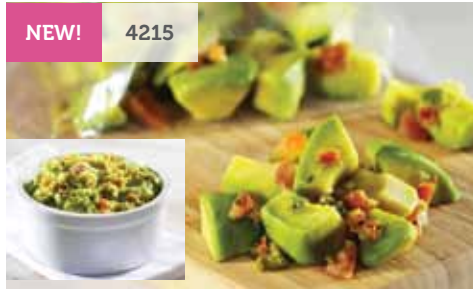


October 2012

# Market Day

HELP YOUR SCHOOL & FEED YOUR FAMILY



**NEW! 3226 Naked Bruschetta Stuffed Chicken**

170 calories. Boneless chicken breast stuffed with tomatoes, basil, garlic & mozzarella cheese. 4-5 oz./\$11.99

**NEW! 4936 Old Fashioned Apple Cake**

Moist cake with cinnamon & sugar dusted apples slices. Homemade taste without the work. Great breakfast, snack or dessert. 7 inch/\$10.49

**1264 Mixed Grill**

A collection of customer favorites. 4-1/4 lb Patties, 4-ChicNSteakes, 4-Boneless Pork Chops/\$17.99 **\$16.99**

**\$1.42** per serving

**NEW! 4215 Easy Guacamole**

Everything you need to make fresh guac anytime. Chopped avocados, tomato, onion & slightly spicy seasonings. Defrost, mash & serve. 1 lb. pouch/\$8.99

**NEW! 8093 Organic Chocolate Milk**

USDA organic chocolate milk in single-serve 8 oz. containers. No refrigeration required. Antibiotic, synthetic hormone, and pesticide free! 12-8 oz cartons/\$15.99

**2050 Seasoned Salmon**

Top seller! Easy and elegant. Premium flaky fillets with mild seasonings. Expertly skinned. Individually wrapped. No trans fats. 4-5 oz./\$18.49 **\$17.49**



**FREE**  
1 lb. Bag of Broccoli Florets  
with \$40 purchase\*



**FREE**  
4-Pack of ChicNSteakes  
with \$90 online purchase\*  
Promo Code: **OCTBONUS**



**FREE SAMPLE**  
Whole Grain PB&J Grahamwich Bar  
with any purchase\*



See page 2 for details.

Prices valid for sale dates 9/23/12 – 10/20/12

## What are the benefits?

- Up to 20% profit of every order goes to your school.
- 100% Satisfaction Guarantee.
- Sign-up for e-mail and text alerts for exclusive offers and order reminders.

## How does it work?

Shift the money you already spend at the grocery store to your school.



Place your order online at [marketday.com](http://marketday.com) and pick up at your school. See pick-up dates on back page.



**New to Market Day?**  
[marketday.com/Welcome](http://marketday.com/Welcome)

## Inside this issue:

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### Icon Guide

These symbols will help you find the right products to fit your lifestyle.

#### Taste for Health®

Contains no more than 300 calories, 10g total fat and 600mg sodium per serving.

#### Naturals

Contains no preservatives, artificial flavors or colors and have 0g trans fat per serving.

#### Microwave

#### Quick Cook

From freezer to table in 15 minutes or less.

#### Peanut Free

#### Gluten Free

#### USDA Choice Meat

USDA grade of Choice is known for exquisite taste and tenderness.

#### Last Month This Season

Stock up, these items will not appear in next month's Order Guide.

## Food For Healthy Living

At Market Day, we strive to make it easier for you to make smart decisions, whether you have special dietary needs or are trying to feed your family healthy meals. We offer grocery items such as flash-frozen (frozen right after picking) veggies, with flavors that are arguably more delicious than their “fresh” counterparts, butcher quality lean proteins and Omega-3 rich seafood. Making simple changes in your everyday diet can make a big difference.

## Visit our NEW Eat Well Section at [marketday.com/EatWell](http://marketday.com/EatWell)



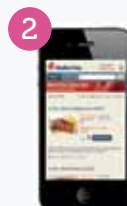
Visit [marketday.com](http://marketday.com) and select Eat Well with Market Day under the Meal Planning tab.

- 28 Day Diabetic Menu Plan & 1600 Calorie Lean Menu Plan
- Easily add Market Day products by day, week, or for the entire plan
- Hundreds of delicious recipes and an easy to use Recipe Search Box
- Resources & articles such as USDA Guidelines, Dietary Needs & 10 Ways to Make Healthy Eating Fun

## 3 Ways to Order



**Online**  
[marketday.com](http://marketday.com)



**Mobile**  
[marketday.com](http://marketday.com)



**Monthly Order Guide**  
sent home in backpack

GET ALL 3 FREE



**FREE 1 lb. Bag of Broccoli Florets**  
with \$40 purchase\*

+

ONLINE ONLY!



**FREE 4-Pack of ChicNSteakes**  
with \$90 online purchase\*  
Promo Code: **OCTBONUS**

+



**FREE SAMPLE**  
Whole Grain PB&J  
Grahamwich Bar  
with any purchase\*

\*Limit one (1) free Whole Grain PB&J Grahamwich Bar, one (1) free 1 lb. Bag of Broccoli Florets and one (1) free 4-Pack of ChicNSteakes per qualifying customer. ChicNSteakes offer only valid for orders placed at [marketday.com](http://marketday.com) using promo code at checkout. Purchase amount is calculated after applicable discounts/coupons and before tax. Promotion not available in Market Day/Sara Lee stores or on Peapod orders. Effective for sale dates 9/23/12 – 10/20/12. No substitutions. Promotion subject to change or termination without notice.

