



Help Us Earn \$250 in Books.

See page 7

HEALTHY START TO THE NEW YEAR

Check out our New **Taste For Health** items on page 2-3.



NEW!

3190 Naked Cordon Bleu Stuffed Chicken
 A 220 calorie version of the traditional dish. Two cheeses, smoky ham with chicken breast meat. 4-5 oz./\$11.99

\$3.00 each



NEW!

7181 Roasted Steak and Barley Soup
 Hearty, satisfying & only 3 fat grams! Beef stock, steak, toasted barley & veggies. Heat & serve. 32 oz. pouch/\$10.59

\$3.03 per serving



NEW!

8143 Yin Yang Blend
 35 calories. 0g total fat. 15mg sodium. Asian-inspired blend. Easy stir fry or side dish. 2 lbs./\$8.79

\$0.88 per serving



NEW!

6 grams fiber!

5094 Ultimate Breakfast Cookie
 270 calories. 8g total fat. 210mg sodium. 100% whole grain cinnamon oatmeal cookie. 12-2.2 oz./\$10.39

\$0.87 each



★★★★★
 4.9 Customer Rating

SAVE \$1.00

2082 Wild Alaskan Grilled Salmon
 110 calories. 1g total fat. 390mg sodium. Fully-cooked fillets, a delicious grilled taste. 6-4 oz. fillets/\$16.19 **\$15.19**

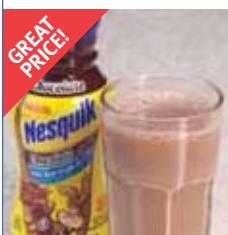


★★★★★
 4.5 Customer Rating

SAVE \$0.50

7763 Vegetable Fried Rice
 110 calories. 1g total fat. 420mg sodium. Authentic taste featuring carrots, peas, onions & eggs. With garlic sauce. 2-1 lb. rice & sauce/\$8.99 **\$8.49**

GREAT SAVINGS



GREAT PRICE!

8107 SAVE \$2.00



GREAT PRICE!

4809 SAVE \$1.00



GREAT PRICE!

1122 SAVE \$1.20



5131 SAVE \$0.50



3069 SAVE \$1.00



1131 SAVE \$1.00



4068 SAVE \$1.00



7138 SAVE \$1.00

8107 Nesquik® Low Fat Chocolate Milk
 24-8 oz. plastic bottles/\$20.49 **\$18.49**

4809 Chocolate Chip Cookie Dough
 61-75 pieces/3 lbs./\$8.29 **\$7.29**

1122 Fully Cooked Pot Roast
 2.25 lbs./\$16.19 **\$14.99**

5131 French Toast Sticks
 43-45 sticks/2.5 lbs./\$8.29 **\$7.79**

3069 ChicNSteakes
 12-4 oz./\$15.59 **\$14.59**

1131 Ranch Steaks
 6-5 oz./\$15.59 **\$14.59**

4068 Fully Cooked Bacon Slices
 40 slices/\$13.99 **\$12.99**

7138 Chicken Pot Pie
 2.5 lbs./\$11.49 **\$10.49**



FREE
Book Bag Buddy
 with any purchase.
 See page 7


Taste for Health®

Great choices for you and your family!

★★★★★
5.0 Customer Rating



SAVE \$0.60



5091 Microwave Pancakes ▲  
200 calories. 6g total fat. 440mg sodium.
18-3 packs/3.75 in. dia./3 lbs./\$10.29 **\$9.69**

★★★★★
4.5 Customer Rating

7 grams fiber!



SAVE \$1.00

5171 Apple Berry Breakfast Bowl ▲  
200 calories. 2.5g total fat. 140mg sodium.
4-5.8 oz. bowls/\$8.99 **\$7.99**

Only 50 calories!*



SAVE \$0.50

5157 Mini Cheese Omelets ▲  
50 calories. 2.5g total fat. 170mg sodium.
12-2 oz./\$9.69 **\$9.19**

No sugar added!



SAVE \$1.00

5111 Fruit Singles® ▲ 
70 calories. 0g total fat. 5mg sodium.
12-4 oz. cups/\$10.89 **\$9.89**

Organic!



SAVE \$0.70

3480 Nature's Path® Pumpkin Flax Granola ▲ 
130 calories. 4.5g total fat. 20mg sodium.
16-1 oz. pouches/\$9.49 **\$8.79**





SAVE \$0.50

3458 Dried Fruit Medley ▲ 
90 calories. 0g total fat. 340mg sodium.
18-1 oz./\$11.49 **\$10.99**




Only 280 calories!*

7068 Margherita Flatbread Pizza ▲  
280 calories. 9g total fat. 500mg sodium.
13g protein. Tomatoes & mozzarella atop a cracker-thin crust.
11 oz./\$7.69 **\$6.99**



SAVE \$1.00



2145 Crab Cakes ▲ 
100 calories. 4.5g total fat. 340mg sodium.
8-2 oz./\$14.99 **\$13.99**

★★★★★
4.6 Customer Rating

11 grams protein!



SAVE \$1.00

4291 Cheese Ravioli ▲  
210 calories. 7g total fat. 170mg sodium.
100 ravioli/3 lbs./\$10.99 **\$9.99**

*Nutritional information based on 1 serving.

8195 Rosemary & Olive Oil Focaccia Bread ▲ ● ● ●

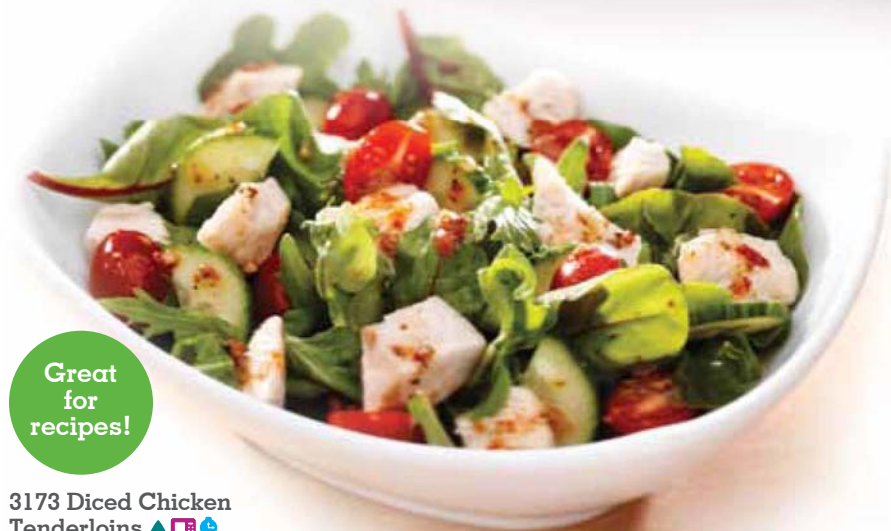
120 calories. 2.5g total fat. 310mg sodium. An authentic Italian recipe, our bread is seasoned with olive oil, rosemary and sea salt. It's like having an Old World bakery at home. 2-10 oz. loaves/\$7.49 **\$6.79**

4 grams protein!

