

KNOWLAN'S
FRESH FOODS

Proudly Serving the Community
Since 1905



Fresh, Bone-In All Natural Center Cut Pork Chops or Roast

SAVE \$2 lb

2.99 LB



100% Grass Fed Beef



92% Lean Ground Beef
16 oz

SAVE \$2.00

5.99



USDA Choice Premium T-Bone Steak

SAVE \$5 lb

7.99 LB

PORTERHOUSE STEAK 8.99 LB

PRODUCE PICKS



Fresh Strawberries
16 oz

2.99



Fresh Express Premium Salad Kit
6.3-11.7 oz Selected Varieties

2.99

BAKERY BITES



SAVE up to \$1.50

Fresh Bakery Cinnamon Rolls
6 count Selected Varieties

2.99



SAVE \$1.00

Fresh Bakery Chocolate Chip Cookies
20 count

5.99

OUR KITCHEN



Fresh Sliced Oven Roasted Chicken Breast

5.99 LB



Springtime Bowtie Salad with Spinach

5.49 LB

EVERYDAY GROCERY VALUES



Kraft Original Macaroni & Cheese
7.25 oz

\$1



Kemps Select Milk
Pint Selected Varieties

89¢



Del Monte Fruit Cups
4 pack Selected Varieties

1.99



Weight Watchers Smart Ones Entrées
6-10.25 oz Selected Varieties

1.89



La Banderita Soft Taco Flour Tortillas
10 count

2/\$3

Lakeland Hamburger or Hot Dog Buns
12 count

BUY ONE GET ONE FREE

with coupon. Limit one offer per coupon and one coupon per family. Valid 4/26/17 - 5/2/17.

SAVE \$3.89



PLU #503