 oz
btl



Original or Apple

**Dawn
Ultra Dish
Liquid**

\$2.99

18 oz
btl



Assorted Varieties

**Mr. Clean
Liquid Multi Surface
Cleaner**

\$3.99

23 oz
btl



Fresh Scent or Lemon

**Cascade
Complete
Action Pacs**

\$5.99

16 ct
pkg



Spring Meadow, Original,
Free & Gentle, Oxi
**Tide
Liquid Pods
Detergent**

\$5.99

11-13 oz
pouch



Ultra Soft or Ultra Strong

**Charmin
Bath Tissue
4 pk**

\$8.99

208 -224 ct
rolls



Plus, Plus with Vicks, or
Ultra Soft

**Puffs
Facial Tissue
Cube**

2/\$3

48 - 56 ct
box



Assorted Varieties

**Renuzit
Adjustable
Air Fresheners**

2/\$3

7 oz
cntr



Assorted Varieties

**Carefree
Pantiliners**

2/\$3

20 ct
pkg



DAIRY

20g Protein or
Chobani
Flip Style
Greek Yogurts
4.5 - 6.7 oz
cup
2/\$3



Assorted Varieties
Pure Leaf
Iced Tea
59 oz
carafe
2/\$5



Assorted Varieties
Almond Breeze
Almond Milk
52 -64oz
crtn
\$3.99



Regular or Light
Daisy
Cottage Cheese,or
Squeeze Sour Cream
14-16 oz
ctnr
2/\$6



Assorted Varieties
Borden
Chunk,Shredded or
Sliced Cheeses
5 -8 oz
pkg
2/\$6



Sabra
Classic or
Spicy
Guacamole
7 oz
cup
\$2.99



Assorted Varieties
Chobani
Greek Yogurt
Drinks
7 oz
btl
2/\$5



Assorted Varieties
Brown Cow
Yogurt
32 oz
cntnr
\$3.99



Beef Brisket, Beef Short
Rib or Pulled Pork
RANA
Protein Filled
Ravioli
8 oz
pkg
\$4.99



10oz Probiotic Protein
Smoothies or Assorted
Stonyfield
Organic
Kids Yogurt
3.5 oz
pouch
2/\$3.49



Assorted Varieties
Dole
Tropical
Blends
52 oz
crtn
\$3.99



Salted or Unsalted
Breakstone's
Butter Quarters
16 oz
pkg
\$4.99



Assorted Varieties
Melts, Kid Builder,or
Borden
Regular & Fat Free
Cheese Singles
10.67 -12oz
pkg
2/\$6



Sweet and
Unsweetend
Café Bustelo
Espresso
Style Coffee
40 oz
btl
\$5.99



14.1oz Pie Crust,&
Assorted Varieties
Pillsbury
Ready-To-Bake
or Slice & Bake Cookies
16 -16.5 oz
pkg
\$3.99



Philadelphia
Cream
Cheese
16 oz
tub
\$7.99



FROZEN

Mac,Bowl or Melt Full,
French Bread Pizza,Sides or
Stouffer's
Frozen
Meals
6.5-16 oz
box
\$3.99



Texas Toast or Breadsticks
New York
Garlic
10.5-11.25 oz
box
\$3.49



Oven Reds, Onion Rings,
Hash Brown, or Assrtd Var
Alexia
Fries
13.5-28 oz
pkg
\$5.99



Assorted Varieties of
Belgian Style Waffles and
Eggo
Protein Waffles and
Pancakes
7.76-14.8 oz
box
\$5.49



Assorted Varieties of
Saus'ge, F'sh, Bowls or
Gardein
Ultimate Plant
Based Chick'n
14 - 15 oz
pkg
\$7.99



Assorted Varieties
So Delicious
Novelty
Ice Cream
9.2 - 18.4 oz
pkg
\$5.99



WORLD OF CHEESE

Assorted
Finlandia
Premium
Cheese Slices
7 oz
\$5.99



Assorted
Sartori
Cheddars
5.3 oz
\$5.99



Thumanns Virginia
Ham
per lb
\$9.99



Thumanns Sliced
Swiss Cheese
LB
\$7.99



Jarlsberg
Swiss Cheese
8 oz
\$7.99



Smoked
Holland Gouda
8 oz
\$4.99



Assorted Varieties
Vermont
Creamery - Goat
Cheese Logs
4-oz
\$4.99



Thumanns Smoked
Turkey
per lb
\$10.99



Store Made - Roast
Beef
per lb
\$14.99



FRESH MEAT!



PREMIUM
SHELL STEAK

\$15⁹⁹

PER LB



PREMIUM
NEW YORK STRIP STEAK

\$16⁹⁹

PER LB



PREMIUM
HANGER STEAK

\$15⁹⁹

PER LB



BONELESS CENTER CUT
PORK CHOP THICK SLICED

\$3⁹⁹

PER LB



D'ARTAGNAN - GREEN CIRCLE
FARMS - CHICKEN THIGHS

\$4⁹⁹

PER LB



CORNISH HEN

\$3⁹⁹

PER LB

SEAFOOD



JUMBO SHRIMP
U16 - PEELED
& DEVEINED

\$13⁹⁹

PER LB



WILD CAUGHT
SWAI (BASA) FILLET

\$4⁹⁹

PER LB



WILD CAUGHT
TUNA STEAK

\$10⁹⁹

PER LB



ACME TOGARASHI
SMOKED SALMON

\$8⁹⁹

3 OZ

FRESH PRODUCE



ORGANIC
FUJI APPLES

\$2²⁹

PER LB



ORGANIC
RED ONIONS

\$1⁹⁹

LB



HOUSE FOODS
MEDIUM FIRM TOFU

\$2²⁹

14 OZ



CONVENTIONAL
LEMONS

2/\$1

EACH



CONVENTIONAL
SPINACH BUNCH

2/\$5

EACH



CONVENTIONAL
YELLOW ONIONS

89¢

LB

PREPARED FOODS



JAPANESE
GRILLED CHICKEN SALAD

\$7⁹⁹

16 OZ



GRILLED
BLACKENED SHRIMP

\$10⁹⁹

10.4 OZ



TORTELLINI
ALA VODKA

\$7⁹⁹

16 OZ



UMAMI GARLIC
BONELESS CHICKEN BITES

\$7⁹⁹

12 OZ