\$0.57 per serving



Great for recipes!



3173 Diced Chicken Tenderloins ▲ ● ● ●

90 calories. 1g total fat. 320mg sodium. Add pizzazz to recipes with bite size chunks of all white chicken. Fully-cooked. 2-1 lb. bags/\$14.49 **\$13.49**



SAVE \$1.00

2014 Lemon Pepper Breaded Haddock Fillets ▲
170 calories. 7g total fat. 440mg sodium. 1.5 lbs./\$14.29 **\$13.29**



Only 93 calories!

SAVE \$1.00

2074 Tilapia Fillets ▲ ● ●
93 calories. 1g total fat. 40mg sodium. 5-8 fillets/1.5 lbs./\$13.49 **\$12.49**

Perfectly portioned!



SAVE \$1.00

1318 Boneless Pork Chops ▲
190 calories. 8g total fat. 460mg sodium. 6-5 oz./\$12.69 **\$11.69**

\$1.95 each



SAVE \$0.50

1037 Stuffed Chicken Roast ▲
160 calories. 5g total fat. 410mg sodium. 2.5 lbs./\$18.99 **\$18.49**

Only 180 calories!

3184 Naked Broccoli & Cheese Stuffed Chicken ▲
180 calories. 9g total fat. 460mg sodium. Boneless chicken breasts stuffed with broccoli & a blend of cheeses. 4-5 oz./\$11.49



GREAT GAME DAY FOOD



More snacks
on page 10



GREAT PRICE!

1054 **SAVE \$1.50**



GREAT PRICE!

4042 **SAVE \$1.20**



★★★★★
4.8 Customer Rating

7143 **SAVE \$1.00**



7050 **SAVE \$1.00**

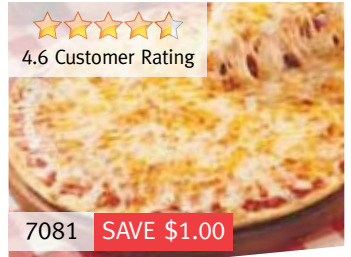


★★★★★
4.8 Customer Rating

3151 **SAVE \$1.00**



3136 **SAVE \$1.00**



★★★★★
4.6 Customer Rating

7081 **SAVE \$1.00**



★★★★★
5.0 Customer Rating

1250 **SAVE \$1.00**



7154 **SAVE \$1.00**



6020 **SAVE \$0.40**



4108 **SAVE \$1.00**

1054 French Dip
A fast French favorite. Loads of roast beef sliced ultra thin with au jus. 2-2 lb. tubs/~~\$15.99~~ **\$14.49**

\$1.21
per serving

4042 Breaded Mozzarella Sticks with Sauce
Tasty cheese with crunchy breading. 35-45 sticks/6 sauce packets/3.25 lbs./~~\$13.49~~ **\$12.29**

7143 Lasagna with Meat Sauce Family Pack
Layers of pasta, rich meat sauce & mozzarella. Freezer-to-table easy. 96 oz./~~\$19.99~~ **\$18.99**

\$1.59
per serving

7050 Boneless Pork Riblets
Bursting with taste and glazed with a sweet sauce that'll knock your socks off. 36-37 pieces/1.75 lbs./~~\$12.29~~ **\$11.29**

3151 Fully Cooked Buffalo Chicken Bites
Bold sauce fires up boneless white meat chunks seasoned with spicy Buffalo wing sauce. Precooked 2 lb. resealable bag/~~\$14.49~~ **\$13.49**

3136 Honey BBQ Chicken Tenders
Breaded chicken tenders dipped into BBQ sauce. 2 lb. resealable bag/~~\$14.49~~ **\$13.49**

7081 Cheese Pizzas
Crispy and delicious. Extra thin. 3-12 inch/~~\$13.99~~ **\$12.99**

1250 Fully Cooked Baby Back Ribs with Sauce
Smothered in our sweet & smoky sauce. Precooked. Microwavable. 1 slab/1.65 lbs./~~\$16.29~~ **\$15.29**

7154 Mac & Cheese Family Pack
Cheddar and American w/ elbow mac. 76 oz./~~\$13.29~~ **\$12.29**

\$1.37
per serving

6020 Potato Skins
A restaurant classic. Cheddar and bacon cover quarters of crispy baked potatoes. Approx. 15 pieces/1 lb./~~\$7.99~~ **\$7.59**

4108 Stuffed Appetizer Bread
With mozzarella and pepperoni. 2-22 oz. loaves/~~\$12.79~~ **\$11.79**

Hey buddy!
It's time to read.
See page 7



NEW!
4030 Buffalo Chicken Sticks
Buffalo wings taste without the mess. Seasoned with the right amount of heat, and presented in a delicious crunchy roll. Just dip and enjoy. 2.5 lbs/approx. 44 sticks/~~\$12.99~~

\$0.93
per serving



THROW & GO:
Slow Cooker Chipotle Glazed Meatballs Recipe
Mix 1 (12 oz.) bottle of chili sauce, 1/4 cup brown sugar, 6 Tbsp chopped canned chiles with adobo sauce, and 24 #1215 Market Day Italian Style Meatballs in a slow cooker. Cover and cook on high for 3-4 hours or low for 5-6 hours, until meatballs are done. Serves 6.



