

KNOWLAN'S

FRESH FOODS

Proudly Serving the Community  
Since 1905



BLACK SWIFT ANGUS  
EST. 1909

USDA Choice  
Premium  
Boneless Arm  
Chuck Roast

SAVE  
\$2lb

3<sup>99</sup>  
LB



BLACK SWIFT ANGUS  
EST. 1909

USDA  
Premium  
Fresh  
85% Lean  
Ground Beef

SAVE  
\$1.30lb

3<sup>99</sup>  
LB



Fresh, All Natural  
Boneless  
Center Cut Pork  
Chops or Roast

PLU #537



BUY ONE PACKAGE  
GET ONE PACKAGE  
**FREE**  
OF EQUAL OR LESSER VALUE

with coupon. Limit one offer per coupon and one coupon per family. Valid 10/26/16 - 11/01/16.

PRODUCE PICKS



Premium  
Red, Green  
or Black  
Seedless  
Grapes

2<sup>99</sup>  
LB



Fresh Express  
Salad Mix  
Shreds! Lettuce, 8 oz  
Iceberg Garden, 12 oz  
3 Color Deli  
Cole Slaw, 16 oz

1<sup>29</sup>

BAKERY BITES



SAVE  
\$1

Fresh Bakery  
Pumpkin  
Pie  
8 inch

3<sup>99</sup>



SAVE  
\$1.50

Fresh Bakery  
Apple  
Turnovers  
4 count

2<sup>99</sup>

OUR KITCHEN



SAVE  
\$2lb

Fresh Sliced  
Off The Bone  
Pan Roasted  
Original  
or Honey  
Turkey Breast

6<sup>99</sup>  
LB



SAVE  
\$2.22

Our Own  
Fried  
Chicken  
8 Piece Bucket

7<sup>77</sup>

EVERYDAY GROCERY VALUES



Yoplait  
Light or Thick & Creamy  
Yogurt  
6 oz, Selected Varieties

10/\$5



Farm Rich  
Appetizers  
17-24 oz, Frozen  
Selected Varieties

3<sup>99</sup>



Bellatoria  
Ultra Thin Crust  
or Pan Pizza  
12 inch, Selected Varieties

3<sup>99</sup>



Thomas'  
English Muffins  
6 count, Original or  
Original Whole Grain

1<sup>99</sup>



Xtra  
Liquid Laundry  
Detergent  
75 oz, Selected Varieties

1<sup>99</sup>



BUY TWO  
M&M or Mars  
Fun Size Candy  
10.23-11.5 oz  
Selected Varieties

SAVE 75¢

Must buy 2 with coupon. Limit one offer per coupon and one coupon per family. Valid 10/26/16 - 11/01/16.

PLU #540