

KNOWLAN'S

FRESH FOODS

knowlansfreshfoods.com

Proudly Serving the Community
Since 1905



BLACK SWIFT ANGUS
EST. 1885

SAVE \$4 lb

USDA Choice
Premium
Boneless
New York
Strip Steak

9.99 LB

KIKU
Fresh Apple Emotion

Sweet, Delicious
KIKU
Apples

2.69 LB



PLU #522



SAVE \$11.99

Pizza Corner
Pizza
13 inch
Selected Varieties

with coupon. Limit one offer per coupon and one coupon per family. Valid 06/22/16 - 06/28/16.

BUY ONE GET ONE
FREE

PRODUCE PICKS



Fresh
Bi-Color
Sweet
Corn

33¢ EA



Premium
Red
Seedless
Grapes

2.99 LB

BAKERY BITES



SAVE \$1

Fresh Bakery
Chocolate Chip
or M&M
Cookies
20 count

5.99



Taste of Scandinavia
Hamburger or
Hot Dog Buns
8 count
White or Wheat

2.69

OUR KITCHEN



SAVE \$2 lb

Fresh Sliced
Applewood
Smoked or
Sriracha
Turkey
Breast

6.99 LB



SAVE \$1.50 lb

Hot, Ready to Eat!
Fried
Chicken
Tenders

4.99 LB

EVERYDAY GROCERY VALUES



Essential Everyday
Dry Roasted
Peanuts
16 oz, Selected Varieties

1.99



Master
English Muffin
Toasting Bread
16 oz

1.99



Frito Lay
Doritos
9.5-10 oz
Selected Varieties

2/\$5



PLU #519

Devour
Frozen
Entrée
8-12 oz
Selected Varieties

2/\$5

Must buy 2 with coupon. Limit one offer per coupon and one coupon per family. Valid 06/22/16 - 06/28/16.



PLU #520

Coke
Products
12/12 oz Cans or
8/12 oz Bottles
Selected Varieties

3/10.99

Must buy 3 with coupon. Limit one offer per coupon and one coupon per family. Valid 06/22/16 - 06/28/16.