

Today's Pork is a Powerhouse of Nutrition.
 Protein-rich - surprisingly 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	99	Thiamine	42%
Protein	26g	Riboflavin	28%
Iron	3.5%	Niacin	25%
Zinc	20%	Vitamin B ₆	30%
Phosphorus	24%	Vitamin B ₁₂	24%
Magnesium	6%		

*Source: U.S. Department of Agriculture, Agricultural Research Service



WILSON
PREFERRED TRIM
**Whole
Pork Loin**
\$149
LB



WILSON
RECIPE READY
**Boneless
Pork Loin**
\$349
LB

**"In The Bag" Beef
Boneless-Packer Trimmed!**

HEAVY NORTHERN WHOLE
Boneless Beef Rib Eyes LB **\$359**
U.S.D.A. CHOICE BONELESS
Beef Top Sirloins LB **\$259**
U.S.D.A. CHOICE BONELESS
Beef Sirloin Strips LB **\$359**

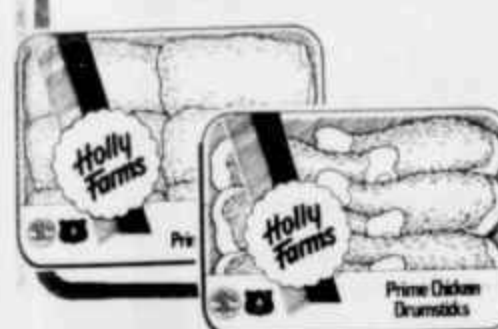


U.S.D.A. CHOICE
Boneless Rump Roast
\$199
LB



WILSON PREFERRED TRIM
7-11 CHOPS
Quarter Pork Loin
\$159
LB

U.S.D.A. CHOICE GRADE A HOLLY FARMS
Fryer Drumsticks or Thighs
\$129
LB



ASSORTED VARIETIES
Roqueleln Lunch Meats
\$149
1 LB PKG



MINIMAX MEANS MORE...CONFIDENCE!!

DECKER
ALL MEAT OR BEEF, JUMBO
Decker Franks
99¢
1 LB PKG



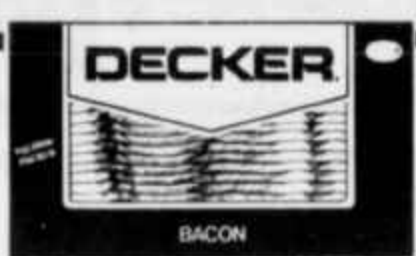
MAPLE LEAF
Chicken Entrees
\$319
12 OZ PKG



U.S.D.A. GRADE A HOLLY FARMS
Fresh Roasters
99¢
LB



DECKER
BREAKFAST FAVORITE
**Decker
Sliced Bacon**
\$169
1 LB PKG



SWIFT PREMIUM
Brown 'N Serve Sausage
\$189
1 LB ROLL



LOUIS RICH TURKEY
Lunch Meats
\$159
8 OZ PKG



KAHN'S LITTLE
Smokies 1 LB PKG. **\$269**
CHEF'S PANTRY CHICKEN FRY
Beef Patties LB **\$159**
12 OZ. HOLLY FARMS
Chicken Franks PKG. **.85**
SLICED
Beef Liver LB **.89**

OSCAR MAYER
Pork Links LB **\$269**
1 LB. OSCAR MAYER BEEF OR MEAT
Sliced Bologna PKG. **\$219**
8 OZ. JONES DAIRY FARMS SLICED
Braunschweiger PKG. **\$119**
2-20 OZ. BIRDS, TYSON'S
Game Hens 2 CT. PKG. **\$399**



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In Store Bakery
& Deli Shops

FRESH BAKED
**Golden
French Bread**
2 \$1
LOAVES FOR

FRESH BAKED
**Tasty
Onion Rolls**
6 \$119
FOR

ALL NATURAL
**Louis Rich
Turkey Ham**
\$259
LB

APPLE DANISH
Coffee Cake EACH **\$209**
COCONUT
Meringue Pie EACH **\$229**

8 INCH SQUARE ROCKY ROAD
Cake EACH **\$259**
REUBEN COOKED
Roast Beef LB **\$479**

LAND-O-LAKES
Cheddar Cheese LB **\$319**
CHOPPED PO BOY
Beef Sandwich EACH **\$129**