

KNOWLAN'S

FRESH FOODS

Proudly Serving the Community
Since 1905



SAVE \$5 lb

USDA Choice Premium Boneless New York Strip Steak **8.99** LB



SAVE \$4

Wild Cold Water Lobster Tail **4.99** 4 oz, Frozen



SAVE \$1.50 lb

Air Chilled Boneless Skinless Chicken Breast **5.99** LB



PLU #514

Always Tender Boneless Pork Loin Filet 1.5 lb, Selected Varieties



BUY ONE GET ONE FREE

with coupon. Limit one offer per coupon and one coupon per family. Valid 05/04/16 - 05/10/16.

PRODUCE PICKS



Fresh Express Baby or Base Blend Salad Mix 5-11 oz Selected Varieties **BUY ONE GET ONE FREE**



with coupon. Limit one offer per coupon and one coupon per family. Valid 05/04/16 - 05/10/16.



Fresh Strawberries **2/\$5** 16 oz

BAKERY BITES



SAVE up to \$1.50

Fresh Bakery Cinnamon Rolls 6 count Selected Varieties **2.99**



Taste of Scandinavia Jumbo Blueberry Muffins 2 count **2.49**

OUR KITCHEN



SAVE \$3 lb

Fresh Sliced Oven Browned Turkey Breast **5.99** LB



SAVE \$4.59

Fiesta Taco Dip Tray 9 inch **BUY ONE FIESTA TACO DIP TRAY GET ONE 16 OZ BAG OF EL MILAGRO TORTILLA CHIPS FREE** NO COUPON NECESSARY

EVERYDAY GROCERY VALUES



Chobani Greek Yogurt 5.3 oz, Selected Varieties **5/\$5**



Crystal Farms Chunk or Shredded Cheese 6-8 oz, Selected Varieties **1.99**



Minute Maid Premium Orange Juice 59 oz, Selected Varieties **2.69**



Charmin Toilet Paper 12 Double Rolls Ultra Strong or Ultra Soft or Bounty Paper Towels 6 Big Rolls, Selected Varieties **2/\$10**

SAVE \$3.89

with coupon. Limit one offer per coupon and one coupon per family. Valid 05/04/16 - 05/10/16.

Country Hearth Cracked Wheat Bread 24 oz **BUY ONE GET ONE FREE**

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