MEAT

- 1244 SMOKED SAUSAGE**
Last chance while supplies last.
 2-20 oz./\$11.99

BEEF

PICTURED — SAVE UP TO \$1.50

- 1054 FRENCH DIP P. 4**
 2-2 lb. tubs/\$15.99 **\$14.49**
- 1122 FULLY COOKED POT ROAST P. 1**
 2.25 lbs./\$16.19 **\$14.99**
- 1131 RANCH STEAKS® P. 1**
 6-5 oz./\$15.59 **\$14.59**
- 1023 1/4 LB. BEEF PATTIES**
 20-4 oz./\$16.79
- 1204 BACON WRAP RANCH STEAKS®**
 6-5 oz./\$16.29
- 1061 BEEF BRISKET WITH SAUCE**
 1.5 lbs./\$12.49
- 1113 BEEF STEW MEAT**
 3-1 lb. pkg./\$16.29
- 1117 FILET OF SIRLOIN**
 6-6 oz./\$19.99
- 1058 GROUND BEEF - 85% LEAN**
 4-1 lb. pkg./\$15.49
- 1215 ITALIAN STYLE MEATBALLS**
 All beef, fully cooked and oven baked.
 59-71 pieces/3 lb. resealable bag/\$12.89
- 3159 MARINATED SIRLOIN ROAST**
 Fully trimmed, marinated with garlic and herbs.
 2.25 lbs./\$17.99
- 7058 MEAT LOAF SLICES**
 8-3.5 oz./\$10.69

PORK

PICTURED — SAVE UP TO \$1.00

- 1318 BONELESS PORK CHOPS P. 3, 10**
 6-5 oz./\$12.69 **\$11.69**
- 7050 BONELESS PORK RIBLETS P. 4**
 36-37 pieces/1.75 lbs./\$12.29 **\$11.29**
- 1537 DELUXE HAM STEAKS P. 9**
 10-5 oz./\$15.49
- 1250 FULLY COOK BB RIBS W/SCE P. 4**
 1 slab/1.65 lbs./\$16.29 **\$15.29**
- 1226 BACON WRAPPED PORK TORNEDOS**
 6-4 oz./\$12.59
- 1202 BARBECUED PORK**
 2-1.5 lb. tubs/\$15.29
- 1144 PETITE BONELESS SLICED HAM**
 97% fat free. 2.5 lbs./\$14.09
- 3177 RACK OF PORK ROAST**
 A customer favorite! 2.5-3 lbs.* @ \$6.19 per lb.
- 1316 STUFFED PORK CHOPS**
 4-8 oz./\$14.49
- 1108 WHOLE PORK TENDERLOINS**
 2-3 pieces/2.25 lbs./\$15.29

POULTRY

PICTURED — SAVE UP TO \$1.00

- 3151 BUFFALO CHICKEN BITES P. 4**
 2 lb. resealable bag/\$14.49 **\$13.49**
- 3069 CHICKEN STEAKS P. 1**
 12-4 oz./\$15.59 **\$14.59**
- 3173 DICED CHICKEN TENDERLOINS P. 3**
 2-1 lb. bags/\$14.49 **\$13.49**
- 3136 HONEY BBQ CHICK TENDERS P. 4**
 2 lb. resealable bag/\$14.49 **\$13.49**

- 3184 NAKED BROCC & CHEES STUFF CHIC P. 3**
 4-5 oz./\$11.49

- 3190 NAKED CRDN BLEU STUF CHIC P. 1**
 4-5 oz./\$11.99 **NEW**

- 3167 NO BONZ BUFFALO CHIC BOWL P. 10**
 4-5 oz. microwaveable bowls/\$11.99 **\$10.99**

- 3073 ORIENTAL STYLE CHIC W/SCE P. 9**
 2 lbs. with 2-4 oz. sauce packets/\$13.69 **\$12.69**

- 3178 OVEN BONELESS TURKEY BRST P. 9**
 4-6 lbs.* @ \$4.69 per lb.

- 1037 STUFFED CHICKEN ROAST P. 3**
 2.5 lbs./\$18.99 **\$18.49**

- 3141 ARTCHKE PARMESAN STUF CHIC BRST**
 4-5 oz./\$12.29

- 3171 BREAD CHICKEN BREAST PATTIES**
 15-17 pieces/3 lbs./\$14.69

- 3156 BROCC & CHEESE STUFFED CHICKEN**
 8-6 oz./16.49

- 3048 CHICKEN CORDON BLEU**
 8-6 oz./\$16.49

- 3108 CHICKEN FRIES**
 96-120 pieces/3 lb. resealable bag/\$15.49

- 3027 CHICKEN GEMS®**
 3 lb. resealable bag/\$14.29

- 3033 CHICKEN NUGGETS**
 62-72 pieces/3 lb. resealable bag/\$14.29

- 3103 CHICKEN PARMESAN PATTIES**
 8-3.55 oz./\$14.29

- 3070 CHICKEN TENDERS**
 2 lb. resealable bag/\$15.39

- 3091 CREAM BRIE STUFFED CHICK BREAST**
 4-6 oz./\$13.29

- 3143 HONEY DIJON CHICKEN STEAKS**
 8-4 oz./\$12.29

- 3158 POPCORN CHICKEN**
 2 lb. resealable bag/\$11.69

- 3164 SEASONED CHICKEN BREAST STRIPS**
 2 lb. resealable bag/\$15.59

- 3072 TERIYAKI CHICKEN STEAKS**
 8-4 oz./\$12.29

SEAFOOD

PICTURED — SAVE UP TO \$1.00

- 2081 BREADED FISH SQUARES P. 9**
 6-8 pieces/21 oz./\$11.99 **NEW**
- 2145 CRAB CAKES P. 2**
 8-2 oz./\$14.99 **\$13.99**
- 2014 LEMN PEPPER BREAD HADDOCK P. 2**
 1.5 lbs./\$14.29 **\$13.29**
- 2129 OVEN RDY BRD COCON SHRIMP P. 9**
 31-37 pieces/1.5 lbs./\$15.99 **\$14.99**
- 2405 OVEN-READY BUTRFLY SHRIMP P. 9**
 18-25 per lb./2 lbs./\$17.29 **\$16.29**
- 2074 TILAPIA FILLETS P. 3**
 5-8 fillets/1.5 lbs./\$13.49 **\$12.49**
- 2082 WILD ALASKA GRILLED SALMON P. 1**
 6-4 oz. fillets/\$16.19 **\$15.19**

- 2117 BATTERED ALASKA COD**
 2-12 oz. bags/\$10.29

- 2141 GARLIC & HERB SHRIMP**
 51-60 per lb./1 lb./\$15.99

- 2041 GOURMET STUFFED FLOUNDER**
 Stuffed with savory seafood and crabmeat.
 6-5 oz. fillets/\$20.49

