

NutriCare
Meat Facts
200
CALORIES
per 3 ounce cooked serving
LOW IN CALORIES
LEAN & NUTRITIOUS

LEAN ON
pork
AMERICA!

Today's Pork is a
Powerhouse of
Nutrition.

Protein-rich, surprisingly low
in calories and cholesterol.
High in vitamins, iron and
other nutrients. Take a look
at what pork provides.

Pork's Nutrient Composition*
per 3-oz. serving of cooked
lean pork

Calories	98	Thiamine	42%
Protein	21%	Riboflavin	34%
Iron	21%	Niacin	21%
Zinc	20%	Vitamin B ₆	36%
Phosphorus	24%	Vitamin B ₁₂	24%
Magnesium	6%		

*Source: National Livestock & Meat Board Nutrition Facts
NutriCare

PREFERRED
TRIM
**Wilson Quarter
Pork Loin**
\$1.19
LB



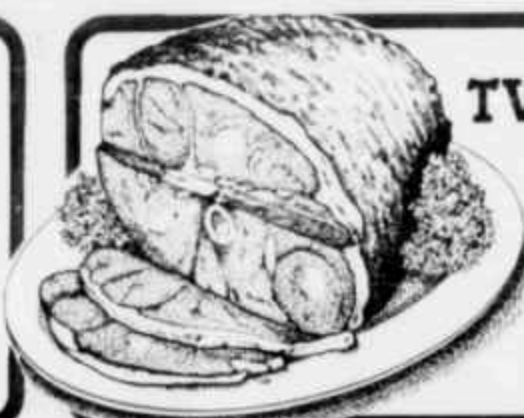
QUALITY
**TV Sliced
Bacon**
\$1.19
1 LB.
PKG.



WILSON
RECIPE READY
**Boneless
Pork Loin**
\$2.89
LB



ROEGELEIN 93% FAT FREE
Boneless Hams
\$1.89
LB



BONE-IN
TV Smoked Ham
SHANK
PORTION LB **99¢**
BUTT
PORTION LB **\$1.19**



YOUR CHOICE
Oscar Mayer Wieners
\$1.59
1 LB.
PKG.



RECIPE READY BONELESS
Wilson Pork Tenders
\$3.49
LB



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



LEAN TENDER
Pork Steak
\$1.39
LB



JOHN MORRELL
Sliced Bacon
\$1.29
12 OZ.
PKG.



JOHN MORRELL
Hot Dogs
99¢
1 LB.
PKG.



YOUR CHOICE
**Hillshire Farms
Fresh Sausage**
\$1.99
LB



JOHN MORRELL
Tasty Links
89¢
8 OZ.
PKG.



JOHN MORRELL PRE-SLICED
Boneless Ham
\$2.49
LB

**BAKERY & DELI
SAVINGS!**

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



FRESH
**Baked
Vienna Rolls**
\$1.19
DOZEN

HOMESTYLE
**Chocolate Chip
Cookies**
\$1.49
DOZEN

ALL NATURAL
**Louis Rich
Turkey Breast**
\$3.69
LB

8" COCONUT
Layer Cake EACH **\$3.79**
ICED
Raisin Bread LOAF **\$1.39**

FILLED
Cream Horns 2/.89
HOMESTYLE REGULAR OR MUSTARD STYLE
Potato Salad LB **\$1.09**

REUBEN COOKED, CORNED BEEF, PASTRAMI OR
Roast Beef LB **\$4.29**
DELICO
Baby Swiss LB **\$3.69**

SWIFT ORIGINAL, SAGE OR HOT
Brown 'N Serve Pork Sausage 1 LB. PKG. **\$1.69**
ASSORTED SLICES
Louis Rich Variety Pak 12 OZ. PKG. **\$2.19**
SMOKED, BBQ OR OVEN ROASTED
Louis Rich Turkey Breast LB **\$3.89**
CENTER-CUT
Rib Pork Chops LB **\$1.59**
FRESH
Lean Tender Pork Cutlets LB **\$1.99**