

KNOWLAN'S

FRESH FOODS

knowlansfreshfoods.com

Proudly Serving the Community
Since 1905



SAVE \$1 lb

Fresh Bone-In Split Chicken Breasts

2.89 LB



SAVE \$1 lb

Smithfield Fresh, All Natural Bone-In Pork Country Style Spare Ribs

2.99 LB



SAVE \$1 lb

USDA Premium Fresh Black Angus 93% Lean Ground Beef

5.99 LB



SAVE \$5 lb

USDA Choice Premium Bone-In Rib Eye Steak

13.99 LB

PRODUCE PICKS



Sugar Crunch Green Seedless Grapes

2.99 LB



Revolution Romaine 4.5 oz Selected Varieties

2.99

BAKERY BITES



SAVE up to \$1.30

Fresh Bakery Cinnamon Rolls 6 count Selected Varieties

3.69



SAVE \$1

Fresh Bakery Apple Strudel Bites 14 count

3.99

OUR KITCHEN



Heat & Serve

Our Own Calico Beans

7.49 LB



SAVE \$1

Hot, Ready to Eat!

Our Own Fried Chicken 8 piece Bucket

8.99

EVERYDAY GROCERY VALUES



Sargento Off The Block Shredded Cheese 5-8 oz Selected Varieties

2/\$5



Old Dutch Family Pack Potato Chips 9.5-10 oz Selected Varieties

2/\$5



Manwich Sloppy Joe Sauce 15-16 oz Selected Varieties

5/\$5



Hunt's Snack Pack Pudding or Juicy Gels 4 count, Selected Varieties

5/\$5



Blue Bunny Premium Ice Cream 46-48 oz Selected Varieties

BUY ONE GET ONE FREE NO COUPON NECESSARY

SAVE \$6.99



Cottonelle Toilet Paper 6 Mega Rolls or 12 Double Rolls Ultra CleanCare or Ultra ComfortCare

6.49



Red Baron Pizza 12 inch Selected Varieties

BUY ONE GET ONE FREE BUY 2 - GET 2; BUY 3 - GET 3; BUY 4 - GET 4; BUY 5 - GET 5 NO COUPON NECESSARY