### 1318 Boneless Pork Chops

As much juicy flavor as you'd get in a restaurant. Cut from the succulent center of the loin. Individually wrapped. 6-5 oz./\$13.29 **\$12.79**



## Taste For Health®

**75+ ITEMS TO CHOOSE FROM!**  
All items contain no more than 300 calories, 10g total fat and 600mg sodium.

### 1108 Whole Pork Tenderloins

Naturally lean. Ready to cook. 2-3 pieces/2.25 lbs./\$15.69 **\$14.69**

### 8150 Kyoto Blend

Edamame, red peppers, corn, carrots, broccoli. 2 lb. resealable bag/\$9.99 **\$9.49**

### 3193 Fully Cooked Turkey

Sausage Links **72¢ per serving**  
Tender and tasty in under 2 minutes. 40 links/2 lb. resealable bag/\$9.79 **\$9.29**

### 3499 30 Count String

Cheese **40¢ each**  
Individually wrapped mozzarella. 30-1 oz. sticks/\$12.49 **\$11.99**

### 2082 Wild Alaskan Grilled Salmon

Fully-cooked fillets, a delicious grilled taste. 6-4 oz. fillets/\$16.79 **\$15.79**

### 5157 Mini Cheese

Omelets **84¢ each**  
Low in fat, cholesterol and sodium. 12-2 oz./\$10.49 **\$9.99**

### 8168 Gourmet Green

Beans **52¢ per serving**  
Flash frozen within hours of picking. 2-2 lb. resealable bags/\$11.29 **\$10.79**

### 2014 Lemon Pepper Breaded Haddock Fillets

Superbly seasoned with zesty breadcrumbs. 1.5 lbs/\$15.69 **\$14.69**

### 1122 Fully Cooked Pot Roast

Lean tender beef in natural juice gravy. 2.25 lbs./\$16.69 **\$15.69**

### 3010 Turkey Tournedos

4 oz. filet wrapped in turkey bacon. 6-4 oz./\$13.49 **\$12.99**

### 3174 Naked Mushroom Stuffed Chicken Breast

Mushroom blend in a tender chicken breast. 4-5 oz./\$11.99 **\$11.49**

### 7135 Cheese Lasagna Rollups

Blend of 3 cheeses. Just add sauce. 12-2.75 oz./\$12.99 **\$12.49**



1108



8150



3193



3499 | 100% NATURAL



2082 | HIGH IN OMEGA-3's



5157



8168



2014



1122



3010



3174 | 170 CALORIES



7135

# Customer Favorites

## 3198 Gourmet Bistro Chicken

★★★★★

Inspired by French cuisine, seasoned with garlic and butter. Fall-off-the-bone tender. Skin-on for ultimate flavor. Succulent & juicy. 2-1/2 Chickens/~~\$12.99~~ **\$12.49**




4035






2171



7763

**4035 Mediterranean Pizzas**   
Spinach, tomatoes, mozzarella & feta.  
2-7x9 inch/~~\$9.99~~ **\$9.49**

**2171 Premier Popcorn Shrimp**     
Golden breading. Flavorful shrimp. Tail-off.  
67-98 pieces/1.5 lbs./~~\$9.69~~ **\$9.19**

**7763 Vegetable Fried Rice**     
Authentic taste makes it a top seller.  
2-1 lb. rice/2-2 oz. sauce/~~\$9.99~~ **\$9.49**







3456






5131



4623

**3456 Pepperoni Pizza**   
**Eat-zzas™**     
Individually wrapped deep-dish.  
6-5 inch/~~\$9.99~~ **\$9.49**

**5131 French Toast Sticks**     
Thick-cut, dipped in creamy batter.  
43-45 sticks/2.5 lbs./~~\$8.99~~ **\$8.49**

**4623 Apple Deep Dish Pie**  
★★★★★  
Packed with tender fruit, flaky crust.  
10 inch/~~\$12.00~~






1245






1316



2405

**1245 Ground Beef - 85% Lean - 2 lbs.**     
Unbelievable taste & beautiful color.  
2-1 lb. pkg./~~\$9.59~~ **\$9.09**

**1316 Stuffed Pork Chops**  
Boneless, tender chops with sage bread stuffing. 4-8 oz./~~\$15.29~~ **\$14.29**

**2405 Oven-Ready Butterfly Shrimp**     
Delicate breading, crunchy in oven.  
18-25 per lb./2 lbs./~~\$17.99~~ **\$16.99**

**NEW!**

## Save Big & Support Your Child's School!

When you sign-up for SchoolShare, you get up to \$2,500 in savings on the things you enjoy everyday—dining, shopping, music, movies, entertainment, and more! Best of all, 14% or \$1.00 of your \$6.95 monthly membership fee goes back to your child's school each month! Sign-up today at [MySchoolShare.com](http://MySchoolShare.com)!

