

WHAT CAN YOU EXPECT FOR 300 CALORIES?

PROTEIN PHOSPHORUS NIAIN B12 HDN 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.

U.S.D.A. CHOICE BONELESS

Rump or Bottom Round Roast

\$159
LB



U.S.D.A. CHOICE BONELESS

Top Sirloin Steaks

\$239
LB



U.S.D.A. CHOICE

T-Bone Steaks

\$309
LB

CELEBRATE CINCO DE MAYO WITH

Beef Fajita Skirt Steaks



\$209
LB

U.S.D.A. CHOICE

Beef Strip Steaks



\$409
LB

U.S.D.A. CHOICE BONELESS TENDERIZED

Bottom Round Steak



\$179
LB

GREAT FOR BURGERS

Ground Chuck



\$159
LB

MINIMAX MEANS MORE... SUPER MEAT-O-RAMA SAVINGS!



U.S.D.A. CHOICE BONELESS

Sirloin Tip Roast

\$259
LB



UNIVERSAL CHOPPED

Beef Steaks

\$209
LB



BONELESS LEAN

Butterfly Pork Chops

\$329
LB



WILSON RECIPE READY

Pork Tenders

\$349
LB



WILSON RECIPE READY

Boneless Pork Loin

\$299
LB



BONELESS

Sirloin Pork Chops

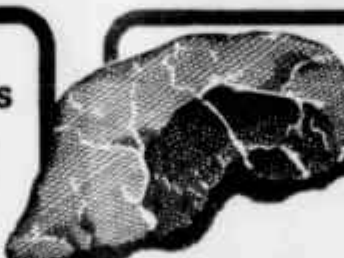
\$249
LB



THICK JUICY

Pork Steaks

\$139
LB



DELICIOUS

Pork Cutlets

\$199
LB



BONELESS

Pork Cubes

\$229
LB



HEAVY NORTHERN BONELESS

Rib Eye Steaks

\$409
LB



HEAVY NORTHERN BONELESS

Charcoal Steaks

\$189
LB



HEAVY NORTHERN BONELESS

Chuck Steaks

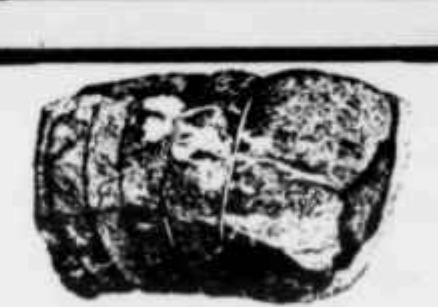
\$169
LB



LEAN TENDER

Gravy Steaks

\$239
LB



U.S.D.A. CHOICE BONELESS

Eye-O-Round Roast

\$269
LB



U.S.D.A. CHOICE

Leg-O-Lamb

\$209
LB

MEAT-O-RAMA SALE