

KNOWLAN'S

knowlansfreshfoods.com

FRESH FOODS

Proudly Serving the Community
Since 1905



WHILE SUPPLIES LAST

Heggies Pizza
12 inch
Selected Varieties

25% OFF USDA Fresh Premium 93% Lean Ground Beef **4.99 LB**



SAVE \$1 lb



SAVE \$1.50 lb

Fresh, Bone-In All Natural **Center Cut Pork Chops or Roast** **3.49 LB**



USDA Choice Black Angus Beef **Premium T-Bone or Porterhouse Steak** **PLU #512**
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 10/18/17 - 10/24/17.

PRODUCE PICKS



Premium Red, Green or Black Seedless Grapes **2.49 LB**

Local Premium Tote Bag Honeycrisp Apples **1.99 LB**

BAKERY BITES



SAVE up to \$1.50

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



SAVE \$1

Taste of Scandinavia Apple Crisp 10 oz **3.99**

OUR KITCHEN



SAVE \$3 lb

Fresh Sliced Off The Bone Smoked or Honey Ham **4.99 LB**



SAVE \$1.50 lb

Hot, Ready to Eat! Fried Chicken Tenders **4.99 LB**

EVERYDAY GROCERY VALUES



Minute Maid Pure Squeezed Orange Juice 59 oz Selected Varieties **2.69**



Campbell's Chicken Noodle or Tomato Soup 10.75 oz **\$1**



Master English Muffin Toasting Bread 16 oz **1.99**



Hostess Donettes 9.5-11.25 oz Selected Varieties **1.99**



La Croix Sparkling Water 12/12 oz Cans Selected Varieties **3.99**