 **SchoolShare®**  
JOIN NOW. SAVE BIG. GIVE BACK.



\*For details see [MySchoolShare.com](http://MySchoolShare.com)

### 2141 Garlic & Herb Shrimp



Tender, tail-off, lightly marinated.  
51-60 per lb./1 lb./\$15.99 **\$14.99**

### 7148 Baked Manicotti

Stuffed with 4 cheeses, topped with tomato sauce.

6 manicotti/2.18 lb. tray/\$11.29 **\$10.79**

### 5091 Microwave Pancakes

Homemade taste without the mess!  
18-3 packs/3.75 in. dia./3 lbs./\$11.69 **\$11.19**

### 3070 Chicken Tenders



Pre-cooked breaded chicken.

2 lb. resealable bag/\$15.79 **\$14.79**

### 3180 Teriyaki Chicken Kabobs

Pre-skewered; ginger, garlic, teriyaki marinade. 8-3 oz./\$13.99 **\$12.99**

### 3434 PB&J Squarewiches®

White whole grain crustless sandwich.

8-2.7 oz./\$10.49 **\$9.99**

### 3048 Chicken Cordon Bleu

Breaded, stuffed with ham and Swiss.

8-6 oz./\$16.99 **\$15.99**

### 8088 Nestle® Juicy Juice® - Apple

100% juice, no sugar added.

Resealable cap.

24-10 oz. plastic bottles/\$19.59 **\$17.59**

### 3167 No Bonz Buffalo Chicken Bowl

All white meat, spicy sauce. 4-5 oz.

microwaveable bowls/\$11.99 **\$11.49**



2141



7148



5091 | 200 CALORIES



3070



3180



3434



3048



8088 | GREAT PRICE!



3167



### Easiest Yankee Pot Roast



- 1½ cups water
- 4 carrots; peeled & thinly sliced
- 1 Fully Cooked Pot Roast #1122; frozen
- 1 bag Baby Baked Potatoes #8175; frozen
- minced onion & garlic powder to taste

Pour 1½ cups of water in slow cooker. Set on low heat. Add sliced carrots and minced onion. Add frozen roast to slow cooker and sprinkle with garlic powder. Cover and cook on low for 6 hours. Then add frozen Baby Baked Potatoes by placing them around the roast. Replace cover and cook for another 1½ hours. Serves 4.

**\$1.00**  
per serving

### 8175 Baby Baked Potatoes



Lightly seasoned with garlic and ready in just 10 minutes from the microwave. Slice and fry for delicious breakfast potatoes. 2 lb. resealable bag/\$11.49 **\$10.99**

Customer Favorites

# Tasty Chicken



## 3173 Diced Chicken Tenderloins



Add pizzazz to your recipes with bite size chunks of moist and tender all white meat chicken. Irresistibly easy. Fully-cooked.

2-1 lb. bags/\$14.99 **\$13.99**

## Ways to Save

### 1. Online Offers by Email

By registering your email on marketday.com, you'll receive important reminders, exclusive deals and discounts.

### 2. Free Products

Extra deals like free products with purchase are frequently offered.

### 3. Red Discount Pricing

Check out the sales offered each month! Look for the RED pricing on the Order Guide and on marketday.com.

### 4. New Customer Offer

Get \$5 off your order as a new customer when you use Promo Code: **NEWFIVE** at checkout on marketday.com.

### 5. SchoolShare®

Save big on the things you enjoy everyday and support your school. Sign up at MySchoolShare.com.



3171



3069



3184 | 24g PROTEIN



3158



7091



3033



4030



3027

## 3171 Breaded Chicken Breast Patties

88¢ per serving

Wrap your mouth around this pleasin' patty of juicy chicken with a crunchy golden breading. Fully cooked. 15-17 pieces/3 lbs./\$14.99 **\$13.99**

## 3069 ChicNSteakes

Top Seller. Top Taste. Beautifully trimmed and as juicy as they are versatile. Individually wrapped. 99% fat free, 100% easy. 12-4 oz./\$15.89 **\$14.89**

## 3184 Naked Broccoli and Cheese Stuffed Chicken

180 delicious calories and 24 grams of protein! Unbreaded, boneless chicken breasts stuffed with broccoli and a blend of cheeses. 4-5 oz./\$11.59 **\$11.09**

## 3158 Popcorn Chicken

\$1.05 per serving

Bite size and precooked all white meat chicken, this extra crispy version of popcorn chicken turns up the volume of every crunch. 2 lb. resealable bag/\$11.99 **\$11.49**

## 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./\$15.99 **\$14.99**

## 3033 Chicken Nuggets

93¢ per serving

All white chicken, lightly breaded. Precooked. 62-72 pieces/ 3 lb. resealable bag/\$14.89 **\$13.89**

## 4030 Buffalo Chicken Sticks

Buffalo wing taste without the mess. Presented in a delicious, crunchy spring roll. Dip & enjoy. 2.5 lbs./approx. 40 sticks/\$13.79 **\$12.79**

## 3027 Chicken Gems

Juicy inside and lightly breaded so each bite is crispy and crunchy. Bake and dip in your favorite sauce or try on a sandwich roll. 3 lb. resealable bag/\$14.99 **\$13.99**