- 2090 JUMBO SHRIMP W/CKTAIL SCE**
 26-30 per lb./1 lb./\$14.49

- 2189 KRISPY KRUNCHY COD**
 9-3.6 oz./\$13.99

- 2086 LARGE SHRIMP**

- 31-40 per lb./1 lb./\$12.99

- 2065 PERUVIAN BAY SCALLOPS**

- 2-12 oz. bags/\$13.59

- 2017 POTATO ENCRUSTED POLLOCK**

- White fish, crunchy potato coating. 6-4 oz./\$11.29

- 2171 PREMIER POPCORN SHRIMP**

- 67-98 pieces/1.5 lbs./\$9.29

- 2123 PREMIUM JUMBO CRAB CAKE**

- 4-3.25 oz./\$14.99

- 2050 SEASONED SALMON**

- 4-6 oz./\$18.69

- 2010 SHRIMP SCAMPI**

- 4-4 oz./\$11.49

BREAKFAST

PICTURED — SAVE UP TO \$1.00

- 5171 APPLE BRRY BREAKFAST BOWL P. 2**
 4-5.8 oz. bowls/\$8.99 **\$7.99**

- 5131 FRENCH TOAST STICKS P. 1**
 43-45 sticks/2.5 lbs./\$8.29 **\$7.79**

- 4068 FULLY COOKED BACON SLICES P. 1**
 40 slices/\$13.99 **\$12.99**

- 5091 MICROWAVE PANCAKES P. 2**
 18-3 packs/3.75 in. dia./3 lbs./\$10.29 **\$9.69**

- 5157 MINI CHEESE OMELETS P. 2**
 12-2 oz./\$9.69 **\$9.19**

- 5022 MINI DONUTS W/CINN SUGR KIT P. 9**
 6-6 count donuts/6 cinnamon sugar packets/6 shaker bags/\$10.99 **\$9.99**

- 5094 ULTIMATE BREAKFAST COOKIE P. 1**
 12-2.2 oz./\$10.39 **NEW**

- 5003 BACON QUICHE**
 Eggs, sausage, bacon and cheese.
 10 inch/2.375 lbs./\$9.79

- 2281 BREAKFAST PIZZAS**
 6-6 inch pizzas/\$11.99

- 5117 BREAKFAST QUESADILLAS**
 8-3.75 oz./\$13.59

- 5083 BREAKFAST SKILLET**
 2 lbs./\$10.69

- 5160 CHOCOLATE CHIP MINI PANCAKES**
 2-48 packs/1.65 lbs./\$10.59

- 5169 CINN CRUNCH FRENCH TOAST BITES**
 44-48 sticks/2 lbs./\$9.49

- 5194 CINNAMON ROLLS**
 12-2.5 oz./12 icing packets/\$9.99

- 5175 CREAM CHEESE BRAIDED BREAD**
 Custard style cream cheese filling.
 16 oz. loaf/\$8.29

- 5166 PANCAKE PODS™ - STRAWBERRY**
Last chance while supplies last.
 Individually wrapped. 12-1.9 oz/\$9.29

- 5164 SAUSAGE EGG & PANCAKE SANDWICH**
 6-4.8 oz./\$10.39

- 5184 WAFFLE STICKS - MAPLE**
 12-2.33 oz./\$10.79

SIDE DISHS

PICTURED — SAVE UP TO \$1.00

- 8175 BABY BAKED POTATOES P. 8**
 2 lb. resealable bag/\$9.99 **\$9.49**

- 8189 BAJA ROASTED CORN BLEND P. 8**
 2 lb. resealable bag/\$8.59 **\$7.79**

- 4688 BROCCOLI FLORETS P. 8**
 2-2 lb. resealable bags/\$9.99 **\$8.99**

- 8162 "EXTRA YOUNG" TINY PEAS P. 8**
 2-2 lb. resealable bags/\$10.59 **\$9.59**

- 8168 GOURMET GREEN BEANS P. 8**

- 2-2 lb. resealable bags/\$10.99 **\$9.99**

- 8184 HARVEST VEGETABLE BLEND P. 8**
 2 lb. resealable bag/\$7.99 **\$7.29**

- 8150 KYOTO BLEND P. 8**
 2 lb. resealable bag/\$8.99 **\$8.29**

- 8188 MANDARIN CITRUS BLEND P. 8**
 2-1 lb. bags/\$8.99 **\$8.49**

- 4680 QUICK 'N' CRISPY FRCH FRIES P. 9**
 2.5 lb. resealable bag/\$7.59 **\$6.99**

- 8195 RSMRY & OLV OIL FOCACCIA BRD P. 3**
 2-10 oz. loaves/\$7.49 **\$6.79**

- 8180 SUPERSWEET CORN P. 8**
 2-2 lb. resealable bags/\$9.99 **\$8.99**

- 4245 TWICE BAKED POTATOES P. 9**
 10-5 oz./\$10.89 **\$9.89**

- 7763 VEGETABLE FRIED RICE P. 1, 10**
 2-1 lb. rice & sauce/\$8.99 **\$8.49**

- 8143 YIN YANG VEGETABLE BLEND P. 1, 10**
 2 lbs./\$8.79 **NEW**

- 8169 YUKON GOLD PTATO & VEG BLND P. 8**
 2 lbs./\$7.89 **NEW**

- 8130 ASPARAGUS SPEARS**
 2-1.1 lb. bags/\$11.99

- 8155 BAKED POTATOES**
Last chance while supplies last.
 10-6 oz./\$9.99

- 8151 FOUR CHEESE POTATOES**
Last chance while supplies last.
 2-20 oz. trays/\$10.79

- 7782 FRENCH BREADSTICKS**
 20-1.5 oz./\$9.89

- 7792 HOME-STYLE BISCUIT DOUGH**
 22-24 pieces/3.75 lbs./\$8.89

- 4296 LNG GRAIN & WILD RCE MEDLEY**
 A quick side dish with a low-fat buttery flavor.
 2/1 lb./\$7.49

- 4694 MASHED POTATO PATTIES**
 Patties or fluffy mashed in minutes.
 12-3 oz./resealable bag/\$7.89

- 8174 NANTUCKET ISLAND BLEND**
 Peas, peppers, broccoli, carrots & cranberries.
 2 lb. bag/\$7.89

- 7787 PRALINE SWT POTATO CASSRLE**
 Whipped in brown sugar & pecans.
 2 lb. tray/\$9.59

- 8165 PRINCE EDWARD VEGGIE MEDLEY**
 A mix of green and yellow beans & baby carrots.
 2-2 lb. resealable bags/\$10.89

