

KNOWLAN'S
FRESH FOODS
knowlansfreshfoods.com



Fresh Bone-In Split Chicken Breasts

SAVE \$1.50 lb

1.99
LB



SAVE \$1.30 lb

USDA Premium Fresh 85% Lean Ground Round

3.99
LB



Proudly Serving the Community
Since 1905



USDA Choice Premium Bone-In Kansas City Strip Steak

SAVE \$5 lb

7.99
LB

All Natural
RibFest



Bone-In Extra Meaty Baby Back Pork Ribs
Previously Frozen
3.49
LB



Fresh Bone-In St. Louis Style Pork Spare Ribs
3.49
LB



Bone-In Seasoned St. Louis Style Pork Spare Ribs
Memphis Sweet & Spicy or K.C. Sweet & Smoky
Previously Frozen
3.49
LB

PRODUCE PICKS



Strawberries, Raspberries or Blueberries
6-16 oz

2.77



Jumbo Cantaloupe

2/\$4

BAKERY BITES



SAVE \$1.30

Fresh Bakery Apple Turnovers
4 count

3.49



SAVE \$1

While Supplies Last

Fresh Bakery Raspberry Donut Holes
20 count

2.99

OUR KITCHEN



Southwest Chicken Taco Salad

6.29
LB



Fresh Sliced Chicken Breast
Oven Roasted, Buffalo or Herb & Garlic

SAVE \$2 lb
6.99
LB

EVERYDAY GROCERY VALUES



Old Home Cottage Cheese
22 oz
Selected Varieties

3.99



Crystal Farms English Muffins
6 count, Selected Varieties

2/\$3



Stone Ridge Creamery Ice Cream
48 oz
Selected Varieties

2/\$6



Super Chill Soda
2 liter Bottle
Selected Varieties

99¢



Keebler Toasted or Club Crackers
8-13.7 oz, Selected Varieties

2.99



Brew Pub Lotzza Motzza Pizza
12 inch
Selected Varieties

SAVE \$10.99

BUY ONE GET ONE FREE
NO COUPON NECESSARY