**Meat**

**PICTURED — SAVE \$1.00**

- 1264 Mixed Grill p. 1  
4-1/4 lb Patties, 4-ChicNSteakes,  
4-Boneless Pork Chops/\$17.99 **\$16.99**

**Beef**

**PICTURED — SAVE UP TO \$1.00**

- 1122 Fully Cooked Pot Roast p. 3  
2.25 lbs./\$16.69 **\$15.69**
- 1245 Ground Beef - 85% Lean - 2 lbs. p. 4  
2-1 lb. pkg./\$9.59 **\$9.09**
- 1023 1/4 lb. Beef Patties  
20-4 oz./\$19.99
- 1121 Flat Iron Beef Steaks **LM**  
6-4 oz./\$19.99
- 1054 French Dip  
2-2 lb. tubs/\$16.99
- 1058 Ground Beef - 85% Lean  
4-1 lb. pkg./\$16.96
- 7630 Hearty Beef Stew  
2.25 lb. bag/\$13.69
- 1096 Home-Style Gravy & Beef Tips  
2.5 lb. pouch/\$15.39
- 1215 Italian Style Meatballs  
59-71 pieces/3 lb. resealable bag/\$15.79
- 7058 Meat Loaf Slices  
8-3.5 oz./\$11.99
- 1131 Ranch Steaks®  
6-5 oz./\$18.29
- 1695 Stuffed Peppers  
4-10 oz./\$14.49
- 1208 Teriyaki Steak Kabobs **LM**  
8-3 oz./\$19.99
- 1141 Vidalia® Onion Burgers **LM**  
8-5.3 oz./\$13.99
- 1280 Whole Beef Flat Iron  
16 oz./\$11.99

**Pork**

**PICTURED — SAVE UP TO \$1.00**

- 1318 Boneless Pork Chops p. 3  
6-5 oz./\$13.29 **\$12.79**
- 1316 Stuffed Pork Chops p. 4  
4-8 oz./\$15.29 **\$14.29**
- 1108 Whole Pork Tenderloins p. 3  
2-3 pieces/2.25 lbs./\$15.69 **\$14.69**
- 1226 Bacon Wrapped Tournedos  
6-4 oz./\$13.59
- 1202 Barbecued Pork  
2-1.5 lb. tubs/\$16.69
- 7050 Boneless Pork Riblets  
36-37 pieces/1.75 lbs./\$13.29
- 1250 Fully Cooked BB Ribs w/Sauce  
1 slab/1.65 lbs./\$16.99
- 1288 Peppercorn Pork Loin  
1.5 lbs./\$9.99
- 1144 Petite Boneless Sliced Ham  
97% fat free. 2.5 lbs./\$16.99
- 1243 Pork Flat Iron **LM**  
6-5 oz./\$11.69

**Poultry**

**PICTURED — SAVE UP TO \$1.00**

- 3208 Asian Styl No Bonz Chic Bowl p. 11  
4-5 oz./\$11.99 **\$11.49**
- 3171 Breaded Chicken Breast Patties p. 6  
15-17 pieces/3 lbs./\$14.99 **\$13.99**
- 3048 Chicken Cordon Bleu p. 5  
8-6 oz./\$16.99 **\$15.99**
- 3027 Chicken Gems® p. 6  
3 lb. resealable bag/\$14.99 **\$13.99**
- 3033 Chicken Nuggets p. 6  
62-72 pieces/3 lb. resealable bag/\$14.89 **\$13.89**

\*Total price based on actual weight

- 7091 Chicken Stir-Fry Kit p. 6  
4-6 servings/2.4 lbs./\$15.99 **\$14.99**
- 3070 Chicken Tenders p. 5  
2 lb. resealable bag/\$15.79 **\$14.79**
- 3069 ChicNSteakes p. 6  
12-4 oz./\$15.89 **\$14.89**
- 3173 Diced Chicken Tenderloins p. 6  
2-1 lb. bags/\$14.99 **\$13.99**
- 3193 Fully Cook Trky Sausage Links p. 3  
40 links/2 lb. resealable bag/\$9.79 **\$9.29**
- 3153 General Tso's Chicken p. 11  
4-10 oz. trays/\$12.99 **\$12.49**
- 3198 Gourmet Bistro Chicken p. 4  
2-1/2 Chickens/\$12.99 **\$12.49**
- 7170 Individual Chicken Pot Pies p. 11  
4-10 oz. trays/\$10.99 **\$10.49**
- 3184 Naked Broc & Cheese Stuff Chic p. 6  
4-5 oz./\$11.59 **\$11.09**
- 3226 Naked Bruschetta Stff Chic p. 1 **NEW**  
4-5 oz./\$11.99
- 3174 Naked Mshrm & Chees Stuff Chic p. 3  
4-5 oz./\$11.99 **\$11.49**
- 3167 No Bonz Buffalo Chicken Bowl p. 5  
4-5 oz. microwaveable bowls/\$11.99 **\$11.49**
- 3158 Popcorn Chicken p. 6  
2 lb. resealable bag/\$11.99 **\$11.49**
- 3180 Teriyaki Chicken Kabobs p. 5 **LM**  
8-3 oz./\$13.99 **\$12.99**
- 3010 Turkey Tournedos p. 3 **LM**  
6-4 oz./\$13.49 **\$12.99**
- 3141 Artichoke Parmesan Stuff Chic Brst  
4-5 oz./\$12.49
- 3156 Broccoli & Cheese Stuffed Chicken  
8-6 oz./\$16.99
- 7054 Chicken & Dumplings  
2.5 lb. pouch/\$11.99
- 3108 Chicken Fries  
96-120 pieces/3 lb. resealable bag/\$15.99
- 3024 Chicken Kiev  
8-6 oz./\$16.99
- 3103 Chicken Parmesan Patties  
8-3.55 oz./\$14.99
- 3091 Crème Brie Stuffed Chicken Breast  
4-6 oz./\$13.49
- 3151 Fully Cooked Buffalo Chicken Bites  
2 lb. resealable bag/\$14.99
- 3168 Hickory Smoked BBQ Chicken  
2-1 lb. bags/\$11.99
- 3136 Honey BBQ Chicken Tenders  
2 lb. resealable bag/\$14.99
- 3218 Lemon Pepper ChicNSteakes  
8-4 oz./\$12.89
- 3190 Naked Cordon Bleu Stuff Chicken  
4-5 oz./\$11.99
- 7175 Orange Chic w/Vegetable Fried Rice  
13 oz. tempura chicken/29 oz. vegetable fried  
rice/10 oz. sauce/\$14.59
- 3178 Oven Ready Boneless Turkey Breast  
4-6 lbs.\* @ \$5.19 per lb.
- 3164 Seasoned Chicken Breast Strips  
2 lb. resealable bag/\$15.69
- 1037 Stuffed Chicken Roast  
2.5 lbs./\$18.99
- 3072 Teriyaki ChicNSteakes  
8-4 oz./\$12.89