- 4098 STEAKHOUSE ONION RINGS**
 2 lbs./\$8.29

- 4615 SWEET CORN CASSEROLE**
 A fluffy corn soufflé. A great side!
 2 lb. tray/\$9.59

- 4250 SWEET POTATO MEDLEY**
 Three way blend of sweet, redskins and russets.
 1.5 lb. resealable bag/\$8.69

APPETIZERS

PICTURED — SAVE UP TO \$1.20

- 4042 BRD MOZZRLLA STICKS W/SCE P. 4**
 35-45 sticks/6 see packets/3.25 lbs./\$13.49 **\$12.29**

- 4030 BUFFALO CHICKEN STICKS P. 4**
 2.5 lbs./approx. 45 sticks/\$12.99 **NEW**

- 7851 LI'L BAGEL DOGS P. 10**
 28-32 pieces/1.25 lbs./\$9.99 **\$9.29**

- 4035 MEDITERRANEAN PIZZAS P. 9**
 2-7-9 inch/\$9.89 **\$9.19**

*Total price based on actual weight.

- 6020 POTATO SKINS P. 4**
Approx. 15 pieces/1 lb./\$7.99 **\$7.59**
- 4108 STUFFED APPETIZER BREAD P. 4**
2-22 oz. loaves/\$12.79 **\$11.79**
- 7068 UNO'S® MARGRITA FLTB RD PZZA P. 2**
11 oz./\$7.69 **\$6.99**
- 4048 EGG ROLLS WITH SAUCE**
24-1.5 oz. egg rolls/3 see packets/\$14.99
- 4046 MINI CHIC CHEES & MAC BITES**
31-33 pieces/2 lbs./\$12.49
- 4067 MINI CHIC CORDON BLEU BITES**
31-33 pieces/2 lbs./\$12.49
- 4059 PIZZA PRETZEL KNOTS**
8 knots, see, cheese & pepperoni/1.14 lbs./\$9.49
- 4058 STUF SHRIMP W/MNTRY JCK CHEES**
2-12 oz. bags/\$13.99

FAMILY MEALS

PICTURED—SAVE UP TO \$1.00

- 7081 CHEESE PIZZAS P. 4**
3-12 inch/\$13.99 **\$12.99**
- 4291 CHEESE RAVIOLI P. 2**
100 ravioli/3 lbs./\$10.99 **\$9.99**
- 7138 CHICKEN POT PIE P. 1**
2.5 lbs./\$11.49 **\$10.49**
- 7091 CHICKEN STIR-FRY KIT P. 9**
4-6 servings/2.4 lbs./\$15.59 **\$14.59**
- 7175 ORNGE CHIC W/VEG FRIED RICE P. 9**
13 oz. tempura chicken/29 oz. vegetable fried rice/10 oz. sauce/\$14.29

7148 BAKED MANICOTTI
Stuffed with 4 cheeses, topped with tomato sauce.
6 manicotti/2.18 lb. tray/\$10.29

7078 BEEF & BROCCOLI WITH RICE
1.88 lb. tray/\$9.99

7135 CHEESE LASAGNA ROLLUPS
12-2.75 oz./\$12.89

3455 CHEESE PIZZA EAT-ZZAS™
6-5 inch/\$8.89

7054 CHICKEN & DUMPLINGS
2.5 lb. pouch/\$11.89

7630 HEARTY BEEF STEW
2.25 lb. bag/\$12.99

1096 HOME-STYLE GRAVY BEEF TIPS
Beef and mushrooms in a beef gravy.
2.5 lb. pouch/\$14.99

7170 INDIVIDUAL CHICKEN POT PIES
4-10 oz. trays/\$10.49

4608 KRAFT® MAC & CHEESE SINGLES
8-7 oz. packages/\$11.49

7122 MEX-STYLE LASAGNA W/MEAT SEC
Layers of tortillas, beef, cheese and tomatoes.
40 oz./\$12.99

3456 PEPPERONI PIZZA EAT-ZZAS™
6-5 inch/\$9.79

7088 PEPPERONI THIN CRUST PIZZA
3-12 inch/\$14.99

7141 SHEPHERD'S PIE W/GRD BEEF
A comfort food classic. 48 oz./\$12.99

7157 SOUTHERN BREADED CATFISH MEAL
1.5 lbs. Catfish/1.5 lbs. Potatoes/\$14.29

7124 STIR FRY W/RICE, VEG & BEEF
52 oz./\$14.49

7076 STUFFED EGGPLANT
8-3.5 oz. pcs./\$10.49

LARGER FAMILY-SIZE

PICTURED — SAVE UP TO \$1.00

- 7143 LASAGNA WITH MEAT SAUCE P. 4**
96 oz./\$19.99 **\$18.99**
- 7154 MAC & CHEESE TRAY PACK P. 4**
76 oz./\$13.29 **\$12.29**
- 7176 BROCCOLI AU GRATIN**
94 oz./\$16.99
- 7102 MOSTACCIOLI WITH MEAT SAUCE**
76 oz./\$16.99

FAMILY MEALS— SOUP & SANDWICHES

PICTURED — SAVE UP TO \$1.00

- 7189 1/4 LB. ALL BEEF CHEESEBURGER P. 9**
4-8.65 oz./\$11.99 **\$10.99**
- 7194 BBQ PORK RIB SANDWICH P. 9**
4-8.6 oz./\$11.99 **\$10.99**
- 7168 BROCCOLI AND CHEDDAR SOUP P. 7**
32 oz. pouch/\$10.79 **\$10.29**
- 7152 BROCCOLI & CHEESE SOUP CUPS P. 7**
4-10 oz./\$11.99 **\$10.99**
- 7151 CHEESY BAKED POTATO SOUP P. 7**
32 oz. pouch/\$10.59 **\$9.59**
- 7190 CHICKEN FILLET SANDWICH P. 7**
4-7.05 oz./\$11.99 **\$10.99**
- 7206 CHICKEN TORTILLA SOUP P. 7**
32 oz. pouch/\$9.69 **\$8.99**
- 6153 CHOP HOUSE® CHEESEBURGERS P. 7**
6-4.8 oz./\$11.99 **\$10.99**
- 7007 PHILLY CHEESE STEAK KIT P. 7**
4 sandwiches/2.63 lbs./\$13.79 **\$12.79**
- 7181 ROASTED STEAK & BARLEY SOUP P. 1**
32 oz. pouch/\$10.59 **NEW \$10.99**
- 7165 TOMATO BASIL RAVIOLINI SOUP P. 7**
Condensed. 32 oz./yields 64 oz./\$11.99 **\$10.99**
- 7173 TRKY & CHEES PRZEL SNDWCH P. 7**
6-5 oz./\$15.29 **\$14.29**
- 7098 TURKEY CLUB PANINI P. 7**
Last chance while supplies last.
4-6 oz./\$10.89 **\$9.89**
- 7021 UNO'S® PEPPERONI TASTEFULLS™ P. 7**
6-4 oz. individually wrapped/\$11.49 **\$10.49**

