

KNOWLAN'S
FRESH FOODS
knowlansfreshfoods.com

Proudly Serving the Community
Since 1905



SAVE
\$1.50 lb

Fresh Bone-In Split Chicken Breasts

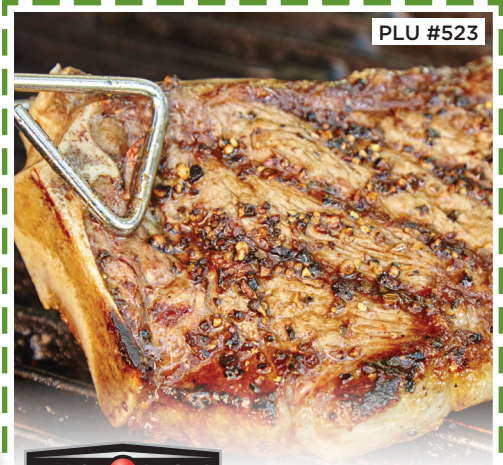
1.99
LB



Grass Run Farms 85% Lean Grass Fed Ground Beef
16 oz

SAVE
\$2

4.99



PLU #523



USDA Choice Premium Bone-In Kansas City Strip Steak

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 2/13/19 - 2/19/19.

PRODUCE PICKS



Premium Red, Green or Black Seedless Grapes

2.99
LB



Sweet Juicy Lemon Plums

3.99
LB

BAKERY BITES



SAVE
\$1.50

Fresh Bakery Apple Turnovers
4 count

3.29



taste OF SCANDINAVIA bakery & cafe
Glazed Old Fashion Donuts
6 count

4.99

OUR KITCHEN



BUY 1 LB FRESH SLICED SPIRAL RECIPE HAM GET 1 TUMAROS (11.2 OZ) LOW-IN-CARB WRAPS
FREE
NO COUPON NECESSARY



SAVE
\$4.39



Broccoli Cranberry Crunch Salad

6.99
LB

EVERYDAY GROCERY VALUES



Sargento Sliced Cheese
6.84-8 oz
Selected Varieties

2.99



Knorr Rice or Pasta Sides
3.8-5.7 oz
Selected Varieties

Limit 10

69¢



Minute Maid Premium Orange Juice
59 oz
Selected Varieties

2.69



Creamette Pasta
32 oz
Spaghetti, Vermicelli or Elbow Macaroni

1.99



Kemps Cottage Cheese
22 oz
Selected Varieties

2.99

Buon Giorno Italia Pasta Sauce

24 oz
Selected Varieties

BUY ONE GET ONE
FREE

with coupon. Limit one offer per coupon and one coupon per family. Valid 2/13/19 - 2/19/19.

SAVE
\$3.99

PLU #521

Maplewood 2720 Stillwater Rd. at Hwy. 120 • 651.739.9055

South St. Paul 225 13th Ave. S. in Southview Center • 651.455.9332

7 am - 9 pm Daily • Prices good Wed., February 13 - Tues., February 19, 2019