

KNOWLAN'S

FRESH FOODS

Make Way for These

On the Menu



Brew Pub  
**Lotzza  
Motzza  
Pizza**

12 inch  
Selected Varieties

BUY ONE GET ONE  
**FREE**  
NO COUPON NECESSARY



BLACK SWIFT ANGUS  
EST. 1985

USDA Choice  
**Premium  
Boneless  
Beef Roast**

Chuck, Arm Shoulder,  
Rump or Sirloin Tip

Fresh  
Cut  
In-Store!

**5<sup>99</sup>**  
lb



**Black  
Label  
Bacon**

12-16 oz  
Selected Varieties

**4<sup>99</sup>**

with Knowlan's Fresh  
Foods Shopper's Club  
5.99 without Club



JUST  
Bare

**Boneless  
Skinless  
Chicken Breasts  
or Breast Tenders**

14-18 oz

**5<sup>99</sup>**



**Local  
Premium  
Tote Bag  
Honeycrisp  
Apples**

**2<sup>49</sup>**  
lb



local  
flavor

Our Own  
**Fresh  
Made  
In-Store  
Mom's  
Meatloaf**

**5<sup>99</sup>**  
lb



Customer  
Favorite

BLACK SWIFT ANGUS  
EST. 1985

USDA Choice  
**Premium  
Bone-In  
Kansas City  
Strip Steak**

**9<sup>99</sup>**  
lb



Fresh  
Cut  
In-Store!

Our Own  
**Family Size  
Pasta Entrée**

3 lb  
Spaghetti & Meatballs, Goulash or  
Penne Alfredo with Chicken

**22<sup>99</sup>**



Ready  
to Heat &  
Serve!

Crystal Farms  
**All Natural  
Shredded  
or Chunk  
Cheese**

5.5-8 oz  
Selected Varieties

**2<sup>88</sup>**



Crystal Farms  
**Premium  
Slices Deli  
Cheese**

6-8 oz Shingle Pack  
Selected Varieties

**3<sup>49</sup>**



taste OF SCANDINAVIA  
bakery & café

**Old Fashion  
Apple  
Cider  
Donuts**

6 count

**6<sup>99</sup>**



local  
flavor

Stone Ridge  
Creamery  
**Ice Cream**

48 oz  
Selected Varieties

**3<sup>49</sup>**



Old Dutch  
**Family Pack  
Potato Chips**

9.5-10 oz  
Selected Varieties

**3<sup>49</sup>**



local  
flavor