

KNOWLAN'S

FRESH FOODS



SAVE up to \$5 lb

USDA Choice Black Angus Beef **Premium T-Bone Steak**
Porterhouse Steak

7.99 LB
8.99 LB



SAVE \$1 lb

USDA Choice Black Angus Beef **Premium Boneless Chuck Roast**

4.99 LB



Mummy Meatloaf

SAVE \$1.20 lb

Our Own Fresh Made **Mom's Meatloaf**

4.49 LB

PRODUCE PICKS



Fresh Raspberries
6 oz

2/\$5



Haralson Apples

1.49 LB

BAKERY BITES



SAVE \$1.50

Fresh Bakery Apple Turnovers
4 count

2.99



Taste of Scandinavia Hamburger Buns
8 count
White or Wheat

2.49

OUR KITCHEN



SAVE \$1 lb

Fresh Sliced Off the Bone Ham **6.99** LB
Turkey **7.99** LB



SAVE \$4.59

BUY ONE FIESTA TACO DIP TRAY GET ONE 16 OZ BAG OF EL MILAGRO TORTILLA CHIPS

FREE
NO COUPON NECESSARY

EVERYDAY GROCERY VALUES



General Mills Super Size Cereal
Honey Nut Cheerios 21.6 oz,
Lucky Charms 20.5 oz or
Cinnamon Toast Crunch 20.25 oz

3.49

Crystal Farms Chunk or Shredded Cheese
6-8 oz, Selected Varieties

2/\$5

Old Home Cottage Cheese
22-24 oz, Selected Varieties

3.49

PLU #534

SAVE \$10.99

Brew Pub Lotzza Motzza Pizza
12 inch
Selected Varieties
BUY ONE GET ONE FREE

with coupon. Limit one offer per coupon and one coupon per family. Valid 10/22/14 - 10/28/14.

PLU #535

Pepsi Products
12/12 oz Cans,
6/24 oz Bottles or
8/12 oz Bottles
Selected Varieties
3/\$12

Must buy three with coupon. Limit one offer per coupon and one coupon per family. Valid 10/22/14 - 10/28/14.