

Meat Facts

NutriCare T.M.

The More You Know About Today's Leaner Red Meat, The Better You'll Feel.

Today's fresh beef, pork and lamb are leaner, lower in fat and calories. And they're more delicious than ever.

Fact is, the average cut has 10% less fat than the average 30 years ago. Yet fresh beef, pork and lamb have always been outstanding sources of protein, vitamins and minerals.

Now you can learn all the facts about all your favorite cuts of beef, pork and lamb.

Introducing NUTRI CARE™ Meat Facts.

Our Meat Department can now do more than offer you the choicest cuts of all your favorite fresh meats. We can provide complete nutrition facts and cooking recommendations on many cuts of fresh beef, pork and lamb.

What's more, you'll also take home free recipe cards and buying tips for any of 35 different fresh cuts.

Health conscious communication. That's the whole idea behind our NUTRI CARE™ Meat Facts program!!

Pick up your FREE brochure today and get the facts...

U.S.D.A. CHOICE
BONELESS BEEF RUMP
or Bottom
Round Roast
\$1.59
LB.



HEAVY
NORTHERN
Boneless
Whole Rib Eyes
\$3.10
LB.



U.S.D.A. CHOICE
TENDERIZED BONELESS BEEF
Bottom
Round Steak
\$1.79
LB.

VACUUM PACKED
Decker Sliced Bacon
\$2.00
1 LB. PKG.

ALL MEAT
TV Brand Franks
79¢
12 OZ. PKG.

WILSON RECIPE READY BONELESS
Pork Loin Roast
\$3.49
LB.

HILLSHIRE FARMS, MICROWAVEABLE
Skinless Smoked Sausage
\$2.00
1 LB. PKG. REGULAR OR HOT



MINIMAX MEANS MORE...SERVICE!

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

BUDDIG ASSORTED
Wafer Sliced Meats
2 \$1
2.5 OZ. PKGS. FOR

BONELESS
TV Turkey Hams
\$1.39
LB. WHOLE OR HALVES

HOLLY FARMS U.S.D.A. GRADE A
Fryers Drumsticks
95¢
LB.

SWIFT PREMIUM
Brown 'N Serve Roll Sausage
\$2.00
1 LB. ROLL

LEAN BONELESS
Stew Meat
\$1.99
LB.

HOLLY FARMS U.S.D.A. GRADE A
Whole Roasters
\$1.00
LB.

LEAN TENDER
Gravy Steaks LB. **\$2.59**
BONELESS BUTTERFLY
Pork Chops LB. **\$3.69**
DELICIOUS
Pork Tenders LB. **\$3.79**
JOHN MORRELL
Tasty Links 8 OZ. PKG. **\$1.00**

ARMOUR CHICKEN FRIED
Beef Patties LB. **\$1.59**
OSCAR MAYER
Pork Links 1 LB. PKG. **\$2.89**
LOUIS RICH PASTRAMI OR HAM
Lunch Meats 8 OZ. PKG. **\$1.65**
LOUIS RICH SMOKED TURKEY
Lunch Meat 8 OZ. PKG. **\$1.65**

Bakery & Deli Specials!
AT ALL STORES WITH IN-STORE BAKERY & DELI!

FRESH BAKED
Golden Kaiser Rolls
6 \$1
FOR

DELICIOUS
Iced Cinnamon Rolls
6 \$1
FOR

DELICIOUS, TENDER
Reuben Roast Beef
\$4.00
LB.

APPLE FILLED
Fried Pies 4/ \$1
7 INCH COCONUT
Layer Cake EACH **\$3.19**

OATMEAT & RAISIN
Cookies DOZEN **\$1.29**
95% FAT FREE
Hafnia Ham LB. **\$3.00**

LAND-O-LAKES CHEDDAR
Deli Cheese LB. **\$3.00**
TEXAS KITCHEN, REGULAR OR MUSTARD
Potato Salad LB. **\$1.00**