

Today's Pork is a  
Powerhouse of  
Nutrition.

Pork is rich in protein, low in calories and cholesterol. High in vitamins, iron and other minerals. Take a look at what pork provides.

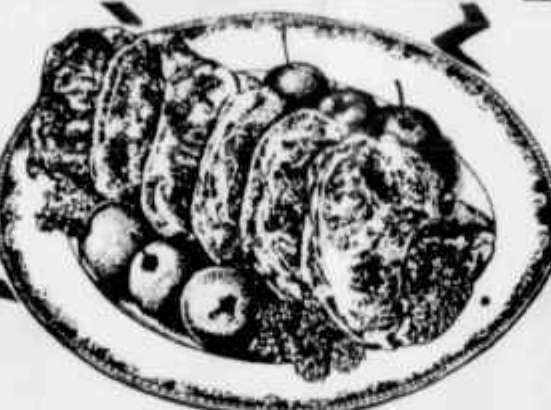
Pork's Nutrient Composition\*  
per 3-oz. serving of cooked, lean pork

|            |      |                         |     |
|------------|------|-------------------------|-----|
| Calories   | 100  | Thiamine                | 42% |
| Protein    | 25g  | Riboflavin              | 33% |
| Iron       | 2.5% | Niacin                  | 25% |
| Zinc       | 22%  | Vitamin B <sub>6</sub>  | 40% |
| Phosphorus | 24%  | Vitamin B <sub>12</sub> | 24% |
| Magnesium  | 8%   |                         |     |

\*Source: USDA, National Center for Human Nutrition Research



WILSON  
PREFERRED TRIM  
**Quarter  
Pork Loin**  
7 TO 11  
CHOPS  
**\$119**  
LB.



THORN APPLE  
VALLEY LOW SALT  
**Shank Portion  
Bone-In Hams**  
**99¢**  
LB.



HEAVY  
NORTHERN  
**Boneless  
Chuck Roast**  
**\$109**  
LB.

**TV Sliced Bacon**  
TASTY  
**TV Sliced Bacon**  
**\$109**  
1 LB.  
PKG.

WHOLE HOG, HOT OR MILD  
**TV Pork Sausage**  
**\$139**  
1 LB.  
PKG.

THORN APPLE VALLEY LOW SALT  
**Butt Portion Bone-In Hams**  
**\$119**  
LB.

LEAN  
**Ground Chuck**  
**\$149**  
LB.



## MINIMAX MEANS MORE...SERVICE!

FAST CHECKOUT...FREE CARRY OUT...AND A FRIENDLY SMILE!

BOSTON BUTT STYLE  
**Pork Roast**  
**\$119**  
LB.

COUNTRY STYLE  
**Pork Spareribs**  
**\$129**  
LB.

THORN APPLE VALLEY  
**Franks**  
**\$129**  
1 LB.  
PKG.

### BAKERY & DELI SAVINGS!

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



ASSORTED VARIETIES  
**Decker  
Lunch Meats**  
**\$139**  
12 OZ.  
PKG.

CENTER CUT  
**Rib Pork Chops**  
**\$159**  
LB.

THORN APPLE VALLEY  
**Beef Smoked Sausage**  
**\$159**  
LB.

DELICIOUS  
**Fresh Baked  
French Bread**  
**69¢**  
18 OZ.  
LOAF

FRESH BAKED  
**Golden  
Dinner Rolls**  
**99¢**  
DOZEN

DELI STYLE  
**Hafnia  
Danish Ham**  
**\$359**  
LB.

ASSORTED FRIED  
**Fruit Pies** 4/\$1  
DELICIOUS BLUEBERRY OR CHEESE  
**Crumb Cakes** 6 CT. \$1.89

7" DELICIOUS ROCKY ROAD  
**Cake** EACH \$3.99  
WILSON'S OLD FASHIONED  
**Deli Loaf** LB. \$2.89

LAND-O-LAKES MINI  
**Swiss Cheese** LB. \$3.99  
HOMESTYLE, REGULAR OR MUSTARD  
**Potato Salad** LB. \$1.09

LEAN TENDER  
**Pork Steaks** LB. \$1.29  
BONELESS BEEF  
**Gravy Steaks** LB. \$2.09  
BONELESS  
**Charcoal Steak** LB. \$1.59  
SLICED  
**Beef Liver** LB. .79

CENTER CUT LOIN  
**Pork Chops** LB. \$1.69  
DECKER CHICKEN FRY  
**Patties** LB. \$1.49  
OSCAR MAYER, ALL MEAT OR BEEF  
**Bologna** 8 OZ. PKG. \$1.19  
CHEF'S PANTRY TURKEY NUGGETS OR  
**Turkey Sticks** LB. \$2.69