

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	106	Thiamine	42%
Protein	42%	Riboflavin	29%
Iron	25%	Niacin	25%
Zinc	20%	Vitamin B ₆	95%
Phosphorus	24%	Vitamin B ₁₂	24%
Magnesium	6%		

*Source: Department of Agriculture & Food Research Service of USDA

NutriCare Meat Facts
200 CALORIES
LOW IN CALORIES
LEAN & NUTRITIOUS

LEAN ON PORK
AND YOU'VE WON!

HEAVY NORTHERN
WHOLE C.O.V.

Boneless Rib Eyes

\$3.09
LB

Holly Farms
Mixed Fryer Parts

U.S.D.A. GRADE A MIXED

Holly Farms Fryer Parts

45¢
LB

Holly Farms
Mixed Fryer Parts

WILSON
PREFERRED TRIM

Quarter Pork Loin

7-11 CHOPS

\$1.29
LB

REGULAR, HOT OR MILD

Rudy's Farm Pork Sausage

\$1.79
1 LB. ROLL

U.S.D.A. CHOICE BONELESS RUMP OR

Bottom Round Roast

\$1.58
LB

U.S.D.A. CHOICE

Boneless Strip Steaks

\$3.99
LB

RED CHILI, GREEN CHILI, RED HOT, BEAN & CHEESE, OR BEEF & BEAN

ASSORTED VARIETIES

State Fair Burritos

3 \$1
5 OZ. PKGS. FOR

MINIMAX MEANS MORE...CONFIDENCE!!

DELICIOUS, ARMOUR STAR

Sliced Bacon

\$1.79
1 LB. PKG.

ALL MEAT, ARMOUR STAR

Hot Dogs

\$1.09
12 OZ. PKG.

ARMOUR CHICKEN FRIED

Beef Patties

\$1.49
LB

ROEGELEIN

Smoked Sausage

\$1.89
LB

CENTER CUT

Rib Pork Chops

\$1.69
LB

LEAN TENDER

Gravy Steaks

\$2.09
LB

ASSORTED VARIETIES

Roegelein Lunch Meats

\$1.49
1 LB. PKG.

12 OZ., DELICIOUS, LOUIS RICH

Turkey Franks PKG. .69

SQUARE, ROUND OR BEEF, OSCAR MAYER

Variety Pak 12 OZ. PKG. \$2.29

ALL MEAT OR BEEF, OSCAR MAYER

Bologna 8 OZ. PKG. .99

12 OZ. OSCAR MAYER

Cooked Ham PKG. \$3.59

12 OZ. CHEF'S PANTRY TURKEY

Nuggets or Sticks \$2.19

SWIFT 1 LB. BUTTERBALL

Turkeys LB \$1.19

LEAN TENDER

Pork Cutlets LB \$1.99

TV BRAND SMOKED

Young Turkeys LB \$1.19

BAKERY & DELI SAVINGS!

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

TENDER Wilson Honey Cooked Ham \$3.79 LB	FRESH BAKED Golden Kaiser Rolls 6 89¢ FOR	FAMILY FAVORITE Garlic French Bread 79¢ LOAF
LAND-O-LAKES BABY Swiss Cheese LB \$3.79 DELICIOUS Pecan Pie EACH \$2.99	DELICIOUS, LEMON SWIRL Cream Cake EACH \$3.79 LOUIS RICH ALL NATURAL Turkey Breast LB \$4.79	HAM & CHEESE, PO-BOY Sandwich EACH \$1.29 BANANA CREAM Meringue Pie EACH \$2.29