7162 CHICKEN & DUMPLING SOUP
Last chance while supplies last.
Condensed. 32 oz. pouch/yields 64 oz./\$11.99

7163 ITALIAN WEDDING SOUP
Condensed. 32 oz. pouch/yields 64 oz./\$9.99

3434 PB&J SQUAREWICHES®
8-2.7 oz./\$9.29

DESSERTS

PICTURED — SAVE \$1.00

- 4809 CHOCO CHIP COOKIE DOUGH P. 1**
61-75 pieces/3 lbs./\$8.29 **\$7.29**
- 4910 APPLE BLOSSOMS®**
8-4 oz./\$12.49
- 4623 APPLE DEEP DISH PIE**
10 inch/\$11.00
- 7680 CHOC-CHOCOLATE CHIP CAKES**
12-2 oz. individual cakes/\$10.39
- 4596 CHOCOLATE CHIP COOKIE MELTDOWN**
4-4 oz. cups/\$9.29
- 4555 CHOC FUDGE VOLCANO CAKE**
6-4.98 oz. individual cakes/\$11.99

4660 PINEAPPLE UPSIDE DOWN CAKE
4-4.9 oz./\$10.39

SNACKS

PICTURED — SAVE UP TO \$1.00

- 2245 BOSCO® BREADSTICKS P. 10**
18-3.1 oz./\$14.79 **\$13.99**
- 3402 CHOC CHIP COOKIE DGH CUPS P. 10**
8-3 oz. cups/\$8.25 **\$7.75**
- 3436 COLBY JACK SNACK STICKS P. 10**
24-83 oz. sticks/\$9.89 **\$9.19**
- 3458 DRIED FRUIT MEDLEY P. 3**
18-1 oz./\$11.49 **\$10.99**
- 5111 FRUIT SINGLES® P. 3**
12-4 oz. cups/\$10.89 **\$9.89**
- 3468 MOVIE NITE MIX™ P. 10**
1.5 lb. resealable bag/\$10.99 **\$10.59**
- 3480 NATURE'S PATH® PMKN FLX GRAN P. 3**
16-1 oz. pouches/\$9.49 **\$8.79**
- 3445 PEANUT FREE CHOC CHIP CKIES P. 10**
16-1.06 oz./\$8.25 **\$7.75**
- 3499 STRING CHEESE P. 10**
30-1 oz. sticks/\$11.69 **\$11.19**
- 8858 AMERICAN CHEESE**
72 slices/3 lbs./\$13.89
- 3454 DOUBLE CHOCOLATE FUEL BARS™**
8-1.70 oz./\$10.99
- 3426 FRUIT SNACKS VARIETY PACK**
28-84 oz. pouches/\$7.99
- 3409 GIANT CINNAMON GOLDFISH® GRMS**
25-9 oz. pouches/\$7.59
- 3451 KAR'S SWEET & SALTY MIX**
36-5 oz. pouches/\$9.99
- 3452 PB&J GRAHAMWICHES**
Peanut butter & grape jelly, graham wafers.
12-2.2 oz. sandwiches/\$10.79
- 6166 QUAKER CHEWY® GRANOLA BAR PACK**
24-84 oz./\$8.69
- 3438 SNYDER'S® SNAP PRETZELS**
40-5 oz. bags/\$8.99

BEVERAGES

PICTURED — SAVE \$2.00

- 8107 NESQUIK® LOW FAT CHOCO MILK P. 1**
24-8 oz. plastic bottles/\$20.49 **\$18.49**
- 8099 AriZona® CONCENTRATE - SWEET TEA**
4-8 oz. cans/yields 2 gallons/\$9.19
- 8128 AriZona® STIX - GREEN TEA GINSENG**
6-10 count boxes/\$16.19
- 8105 CUPS FOR HOPE DAILY COFFEE**
2-12 oz. bags/\$12.79
- 6023 FLAVORED HOT COCOA™**
30-1.25 oz. pouches/\$13.49
- 8118 GATORADE® KID-SIZE VARIETY PACK**
24-12 oz. plastic bottles/\$15.59
- 8088 NESTLE® JUICY JUICE® - APPLE**
24-10 oz. plastic bottles/\$19.49
- 8116 TROPICANA® ORNG JCE SINGLES**
24-8 oz. cartons/\$15.29

MARKET DAY GOURMET

MIC-ROASTED™

- 7301 GREEK TOWN BUTTER THYME**
Contents: 8 steam bags, 8 ea. - 8g. (.27 oz.)
seasonings packets, 16 pieces/\$8.99

7302 SAN FRAN TERIYAKI

Contents: 8 steam bags, 8 ea. - 10g. (.35 oz.)
seasoning packets, 16 pieces/\$8.99

7303 SAN JOSE SALSA

Contents: 8 steam bags, 8 ea. - 11g. (.38 oz.)
seasoning packets, 16 pieces/\$8.99

SEASONINGS

- 7282 A SALT FOR ALL SEASONINGS**
6.56 oz./\$5.99
- 7290 BROWN SUGAR BBQ RUB**
5.12 oz./\$5.99
- 7293 CITRUS HERB BLEND**
5.92 oz./\$5.99
- 7292 GARLIC PARMESAN BLEND**
4.0 oz./\$5.99
- 7285 SOUTHWEST CHIPOTLE**
4.64 oz./\$5.99
- 7291 SWEET & TANGY MUSTARD RUB**
5.60 oz./\$5.99

naturally it's clean™

3702 3X LAUNDRY DETERGENT

50 fl. oz. triple-power liquid detergent/50
loads/\$12.99

3704 FLOOR CLEANSER CONCENTRATE

2 - 16 oz. bottles concentrated cleanser/32
gallon yield/\$8.99

3705 KITCHEN CLEANSER CONCENTRATE

3 - 1 fl. oz. concentrated cleanser packets, 1 - 16
oz. spray bottle/makes 3 bottles/\$9.99

