

KNOWLAN'S

FRESH FOODS

So Many Choices

Breakfast, Lunch & Dinner!



Premium
Red or
Green
Seedless
Grapes

2⁹⁹
lb



USDA
Premium
Fresh
Black Angus
93% Lean
Ground Beef

Fresh
Ground
In-Store!

5⁹⁹
lb

USA Prime
Fresh, All Natural
**Bone-In
Center Cut
Pork Chops
or Roast**

Including Porterhouse
Thick or Seasoned Rib Cut

3⁹⁹
lb

PRAIRIE
FRESH

Fresh
Cut
In-Store!



**Boneless
Skinless
Chicken
Breasts
or Breast
Tenders**
14-18 oz

5⁹⁹

JUST
BARE



Kraft Natural
**Shredded
or Chunk
Cheese**

7-8 oz
Selected Varieties

2/\$6



Bellatoria
**Ultra Thin
Crust Pizza**

12 inch
Selected Varieties

2/\$11



USDA Choice
**Premium
Boneless Top
Sirloin Steak**

8⁹⁹
lb

BLACK SWIN ANGUS
EST. 1995

Fresh
Cut
In-Store!



Kellogg's
**Special K
Cereal**

9.6-13.1 oz
Selected Varieties

3⁹⁹



Old Dutch
**Family Pack
Potato Chips**

9.5-10 oz
Selected Varieties

2/\$7



USDA Choice
**Premium
Bone-In
Kansas City
Strip Steak**

11⁹⁹
lb

BLACK SWIN ANGUS
EST. 1995

Fresh
Cut
In-Store!



Fresh Bakery
Turnovers

4 count
Selected Varieties

4⁹⁹



Cedar Crest
Ice Cream

48 oz
Selected Varieties

BUY ONE GET ONE
FREE
NO COUPON NECESSARY



Our Own
**Fried or
Oven Baked
Seasoned
Chicken**

8 piece Bucket

9⁹⁹

Hot,
Ready to
Eat!