**Seafood**

**PICTURED — SAVE UP TO \$1.00**

- 2141 Garlic & Herb Shrimp p. 5  
51-60 per lb./1 lb./\$15.99 **\$14.99**
- 2014 Lemn Peppr Brd Haddck Fillets p. 3  
1.5 lbs/\$15.69 **\$14.69**
- 2405 Oven-Ready Butterfly Shrimp p. 4  
18-25 per lb./2 lbs./\$17.99 **\$16.99**

- 2171 Premier Popcorn Shrimp p. 4  
67-98 pieces/1.5 lbs./\$9.69 **\$9.19**
- 2050 Seasoned Salmon p. 1  
4-5 oz./\$18.49 **\$17.49**
- 2082 Wild Alaskan Grilled Salmon p. 3  
6-4 oz. fillets/\$16.79 **\$15.79**
- 2117 Battered Alaska Cod  
2-12 oz. bags/\$12.49
- 2113 Breaded Fish Nuggets  
2-12 oz. bags/\$12.99
- 2145 Crab Cakes  
8-2 oz./\$15.89
- 2041 Gourmet Stuffed Flounder  
6-5 oz. fillets/\$20.69
- 2125 Haddock Fillets  
6-4 oz./\$17.69
- 2090 Jumbo Party Shrimp w/Sauce  
26-30 per lb./1 lb./\$17.59
- 2189 Krispy Krunchy Cod  
9-3.6 oz./\$15.59
- 2086 Large Shrimp  
31-40 per lb./1 lb./\$15.69
- 2178 Lemon Parmesan Salmon  
4-5 oz./\$18.49
- 2129 Oven Ready Bread Coconut Shrmpr  
31-37 pieces/1.5 lbs./\$15.99
- 2017 Potato Encrusted Pollock  
6-4 oz./\$11.99
- 2156 Shrimp Scampi  
2-8 oz. pouches/\$13.99

**Breakfast**

**PICTURED — SAVE UP TO 50¢**

- 5131 French Toast Sticks p. 4  
43-45 sticks/2.5 lbs./\$8.99 **\$8.49**
- 5091 Microwave Pancakes p. 5  
18-3 packs/3.75 in. dia./3 lbs./\$11.69 **\$11.19**
- 5157 Mini Cheese Omelets p. 3  
12-2 oz./\$10.49 **\$9.99**
- 2281 Breakfast Pizzas  
6-6 inch pizzas/\$12.29
- 5160 Chocolate Chip Mini Pancakes  
2-48 packs/1.65 lbs./\$12.29
- 5169 Cinamn Crunch French Toast Bites  
44-48 sticks/2 lbs./\$9.99
- 5086 Cinnamon Scones  
12-2.5 oz./\$11.79
- 4068 Fully Cooked Bacon Slices  
40 slices/\$15.49
- 5044 Ham, Egg White, Cheese Eng Muffin  
6-4 oz./\$10.69
- 5022 Mini Donuts w/Cinnamon Sugar Kit  
6-6 donuts/6 cinnamon sugar packets/  
6 shaker bags/\$10.99
- 4079 Oatmeal w/Mixed Berries  
8-6 oz./\$10.49
- 5094 Ultimate Breakfast Cookie  
12-2.2 oz./\$10.49
- 5184 Waffle Sticks - Maple  
12-2.33 oz./\$11.99

