

KNOWLAN'S

FRESH FOODS

knowlansfreshfoods.com

Proudly Serving the Community
Since 1905

The Filet Mignon of Pork



SAVE \$1.30 lb

Fresh All Natural Pork Tenderloin

3.99 LB



Add to the List! Fresh Bakery Buns

USDA Choice Black Angus Beef Premium 85% Lean Ground Round

4.49 LB

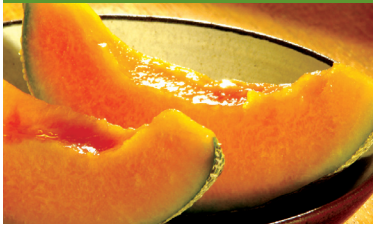


SAVE \$2

Fresh, Seasoned Boneless Skinless Chicken Breast Fillets 1.5 lb, Selected Varieties

5.99

PRODUCE PICKS



Juicy Cantaloupe

2/\$5



Sweet Corn

49¢ EA

BAKERY BITES



SAVE \$1.50

Fresh Bakery Apple Turnovers 4 count

2.99



Taste of Scandinavia

Butter Cinnamon Pull Apart 8 inch Square Pan

3.99

OUR KITCHEN



SAVE \$2 lb

Kretschmar Fresh Sliced Off The Bone Smoked or Honey Ham

5.99 LB



SAVE \$1 lb

Our Own Italian Rotini Salad

3.99 LB

EVERYDAY GROCERY VALUES



Essential Everyday Butter 1 lb Quarters with Salt

2.69



Wild Harvest Organic Extra Virgin Olive Oil 17 oz

4.99



Weight Watchers Smart Ones Entrée 9-10.25 oz, Frozen Selected Varieties

1.99



Angel Soft Toilet Paper 12 Double Rolls or Sparkle Paper Towels 8 Regular Rolls, Prints

2/\$10