

WE GUARANTEE YOU THE LOWEST TOTAL FOOD PRICES IN AREA.

QUANTITY RIGHTS RESERVED

WE ACCEPT FOOD STAMPS

Hunt's
KETCHUP

32 OZ.

89¢

SHAWNEE'S
FLOUR

5 LB. BAG



89¢

MRS. FILBERT'S
GOLDEN
QUARTERS

1 LB.



59¢

5¢



BONE-IN
SIRLOIN
STEAK
USDA CHOICE

\$2.49
LB.

USDA CHOICE

T-BONE
STEAK

\$2.79
LB.



BONELESS
NEW YORK

STRIP
STEAK

\$3.99
LB.

USDA CHOICE WESTERN BEEF SALE

BONELESS WHOLE NEW YORK STRIP	12 TO 14 LB. AVG.	\$2.99 LB.
BONE-IN SHOULDER STEAK		\$1.39 LB.
BONELESS BEEF STEW		\$1.99 LB.
HOBES BRAND COUNTRY HAM PORTIONS \$1.19 LB.		
SMITHFIELD SLICED BACON	1 LB. PKG.	\$1.39
TABLERITE ALL MEAT FRANKS	12 OZ. PKG.	99c
TABLERITE SLICED BOLOGNA	1 LB. PKG.	\$1.39
STREAK-O-LEAN CHUNK		89c LB.
FLANDER'S BEEF PATTIES	5 LB. BOX	\$4.99
SMOKED HAM HOCKS		59c LB.
JACKSON'S FRESH LINK PORK SAUSAGE		\$1.39 LB.



FRESH PRODUCE

CALIFORNIA CRISP
LETTUCE

3 HEADS / \$1

RED RIPE TOMATOES 59¢ LB.

SMALL FANCY CUCUMBERS 5 CUKES / \$1

LARGE GREEN PEPPERS 5 PODS / \$1

FRESH MUSHROOMS 8 OZ. 99¢

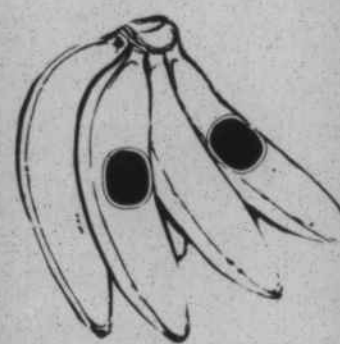
U.S. NO. 1 WHITE POTATOES 5 LB. BAG 99¢

PREMIUM BANANAS 3 LBS. / 99¢

D'ANJOU PEARS 49¢ LB.

RED DELICIOUS APPLES BULK 29¢ LB.

CRISP GREEN BROCCOLI BUNCH \$1.19



ONEY POD PEAS 9¢ 303 CAN
Y CUT BEANS 9¢ 303 CAN
HOLE KERNEL CORN 89¢ 303 CAN
Y CREAMSTYLE CORN 89¢ 303 CAN



WHIP
PING 9¢ 8 OZ.

WHITE CLOUD BATHROOM TISSUE

\$1.59

6 ROLL PKG.



ZUCCHINI WITH MUSHROOMS

1 tablespoon lightly salted butter or margarine
2 medium-size zucchini, about 5 ounces each, coarsely grated
1/4 pound fresh mushrooms, coarsely chopped, about 1 cup
1/4 teaspoon salt
1/4 teaspoon ground pepper

In medium-size skillet heat butter over moderate heat. When melted, stir in remaining ingredients and cook 4 to 5 minutes, stirring frequently, until vegetables are crisp-tender. Makes about 1 1/2 cups, 2 servings.
Per serving: 91 calories, 3 grams protein, 6 grams fat, 8 grams carbohydrate.