

KNOWLAN'S

FRESH FOODS

Great Food  
& Good Value!



Fresh  
Raspberries,  
Blackberries  
or Blueberries

6 oz - 1 dry pint

2<sup>99</sup>



PRAIRIE  
FRESH

USA Prime  
Fresh, All Natural  
**Bone-In  
Center Cut  
Pork Chops  
or Roast**

Including Porterhouse Thick  
or Seasoned Rib Cut

Fresh  
Cut  
In-Store!

3<sup>99</sup>  
lb



Fresh  
Boneless  
Skinless  
Chicken  
Breasts

3<sup>99</sup>  
lb



**Smithfield  
Hickory  
Bacon**

12 oz  
Selected Varieties

4<sup>99</sup>



Kemps Select  
**Chocolate  
Milk**

64 oz  
1% or 2%

2<sup>99</sup>



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

5.5-8 oz  
Selected Varieties

2<sup>79</sup>



Fresh  
**Chicken  
Drumsticks  
or Thighs**

1<sup>99</sup>  
lb



Frito Lay  
**Doritos**

9-9.25 oz  
Selected Varieties

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



Gatorade  
**Thirst  
Quencher**

28 oz  
Selected Varieties

1<sup>99</sup>



USDA Choice  
**Premium  
T-Bone  
Steak**

13<sup>99</sup>  
lb



BLACK SWIFT ANGUS  
EST. 1859

Fresh  
Cut  
In-Store!

PORTERHOUSE STEAK

14.99 lb

Fresh Bakery  
**Chocolate  
Chip or  
Heath Crunch  
Cookies**

10 count

4<sup>99</sup>



Breyers  
**Ice  
Cream**

48 oz  
Selected Varieties

4<sup>99</sup>



Fresh Sliced  
**Black  
Forest  
Ham**

6<sup>99</sup>  
lb

