

Quality, Variety and Freshness at Winn-Dixie from...

PRICES GOOD WED. MARCH 5 THRU TUESDAY MARCH 11, 1986.



©WINN-DIXIE STORES, INC.

PORK Sale!

Here at Winn-Dixie, we take pride in our pork because we know it's of extra special quality. Quality that comes from western corn feed pork...the best you can buy and the only kind we sell at Winn-Dixie



14-17 lb. avg.
Pinky Pig Brand Fresh Whole or Rib Half

Pork Loins **1.18**
lb.

(Cut into roast, chops, trimmings and wrapped free!)

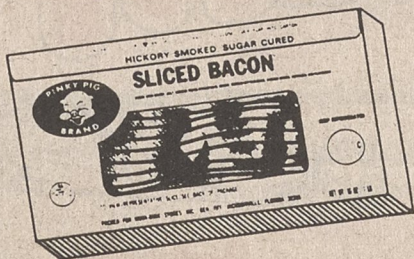
Pinky Pig Brand Fresh Pork (Full 1/4 Loin) Assorted Chops **1.49**
lb.



Pinky Pig Brand Fresh Pork
5 Rib Chops
5 Sirloin Chops
Economy Chops **1.39**
lb.

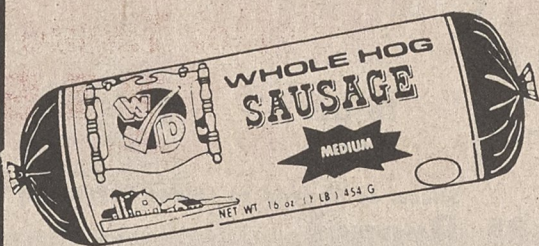


5-8 lb. avg.
Fully Cooked Whole Boneless Hickory Sweet Buffet Ham **1.89**
lb.



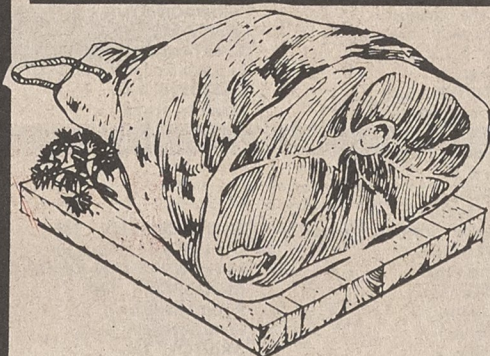
1 lb. pkg. ...1.49

Pinky Pig Sliced Bacon **1.19**
12 oz. pkg.



2 lb. pkg. mild...2.97

W-D Brand Hot, Medium or Mild Whole Hog Sausage **1.49**
1 lb. pkg.



Full Butt Half ...lb. 1.28

16-18 lb. avg. (No center slices removed) Full Shank Half or Whole Smoked Ham **1.18**
lb.



2 lb., 3 lb., 5 lb., or 10 lb. pkgs.

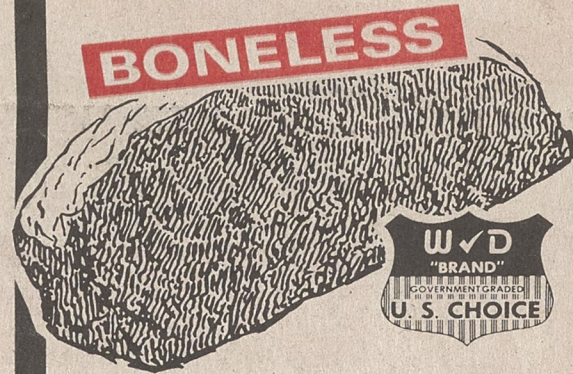
W-D Handi-Pak

Ground Beef

1 lb. pkg. .98

lb. **.88**

We Sell Only U.S. Choice Beef!



W-D Brand U.S. Choice Top Round Roast **2.49**
lb.

MEAT NUTRI-FACTS

ONLY 166 calories PER 3 OUNCE BROILED, TRIMMED SERVING



Beef Top Round Steak **2.69**
lb.

NUTRITION INFORMATION PER COOKED SERVING		TOTAL RECOMMENDED DIETARY INTAKE	
		%	
*CALORIES	166	8	
*TOTAL FAT	5.9g	9	
*CHOLESTEROL	72mg	24	
*SODIUM	52mg	2	
*PROTEIN	26g	59	
*IRON	2.4mg	14	
*ZINC	4.7mg	32	
*THIAMIN	.12mg	8	
*NIACIN	4.7mg	23	
*B-12	2.6mcg	43	

*Based on standards of comparison 2000 calories per day is the midpoint of the recommendation by the National Academy of Sciences for women ages 25-51. National Academy of Sciences also recommends a maximum of 3300 mg of sodium per day. The American Heart Association recommends not more than 30% of calories from fat and no more than 300 mg of cholesterol per day. *Based on % U.S. Recommended Daily Allowances. Data based on USDA Research.



W-D Brand U.S. Choice Boneless London Broil Steak **2.89**
lb.

- London Broil Steak (about 1 1/2 lbs.)
- 3 T. oil
- 1 t. pepper
- 1/4 t. basil
- 1 clove garlic (mashed)

Try this London Broil Recipe!

Pierce meat with fork. Mix ingredients in a shallow pan, turn steak to coat. Let stand 30 minutes, stirring occasionally. Broil about 5 minutes each side, basting often with marinade. Carve into very thin diagonal slices. Salt as desired. Makes 5 to 6 servings.

WINN  DIXIE

America's Supermarket™