**Side Dishes**

**PICTURED — SAVE UP TO 50¢**

- 8175 Baby Baked Potatoes p. 5  
2 lb. resealable bag/\$11.49 **\$10.99**
- 8189 Baja Roasted Corn Blend p. 9  
2 lb. resealable bag/\$8.99 **\$8.49**
- 4688 Broccoli Florets p. 9  
2-2 lb. resealable bags/\$10.49 **\$9.99**
- 8162 "Extra Young" Tiny Peas p. 9  
2-2 lb. resealable bags/\$10.69 **\$10.19**
- 4288 Farmer's Market Blend p. 9  
2 lb. resealable bag/\$8.29 **\$7.79**
- 7782 French Breadsticks p. 9  
20-1.5 oz./\$10.29

- 8168 Gourmet Green Beans p. 3  
2-2 lb. resealable bags/\$11.29 **\$10.79**
- 8137 Green Bean Munchtables p. 9  
3-10 oz. bags/\$9.99 **\$9.49**
- 7792 Home-Style Biscuit Dough p. 9  
22-24 pieces/3.75 lbs./\$9.59 **\$9.09**
- 8150 Kyoto Blend p. 3  
2 lb. resealable bag/\$9.99 **\$9.49**
- 4694 Mashed Potato Patties p. 9  
12-3 oz./resealable bag/\$9.29 **\$8.79**
- 4680 Quick 'n' Crispy French Fries p. 9  
2.5 lb. resealable bag/\$9.29 **\$8.79**
- 4098 Steakhouse Onion Rings p. 9  
2 lbs./\$8.99 **\$8.49**
- 8180 Supersweet Corn p. 9  
2-2 lb. resealable bags/\$9.99 **\$9.49**
- 4281 Sweet Potato Fries p. 9  
2-1 lb. bags/\$9.49 **\$8.99**
- 7763 Vegetable Fried Rice p. 4  
2-1 lb. rice & sauce/\$9.99 **\$9.49**
- 8205 9-Grain Orzo Blend  
1.5 lbs./\$9.99
- 2245 Bosco® Breadsticks  
18-3.1 oz./\$14.89
- 4261 Five Cheese Garlic Toast  
16 slices/\$7.49
- 8174 Nantucket Island Blend  
2 lb. bag/\$8.39
- 4250 Sweet Potato Medley  
1.5 lb. resealable bag/\$10.69
- 8169 Yukon Gold Potato & Veggi Blend  
2 lbs./\$8.39

## Appetizers

PICTURED — SAVE UP TO \$1.00

- 4042 Brd Mozzarella Sticks w/Sce p. 10  
35-45 stcks/6 sce packets/3.25 lbs./\$14.39 **\$13.39**
- 4030 Buffalo Chicken Sticks p. 6  
2.5 lbs/approx. 45 sticks/\$13.79 **\$12.79**
- 4215 Easy Guacamole p. 1 **NEW**  
1 lb. pouch/\$8.99
- 7851 Li'l Bagel Dogs p. 10  
28-32 pieces/1.25 lbs./\$10.99 **\$10.49**
- 4120 Three Cheese Mini Pizza Bagels p. 10  
36 bagels/\$11.59 **\$11.09**
- 4048 Egg Rolls w/Sauce  
24-1.5 oz. egg rolls/3 sce packets/\$15.49
- 4067 Mini Chicken Cordon Bleu Bites  
Uncooked. 31-33 pieces/2 lbs./\$12.99
- 6020 Potato Skins  
Approx. 15 pieces/1 lb./\$9.29
- 4108 Stuffed Appetizer Bread  
2-22 oz. loaves/\$13.99
- 4058 Stuff Shrpm w/Monterey Jack Chees  
2-12 oz. bags/\$14.39

## Pizza & Pasta

PICTURED — SAVE UP TO \$1.00

- 7148 Baked Manicotti p. 5  
6 manicotti/2.18 lb. tray/\$11.29 **\$10.79**
- 7135 Cheese Lasagna Rollups p. 3  
12-2.75 oz./\$12.99 **\$12.49**
- 3455 Cheese Pizza Eat-zzas™ p. 10  
6-5 inch/\$9.39 **\$8.89**
- 7192 Lasagna w/Meat Sauce p. 9  
32 oz. tray/\$10.99
- 4035 Mediterranean Pizzas p. 4  
2-7x9 inch/\$9.99 **\$9.49**

- 3456 Pepperoni Pizza Eat-zzas™ p. 4  
6-5 inch/\$9.99 **\$9.49**
- 7088 Pepperoni Thin Crust Pizza p. 10  
3-12 inch/\$14.99 **\$13.99**
- 7847 Stuff Rigtnt w/Italian Sausge p. 11  
4-10 oz. trays/\$15.99 **\$14.99**
- 7081 Cheese Pizzas  
3-12 inch/\$13.99
- 4291 Cheese Ravioli  
100 ravioli/3 lbs./\$10.99
- 4608 Easy Serve Mac & Cheese by Kraft®  
8-7 oz. packages/\$11.99
- 7068 Margherita Flatbread  
11 oz./\$7.79
- 7076 Stuffed Eggplant  
8-3.5 oz. pcs./\$11.29
- 4026 Tuscan Chicken Flatbread  
12.75 oz./\$7.99