3703 LAUNDRY PRE-TREAT CONCENTRATE

3 - 1 fl. oz. concentrated cleanser packets, 1 - 16
oz. spray bottle/makes 3 bottles/\$9.99

3706 MILDEW CLEANSER CONCENTRATE

3 - 1 fl. oz. concentrated cleanser packets, 1 - 16
oz. spray bottle/makes 3 bottles/\$10.99

3701 STAIN ERASER WIPES

15 biodegradable towelettes/\$6.99

\$0.47
each

ICON GUIDE

- Taste for Health®**
Products contain no more than 300
calories, 10g total fat, and 600mg
sodium per serving.
- Market Day Naturals®**
Products have no preservatives,
artificial flavors or colors and have
0 grams trans fat.
- Microwaveable**
Products are easily prepared with
great results in the microwave.
- Quick Cook** from freezer to table
in 15 minutes or less.
- Last month this season**
Stock up, these items will not
appear in next month's Order Guide.
- USDA Choice Meat**
USDA grade of Choice is known for
exquisite taste and tenderness.

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Satisfaction
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HOT & HEARTY COMBOS

Family Size



7168 SAVE \$0.50



7190 SAVE \$1.00



7173 SAVE \$1.00



★★★★★
4.8 Customer Rating

6153 SAVE \$1.00

★★★★★
4.9 Customer Rating



7007 SAVE \$1.00

★★★★★
5.0 Customer Rating



7021 SAVE \$1.00

Last chance!



7098 SAVE \$1.00



7206 SAVE \$0.70



7152 SAVE \$1.00



7165 SAVE \$1.00



7151 SAVE \$1.00

7168 Broccoli and Cheddar Soup
Made with real cheddar cheese, cream & broccoli. 32 oz. pouch/~~\$10.79~~ **\$10.29** **\$2.94** per serving

7007 Philly Cheese Steak Kit
Everything you need. Includes beef steaks, rolls, diced onions, shredded mozzarella. 4 sandwiches/2.63 lbs./~~\$13.79~~ **\$12.79**

7206 Chicken Tortilla Soup
Chicken, corn and jalapeño peppers. 32 oz. pouch/~~\$9.69~~ **\$8.99**

7190 Chicken Fillet Sandwich
Lightly breaded white breast. Individually wrapped. 4-7.05 oz./~~\$11.99~~ **\$10.99** **\$2.75** per serving

7021 Uno's® Pepperoni Tastefulls™
From the legendary Uno's® Pizzeria. Mozzarella and pepperoni inside calzone-style dough. 6-4 oz. individually wrapped/~~\$11.49~~ **\$10.49**

7152 Broccoli & Cheese Soup Cups
A bowl to go. Made with cheese & broccoli, our creamy soup eats like a meal. 4-10 oz./~~\$11.99~~ **\$10.99**

7173 Turkey & Cheese Pretzel Sandwich
Lean white meat turkey & American cheese. 6-5oz./~~\$15.29~~ **\$14.29**

7098 Turkey Club Panini
Last chance while supplies last. Toasted French bread is loaded with chunks of roasted turkey, bacon, tomatoes, cheddar cheese and onion. Microwave in under 3 minutes! 4-6 oz./~~\$10.89~~ **\$9.89**

7165 Tomato Basil Raviolini Condensed Soup **\$1.57** per serving
Mini cheese ravioli, seasoned tomato base. 32 oz. pouch/yields 64 oz./~~\$11.99~~ **\$10.99**

6153 Chop House® Cheeseburgers
100% beef topped with Kraft® American cheese. 6-4.8 oz./~~\$11.99~~ **\$10.99**

7151 Cheesy Baked Potato Soup
Potatoes, creamy cheddar & bacon. Heat & serve. 32 oz. pouch/~~\$10.59~~ **\$9.59**

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OUR VEGGIE STORY

Within hours of picking, our vegetables are flash-frozen resulting in flavors that are arguably more delicious than their "fresh" counterparts. They are Grade A quality, so every kernel, spear and floret has vibrant color and a perfect crunch. Our suppliers maintain our high standards while enforcing their 9 principles of sustainable farming that protect, conserve & continually improve farming practices while producing wholesome high quality fruits & vegetables.



FRESH PICKED FLAVOR



NEW

8169 Yukon Gold Potatoes & Vegetable Blend ▲ 🍱 🔥 **\$0.88** per serving

It's like having two great side dishes in one! We started with carefully picked Yukon Gold potatoes and roasted them to perfection. We blended in crispy green beans and sweet carrots mixed with a luscious lemon herb seasoning. The result is a colorful, fresh tasting combination that complements any entree. And it's low in calories to boot. 2-2 lb. resealable bags/\$7.89

4688 Broccoli Florets ▲ 🌱 🍱 🔥 **\$0.43** per serving

Make room on your plate for Grade A fancy broccoli florets. No stalks or stems. 2-2 lb. resealable bags/\$9.99 **\$8.99**

8175 Baby Baked Potatoes ▲ 🍱 🔥

Big flavor's on board with these garlic seasoned, tender golden baby potatoes. 2 lb. resealable bag/\$9.99 **\$9.49**

8162 "Extra Young" Tiny Peas ▲ 🌱 🍱 🔥

The sweetest peas that'll ever roll off your fork. Extra young for extra flavor. 2-2 lb. resealable bags/\$10.59 **\$9.59**

8189 Baja Roasted Corn Blend ▲ 🍱 🔥

Supersweet corn with red and green peppers, black beans, onions and green chilies. 2 lb. resealable bag/\$8.59 **\$7.79**

8188 Mandarin Citrus Blend ▲ 🍱 🔥 **\$0.95** per serving

Broccoli, bi-color carrots, red peppers, edamame & snap peas in a Mandarin citrus fused sauce. 2-1lb. bags/\$8.99 **\$8.49**

8168 Gourmet Green Beans ▲ 🌱 🍱 🔥

A designer bean to bring out your culinary creativity. Crunchy, flash frozen. 2-2 lb. resealable bags/\$10.99 **\$9.99**

8150 Kyoto Blend ▲ 🌱 🍱 🔥

Edamame (fresh green baby soy beans), diced red peppers, corn, carrots and broccoli. 2 lb. resealable bag/\$8.99 **\$8.29**

