

WHAT CAN YOU EXPECT FOR 300 CALORIES?

PROTEIN PHOSPHORUS NIAIN 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,



BEEF GIVES STRENGTH.

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.

U.S.D.A. CHOICE
Boneless Round Steak
\$1.59
LB



ASSORTED VARIETIES
Roegelien Lunch Meats
\$1.39
1 LB PKG



WILSON PREFERRED TRIM
Quarter Sliced Pork Loin
7 TO 11 CHOPS
\$1.59
LB

U.S.D.A. CHOICE BEEF
Boneless Rump Roast
\$1.99
LB

YOUR CHOICE, WILSON
Smoked Sausage
\$1.89
LB
REGULAR, BEEF OR POLSKA

SWIFT PREMIUM
Sizzlean
\$1.29
12 OZ. PKG.
REGULAR, BEEF OR BROWN SUGAR

CENTER CUT
Rib Pork Chops
\$1.89
LB



MINIMAX MEANS MORE...SERVICE!

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

HOLLY FARMS
Chicken Franks
49¢
12 OZ. PKG.

JONES DAIRY FARM, BROWN N SERVE
Link Sausage
\$1.49
8 OZ. PKG.

ASSORTED VARIETIES, BUDDIG
Wafer Sliced Meats
49¢
2.5 OZ. PKG.



Bakery & Deli Specials!

AT ALL STORES WITH IN-STORE BAKERY & DELI!

KAHN'S BATTER WRAPPED
Beef Corn Dogs
\$1.49
1 LB. PKG.
KAHN'S LIL
Cocktail Smokies
\$2.49
1 LB. PKG.
KAHN'S CHUNK
Braunschweiger
\$1.29
1 LB. PKG.

U.S.D.A. GRADE A HOLLY FARMS
Roasters
99¢
LB
COUNTRY STYLE
Spareribs
LB \$1.69
CENTER CUT
Loin Pork Chops
LB \$1.99
LEAN, TENDER
Cube Steaks
LB \$2.99
TENDER Sliced
Beef Liver
LB .89

U.S.D.A. GRADE A HOLLY FARMS
Fryer Chicken Livers
79¢
LB
CHEF'S PANTRY CHICKEN FRY
Patties
ARMOUR
LB \$1.49
Low Salt Bacon
4 VARIETIES, OSCAR MAYER
12 OZ. PKG. \$2.19
Lunch Meats
LOUIS RICH GROUND TURKEY OR
8 OZ. PKG. \$1.49
Turkey Sausage
1 LB. PKG. \$1.15

DELICIOUS, 8 INCH
Fresh Baked Apple Pie
\$1.49
EACH

BAKERY FRESH
Golden French Bread
49¢
LOAF

SWIFT BUTTERBALL
Natural Turkey Breast
\$4.49
LB

FRESH BAKED CHOCOLATE CHIP
Cookies
DOZEN \$1.49
7 INCH, 2 LAYER
Rocky Road Cake
EA \$3.49

JUMBO
Apple Fritters
3 FOR \$1
HAFNIA
Danish Ham
LB \$3.49

OSCAR MAYER
Deli Bologna
LB \$1.99
LAND O LAKES
Cheddar Cheese
LB \$3.29