

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,



9 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.

SHANK PORTION

TV Smoked Bone-In Hams

\$119

LB.



3 LB. PKG. OR LARGER

Lean Ground Beef

99¢

LB.



HEAVY NORTHERN

Boneless Chuck Roast

\$119

LB.

BUTT PORTION BONE-IN
TV Smoked Hams LB. \$1.39

THORN APPLE VALLEY

Smoked Beef Sausage

\$159

LB.

RATH ALL MEAT

Hot Dogs

89¢

12 OZ. PKG.

RATH ALL BEEF

Hot Dogs

99¢

12 OZ. PKG.

QUALITY

TV Brand Sliced Bacon

\$179

1 LB. PKG.

U.S.D.A. CHOICE BONELESS

Top Sirloin Steaks

\$279

LB.

MINIMAX MEANS MORE...CONFIDENCE!!

WILSON RECIPE READY

Boneless Pork Roast

\$369

LB.

ASSORTED VARIETIES

Decker Lunch Meats

\$119

12 OZ. PKG.

RUDY'S FARM REGULAR OR CHEESE

Sausage & Biscuits

\$149

9.5 OZ. PKG.

Bakery & Deli Specials!!

AT PARTICIPATING STORES WITH IN STORE BAKERY & DELI!!!

ASSORTED VARIETIES

Chef's Pantry Meats

\$199

12 OZ. PKG.

HEAVY NORTHERN BEEF

Boneless Charcoal Steaks

\$179

LB.

LEAN TENDER

Gravy Steaks LB. \$2.59

BONELESS

Stew Meat LB. \$1.99

WILSON RECIPE READY

Pork Tenders LB. \$3.69

BONELESS BUTTERFLY

Pork Chops LB. \$3.89

HEAVY NORTHERN BEEF

Boneless Chuck Steaks

\$149

LB.

USDA GRADE A HOLLY FARMS

Breast Fillets LB. \$3.49

USDA GRADE A HOLLY FARMS BONELESS

Breast Tenders LB. \$3.49

CHEF'S PANTRY HAM & CHEESE OR PIZZA NUGGETS OR

Mozzarella Sticks 12 OZ. PKG. \$2.39

OSCAR MAYER BEEF OR

Meat Bologna 8 OZ. PKG. \$1.19

8 INCH

Assorted Fruit Pies

\$199

EACH

DELICIOUS

Angel Food Cake

\$169

EACH

OSCAR MAYER

Deli Style Meat Bologna

\$179

LB.

FRESH BAKED

Hoagie Rolls 6/.89

LARGE

Sugar Cookies DOZEN \$1.29

DELICIOUS

Filled Eclairs 2/\$1

WILSON

Honey Ham LB. \$3.79

LAND-O-LAKES MUESTER

Deli Cheese LB. \$3.19

FRESH MADE BANANA

Pudding LB. \$1.39