

NutriCare Meat Facts

Product	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium
Lean Ground Beef	233	14.4g	5.8g	86mg	69mg
Beef Pot Roast	241	14.3g	5.8g	90mg	60mg

Lean Ground Beef

Beef Pot Roast

Nutrition for Active Lifestyles

3 LB. PKG.
OR LARGER

Fresh Ground Beef

\$1.10

LB.



HEAVY NORTHERN

Boneless Chuck Roast

\$1.39

LB.



SWIFT PREMIUM

Li'l Butterball Turkeys

\$1.19

LB.

ASSORTED SLICED

True Value Lunch Meats

\$1.00

12 OZ. PKG.

THORN APPLE VALLEY

Low Salt Bone-In Ham

99¢

LB.

U.S.D.A. CHOICE

Boneless Strip Steaks

\$4.09

LB.

SWIFT PREMIUM

Butterball Turkey Breast

\$2.19

LB.



MINIMAX MEANS MORE...QUALITY!

HEAVY NORTHERN

Boneless Chuck Steak

\$1.59

LB.

TASTY

Tyson's Chicken Franks

69¢

1 LB. PKG.

OSCAR MAYER

Cheese Hot Dogs

\$1.79

1 LB. PKG.



Bakery and Deli Savings!

AT ALL STORES WITH IN-STORE BAKERY & DELI...

QUALITY

True Value Sliced Bacon

\$1.49

1 LB. PKG.

LOUIS RICH

Ground Turkey

\$1.00

1 LB. PKG.

SWIFT PREMIUM

Boneless Turkey

\$1.99

1 LB. PKG.

FRESH BAKED

Golden French Bread

\$2.11

LOAVES FOR

WHITE OR CHOCOLATE DECORATED

Valentine Cupcakes

\$4.11

FOR

FROM OUR DELI

Louis Rich Turkey Breast

\$3.99

LB.

6 IN. DECORATED VALENTINE

Layer Cake

\$2.89

DOZEN

DOZEN, FRESH BAKED GOLDEN

Dinner Rolls

\$1.00

LB. CLASSIC COOKED

BABY SWISS

Cheese Brisket

\$3.99

LB.

8 OZ. OSCAR MAYER, BEEF OR MEAT

Sliced Bologna

\$1.00

PKG.

THORN APPLE VALLEY LOW SALT BUTT PORTION

Bone-In Ham

\$1.19

LB.

DECORATED VALENTINE SUGAR

Cookies

\$1.29

DOZEN

Wilson's Ham

\$3.79

Brisket

\$5.59

LB.