8184 Harvest Vegetable Blend ▲ 🌱 🍱 🔥

Green beans, carrots, cauliflower, red and yellow bell pepper strips and onion. Steam and serve. 2 lb. resealable bag/\$7.99 **\$7.29**

QUICK & EASY MEALS

| | | | |
|---|--|---|---|
|  <p>NEW!</p> <p>2081</p> |  <p>★★★★★ 5.0 Customer Rating</p> <p>4680 SAVE \$0.60</p> |  <p>★★★★★ 5.0 Customer Rating</p> <p>2405 SAVE \$1.00</p> | |
|  <p>★★★★★ 4.8 Customer Rating</p> <p>4035 SAVE \$0.70</p> |  <p>3073 SAVE \$1.00</p> |  <p>4245 SAVE \$1.00</p> |  <p>7091 SAVE \$1.00</p> |
|  <p>★★★★★ 4.9 Customer Rating</p> <p>5022 SAVE \$1.00</p> |  <p>2129 SAVE \$1.00</p> |  <p>7189 SAVE \$1.00</p> |  <p>7194 SAVE \$1.00</p> |

NEW

2081 Breaded Fish Squares
A perfect fish sandwich or main dish. This all natural mild white fish sourced from Alaska, bakes up crispy & crunchy right from your oven. 6-8 pieces/21 oz./\$11.99

4680 Quick 'n' Crispy Shoestring French Fries
Tender potato inside, golden and crunchy on the outside, right from the oven. Zero trans fats. 2.5 lb. resealable bag/\$7.59 **\$6.99**

2405 Oven-Ready Butterfly Shrimp
Crispy lovin' straight from your oven! Big bodacious butterfly shrimp bursting with flavor then breaded in a crunchy topping. 18-25 per lb./2 lbs./\$17.29 **\$16.29**

4035 Mediterranean Pizzas
Spinach, sweet tomatoes, mozzarella and feta cheese on a thin, flaky crust. Great as an appetizer or light meal. 2-7x9 inch/\$9.89 **\$9.19**

3073 Oriental Style Chicken with Teriyaki Pineapple Sauce
All white meat. Sauce included. 2 lbs. with 2-4 oz. sauce packets/\$13.69 **\$12.69**

4245 Twice Baked Cheddar Potatoes
Potatoes blended with real cheddar cheese, stuffed and baked. Oven or microwave convenience. 10-5 oz./\$10.89 **\$9.89**

7091 Chicken Stir-Fry Kit
So easy, anyone can be a wok star. Serve over steamy rice or Asian noodles. 4-6 servings/2.4 lbs./\$15.59 **\$14.59**

5022 Mini Donuts with Cinnamon Sugar Kit
Cake donuts you shake with cinnamon & sugar. 6-6 count donuts/6 cinnamon sugar packets/6 shaker bags/\$10.99 **\$9.99**

2129 Oven Ready Breaded Coconut Shrimp
Tasty all-natural, large tail-on coconut shrimp. 31-37 pieces/1.5 lbs./\$15.99 **\$14.99**

7189 1/4 lb. All Beef Cheeseburger
Super fast without drive through expense. American cheese, ketchup, mustard & pickles. 4-8.65 oz./\$11.99 **\$10.99**

7194 BBQ Pork Rib Sandwich
Leanest pork, dipped in bbq sauce, hoagie roll. 4-8.6 oz./\$11.99 **\$10.99**

TIME FOR DINNER

| | | |
|--|--|--|
|  <p>1537 Deluxe Ham Steaks Ham things up with these thick and juicy slices. Boneless and flavorful. 94% fat free. Just heat and serve. 10-5 oz./\$15.49</p> |  <p>7175 Orange Chicken with Vegetable Fried Rice Battered chicken, zesty orange sauce, fried rice. 13 oz. Tempura Chicken/29 oz. Vegetable Fried Rice/10 oz. Sauce/\$14.29</p> |  <p>3178 Oven Ready Boneless Turkey Breast Lean. Healthy. Easy. Self basting bag so it's never dry. Boneless, white meat. 4-6 lbs.* @ \$4.69 per lb.</p> |
|--|--|--|

PARTY-TIME SNACKS



7851 **SAVE \$0.70**



3167 **SAVE \$1.00**



★★★★★
4.7 Customer Rating

2245 **SAVE \$0.80**



3402 **SAVE \$0.50**

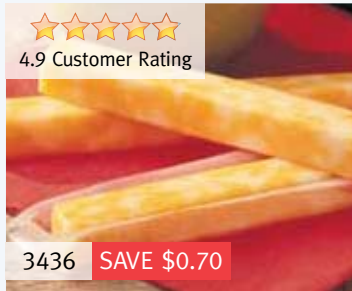


★★★★★
5.0 Customer Rating

3468 **SAVE \$0.40**



3445 **SAVE \$0.50**



★★★★★
4.9 Customer Rating

3436 **SAVE \$0.70**



3499 **SAVE \$0.50**

7851 Li'l Bagel Dogs 🍷🔥
Bite size pure beef mini hot dogs wrapped in a traditional soft bagel dough.
28-32 pieces/1.25 lbs./\$9.99 **\$9.29**

3167 No Bonz Buffalo Chicken Bowl 🍷🔥
All white meat, spicy sauce.
Microwaveable bowl.
4-5 oz. microwaveable bowls/\$11.99 **\$10.99**

2245 Bosco® Breadsticks ▲🔥
Favorite at school! Enjoy after school at home!
Soft and chewy. Stuffed with mozzarella cheese.
18-3.1 oz./\$14.79 **\$13.99**

3402 Chocolate Chip Cookie Dough Cups
This fun dessert is cookie dough that's meant to be eaten frozen. Egg-free.
8-3 oz. cups/\$8.25 **\$7.75**

3468 Movie Nite Mix™
Premium blend chocolate covered raisins, peanuts and malted milk balls. Big resealable bag. 1.5 lb./\$10.99 **\$10.59**

3445 Peanut Free Chocolate Chip Cookies
Crafted in a certified nut-free bakery, then individually wrapped. Loaded with chocolate chips! 16-1.06 oz./\$8.25 **\$7.75**

3436 Colby Jack Snack Sticks 🌿
A great taste & calcium kick together. Low carb. Big taste. Perfect for snacks.
24-.83 oz. sticks/\$9.89 **\$9.19**

3499 String Cheese 🌿
Individually wrapped mozzarella.
30-1 oz. sticks/\$11.69 **\$11.19**



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