

KNOWLAN'S

FRESH FOODS

knowlansfreshfoods.com

Proudly Serving the Community
Since 1905



All Natural
Boneless
Pork Sirloin
Chops,
Roast or
Country
Style
Pork Ribs

2⁹⁹
LB



Fresh
Gourmet
Boneless
Skinless
Chicken
Breasts or
Breast
Tenders

SAVE
\$2 lb
5⁹⁹
LB



BLACK ANGUS
USDA Choice
Premium
Boneless
Beef Roast
Chuck, Arm Shoulder,
Rump or Sirloin Tip

SAVE
\$2 lb
5⁹⁹
LB



85% Lean
Grass Fed
Ground
Beef
16 oz

5⁹⁹
With Knowlan's Fresh
Foods Shopper's Club
6.99 without Club



While
Supplies
Last!
HEGGIES
PIZZA
12 inch
Selected Varieties

8⁷⁹

FRESH PRODUCE



halos
pure goodness
Clementines
2 lb Bag

3⁹⁹



Premium or
Twisted
Salad Kit
9.4-10.4 oz
Selected Varieties

3⁹⁹

BAKERY BITES



taste
OF SCANDINAVIA
bakery & cafe
Butter
Cinnamon
Pull Apart
8 inch Square Pan

4⁹⁹



Fresh Bakery
Turnovers
4 count
Selected Varieties

4⁹⁹

OUR KITCHEN



Our Own
Goulash

7⁹⁹
LB



Fresh Sliced
Black
Forest
Ham

6⁹⁹
LB

EVERYDAY GROCERY VALUES

Kemps
Sour Cream
15-16 oz Tub or
12 oz Easy Squeeze
Selected Varieties

2²⁹



Sargento
Off the Block
Shredded or
Chunk Cheese
5-8 oz
Selected Varieties

2/^{\$}6



Heinz
Ketchup
31-38 oz
Selected Varieties

4⁴⁹



Sargento
Sliced
Cheese
6.84-8 oz
Selected Varieties

2/^{\$}7



La Croix
Sparkling
Water
12/12 oz
Selected Varieties

4⁹⁹



Frito Lay
Lay's
Potato Chips
7.75-8 oz
Selected Varieties

BUY ONE GET ONE
FREE
NO COUPON NECESSARY



Maplewood 2720 Stillwater Rd. at Hwy. 120 • 651.739.9055

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

Store Hours 7 am - 9 pm Daily • Prices good Wed., January 31 - Tues., February 6, 2024

We reserve the right to limit quantities.
We are not responsible for typographical
or pictorial errors. While supplies last.