## Soup & Sandwiches

PICTURED — SAVE UP TO \$1.00

- 3434 PB&J Squarwiches® p. 5  
8-2.7 oz./\$10.49 **\$9.99**
- 7173 Turkey & Chees Pretzl Sndwch p. 11  
6-5 oz./\$15.99 **\$14.39**
- 7021 Uno's® Pepperoni Tastefulls™ p. 10  
6-4 oz. individually wrapped/\$11.99 **\$11.49**
- 7168 Broccoli and Cheddar Soup  
32 oz. pouch/\$10.89
- 7151 Cheesy Baked Potato Soup  
32 oz. pouch/\$10.69
- 6153 Chop House® Cheeseburgers  
6-4.8 oz./\$12.99
- 7163 Italian Wedding Soup  
32 oz. pouch/yields 64 oz./\$10.69
- 7007 Philly Cheese Steak Kit  
4 sandwiches/2.63 lbs./\$14.99
- 7065 Smke Ham & Provolone Pretzel Sand  
6-5.8 oz./\$15.29
- 7057 Turkey Chili  
32 oz. pouch/\$11.99

## Desserts

PICTURED

- 4623 Apple Deep Dish Pie p. 4  
10 inch/\$12.00
- 4936 Old Fashioned Apple Cake p. 1 **NEW**  
7 inch/\$10.49
- 4910 Apple Blossoms®  
8-4 oz./\$12.59
- 4809 Chocolate Chip Cookie Dgh  
61-75 pieces/3 lbs./\$8.99
- 3402 Choco Chip Cookie Dough Cups  
8-3 oz. cups/\$8.99
- 4596 Chocolate Chip Cookie Meltdown  
4-4 oz./\$9.59
- 7680 Choco-Chocolate Chip Cakes  
12-2 oz. individual cakes/\$12.49
- 4942 Variety Cheesecake  
8 inch/pre-sliced/\$13.00

## Snacks

PICTURED — SAVE UP TO \$1.00

- 3499 30 Count String Cheese p. 3  
30-1 oz. sticks/\$12.49 **\$11.99**
- 3438 40 Pack Snap Pretzels p. 10  
40-.5 oz. bags/\$8.99 **\$8.49**
- 3436 Colby Jack Snack Sticks p. 11  
24-.83 oz. sticks/\$10.49 **\$9.99**

- 5111 Fruit Singles® p. 11  
12-4 oz. cups/\$10.99 **\$10.49**
- 3426 Fruit Snacks Variety Pack p. 10  
28-.84 oz. pouches/\$7.99 **\$7.49**
- 3409 Giant Cnrmn Gldfish® Grams p. 10  
25-9 oz. pouches/\$7.99 **\$7.49**
- 3496 GoGo Squeeze™ Applesauce p. 11  
18-3.2 oz./\$13.99 **\$12.99**
- 6166 Quaker Chewy® Grnla Bar Var Pk p.10  
24-.84 oz./\$9.29 **\$8.79**
- 8858 American Cheese  
72 slices/3 lbs./\$14.79
- 3366 Whole Grain PB&J Grahamwiches  
12-2.2 oz. sandwiches/\$11.99

## Beverages

PICTURED — SAVE UP TO \$2.00

- 8118 Gatorade® Kid-Size Variety Pk p. 10  
24-12 oz. plastic bottles/\$15.89 **\$14.89**
- 8107 Nesquik® Low Fat Choco Milk p. 11  
24-8 oz. plastic bottles/\$20.49 **\$18.49**
- 8088 Nestle® Juicy Juice® - Apple p. 5  
24-10 oz. plastic bottles/\$19.59 **\$17.59**
- 8093 Organic Chocolate Milk p. 1 **NEW**  
12-8 oz cartons/\$15.99
- 8091 Arnold Palmer® Ice Tea Lemon Stix  
2-30 count boxes/\$15.99
- 6023 Flavored Hot Cocoa Assortment  
30-1.25 oz. pouches/\$13.99
- 8116 Tropicana® Orange Juice Singles  
24-8 oz. cartons/\$16.99
- 7330 A Sauce For All Seasons™  
18 oz. wt. bottle/\$4.99

## Seasonings & Sauces

### ICON GUIDE

- Taste for Health®**  
Contain no more than 300 calories, 10g total fat, & 600mg sodium per serving.
- Market Day Naturals®**  
No preservatives, artificial flavors or colors and have 0 grams trans fat.
- Microwaveable**  
Easily prepared with great results in the microwave.
- Quick Cook**  
From freezer to table in 15 minutes or less.
- Peanut/Nut Free**  
Check website for most up-to-date info.
- Gluten Free**  
Check website for most up-to-date info.
- USDA Choice Meat**  
USDA grade of Choice is known for exquisite taste and tenderness.
- Last Month This Season**  
Stock up, these items will not appear in next month's Order Guide.

For nutrition and allergy information visit [marketday.com](http://marketday.com)

★★★★★ Customer Ratings

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Last Name \_\_\_\_\_ First Name \_\_\_\_\_  I want to volunteer.

E-mail \_\_\_\_\_  Yes, please send special offers and promotions to my email address.

