

WHAT CAN YOU EXPECT FOR 300 CALORIES?

PROTEIN PHOSPHORUS NIACIN B12 IRON RIBOFLAVIN ZINC

Right off, you probably never expected beef. But four ounces of top sirloin has just 235 calories. The vegetables add just 64 for a total of 299. A chef's salad has more. So does French onion soup. Yet for 235 very satisfying calories, beef packs protein, iron,



B vitamins and essential minerals. And the protein and iron in beef even help you use the protein and iron in vegetables and whole grains. Beef gives you a head start on the balanced diet that builds strength from the inside out. And with that, you can expect almost anything.

BEEF GIVES STRENGTH.

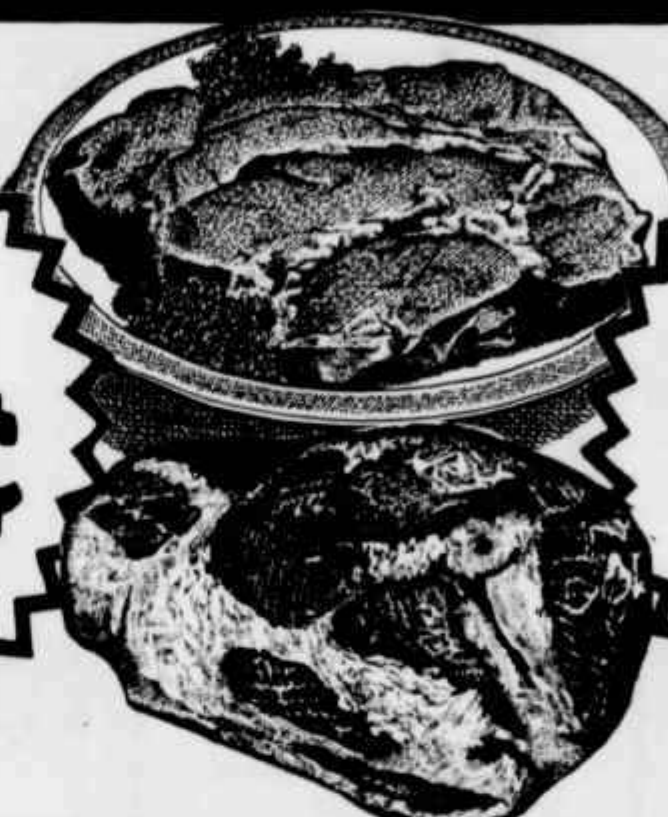
HEAVY NORTHERN
Boneless Chuck Roast

\$129
LB.



6 TO 8 LB. AVG. COV.
Smoked Picnics

69¢
LB.



HEAVY NORTHERN
Boneless Chuck Steak

\$149
LB.

FAJITAS
Beef Skirt Steaks

\$239
LB.

THORN APPLE VALLEY
Beef Smoked Sausage

\$199
1 LB. PKG.

ROEGELEN
Texas Size Franks

\$119
1 LB. PKG.

QUALITY
Decker Sliced Bacon

\$129
1 LB. PKG.



**MINIMAX MEANS MORE...
"LOWER PRICED WEEKLY SPECIALS!"**

YOUR CHOICE
Oscar Mayer Bologna

\$169
12 OZ. PKG.

LOUIS RICH
Turkey Franks

69¢
12 OZ. PKG.

OSCAR MAYER
Variety Pak

\$219
12 OZ. PKG.

REGULAR OR CHEESE
Rudy Farms Sausage & Biscuits

\$159
9.5 OZ. PKG.

GREAT FOR SANDWICHES
Decker Lunch Meats

\$139
12 OZ. PKG.

ROEGELEN
Smokets

\$149
12 OZ. PKG.

BATTERED CHEF'S PANTRY
Chicken Patties 1 LB. PKG. **\$159**
YOUR CHOICE, HAM, PASTRAMI OR SMOKED LOUIS RICH
Turkey Lunch Meats 8 OZ. PKG. **\$159**
OSCAR MAYER HAM & CHEESE OR
Chopped Ham 8 OZ. PKG. **\$159**

Bakery and Deli Savings!

AT ALL STORES WITH IN-STORE BAKERY AND DELI

FRESH
Baked French Bread

59¢
LOAF

4 VARIETIES
New York Style Cheese Cake

99¢
PER SLICE

BONELESS
Hafnia Danish Ham

\$299
LB.

8 INCH WHITE OR CHOCOLATE
All Occasion Cakes EACH **\$759**
8 INCH
Dutch Apple Pie EACH **\$199**
APPLE
Danish Coffee Cake EACH **\$189**

WILSON
Beef Bologna LB **\$249**
YELLOW OR WHITE
Sliced American Cheese LB **\$259**
2 VEGETABLES, 2 ROLLS, LUNCH SPECIAL
Chicken Fried Steak EACH **\$359**