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

( ) \_\_\_\_\_ ( ) \_\_\_\_\_

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# Halloween Party

30¢ each

## 3409 Giant Cinnamon Goldfish® Grahams

Reel in the fun with crispy cinnamon cookies shaped like giant Goldfish®. A kid favorite. Packaged to be the perfect lunch box treat. 25-.9 oz. pouches/\$7.99 **\$7.49**

**Market Day Exclusive!**  
120 CALORIES

### Festive Pumpkin Dip for Goldfish® Grahams



**TASTES GREAT WITH GOLDFISH® GRAHAMS!**

- 1 3 oz. pkg softened cream cheese
- 1/4 cup powdered sugar
- 1/2 cup canned pumpkin
- 1/4 tsp. ground cinnamon
- 1/8 tsp. ground nutmeg
- dash of cloves
- 1 8 oz. tub frozen light non-dairy whipped topping; thawed
- 1 bag of Giant Cinnamon Goldfish® Grahams #3409

Beat cream cheese and sugar until well blended. Stir in all remaining ingredients except whipped topping. Fold in whipped topping. Serve with Goldfish Grahams. Makes approximately 2 1/2 cups.



### 6166 | 8g WHOLE GRAINS



## 6166 Quaker Chewy® Granola Bar Variety Pack

8g whole grains. No high fructose corn syrup. Three varieties. 24-.84 oz./\$9.29 **\$8.79**

## 7088 Pepperoni Thin Crust Pizza

Loaded with pepperoni. Thin crust. 3-12 inch/\$14.99 **\$13.99**

## 4042 Breaded Mozzarella Sticks with Sauce

Tasty cheese with crunchy breading. 35-45 sticks/6 sauce packets/ 3.25 lbs./\$14.39 **\$13.39**

### 3438



## 3438 40 Pack Snap Pretzels

40 pouches! All-natural, 60 calories, fat free. 40-.5 oz. bags/\$8.99 **\$8.49**

22¢ each

## 7851 Li'l Bagel Dogs

Bite size all beef mini hot dogs wrapped in a traditional soft bagel dough. 28-32 pieces/1.25 lbs./\$10.99 **\$10.49**

### 7088



### 4042



### 7851 | 100% PURE BEEF



### 7021



### 3426



## 7021 Uno's® Pepperoni Tastefulls™

Pepperoni and mozzarella pocket. 6-4 oz. individually wrapped/\$11.99 **\$11.49**

## 3426 Fruit Snacks Variety Pack

Motts™ and Orchard Fruit™ varieties. 28-.84 oz. pouches/\$7.99 **\$7.49**

## 3455 Cheese Pizza Eat-zzas™

Individual deep-dish pizzas with a unique flaky style crust. 6-5 inch/\$9.39 **\$8.89**

### 3455



### 8118



### 4120 | WHOLE GRAIN



## 8118 Gatorade® Kid-Size Variety Pack

Berry, strawberry & grape flavors. 24-12 oz. plastic bottles/\$15.89 **\$14.89**

63¢ each

## 4120 Three Cheese Mini Pizza Bagels

Whole grain bagel topped with 3 real cheeses. 36 bagels/\$11.59 **\$11.09**

**7847 Stuffed Rigatoni with Italian Sausage** 🍴🍷🍷

Single serve in less than 8 minutes! Stuffed with 2 cheeses. Generous portion for any meal. 4-10 oz. trays/\$15.99 **\$14.99**

**3496 GoGo SqueeZ™**

**Applesauce** 🍏🍏🍏

Nothing but apples. Easy-to-go pouch. No refrigeration, no spoon, no mess, no added sugar! 18-3.2 oz./\$13.99 **\$12.99**

**8107 Nesquik® Low Fat Chocolate Milk** 🍫🥛

**78¢ each**

Cool packaging can be stored at room temperature yet still delivers 100% chocolatey milk kids crave. 24-8 oz. plastic bottles/\$20.49 **\$18.49**

**3436 Colby Jack Snack Sticks** 🍌🍌🍌

**42¢ each**

A tasty treat and calcium kick all in one. Low carb and big on taste, these sticks are perfect for lunch boxes of kids of all ages. 24-.83 oz. sticks/\$10.49 **\$9.99**

**5111 Fruit Singles®** 🍓🍓🍓

Sweet chunks of peaches and strawberries packed in natural white grape juice. 12-4 oz. cups/\$10.99 **\$10.49**

**3153 General Tso's Chicken** 🍴🍷🍷

Chinese take-out in under 5 minutes. General Tso's chicken, rice and veggies. 4-10 oz. trays/\$12.99 **\$12.49**

**3208 Asian Style No Bonz Chicken Bowl** 🍴🍷🍷

Boneless chicken breast chunks in a sweet Asian chili sauce. Great for lunch. 4-5 oz. microwaveable bowls/\$11.99 **\$11.49**

**7170 Individual Chicken Pot Pies** 🍴🍷🍷

Bake them flaky and golden brown right in your microwave. They're filled with carrots, peas, potatoes, chicken and a rich gravy. 4-10 oz. trays/\$10.99 **\$10.49**

**7173 Turkey and Cheese Pretzel Sandwich** 🍴🍷🍷

Healthy twist on a classic. Lean turkey and creamy American cheese on a chewy pretzel style bun. 6-5 oz./\$15.99 **\$14.39**



7847

3496 | 100% NATURAL



8107 | GREAT PRICE!



3436



5111 | NO SUGAR ADDED



3153



3208



7170



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