

KNOWLAN'S

FRESH FOODS

Quality & Variety

On the Menu



Bellatoria  
Ultra Thin  
Crust  
Pizza

12 inch, Selected Varieties



BUY 2 GET 3  
**FREE**  
NO COUPON NECESSARY



Gold'n  
Plump  
Family Pack  
Boneless  
Skinless  
Chicken  
Breasts

**3<sup>99</sup>**  
lb

Fresh  
All Natural  
Boneless  
Country  
Style  
Pork  
Ribs

BUY ONE GET ONE  
**FREE**  
OF EQUAL OR LESSER VALUE  
NO COUPON NECESSARY



Fresh  
Cut  
In-Store!

USDA  
Premium  
Fresh  
Black Angus  
85% Lean  
Ground Round

**5<sup>49</sup>**  
lb



Fresh  
Ground  
In-Store!

Frito Lay  
Party Size!  
Chips or  
Snacks

12.5-17 oz  
Selected Varieties

**2/\$9**



Kraft  
Natural  
Shredded or  
Chunk Cheese

7-8 oz  
Selected Varieties

**2<sup>99</sup>**



USDA Choice  
Premium  
Boneless  
Arm  
Shoulder  
Roast

**5<sup>99</sup>**  
lb



Fresh  
Cut  
In-Store!

Coke  
Products

6/5 liter Bottles  
or 6/7.5 oz Mini Cans  
Selected Varieties

**4<sup>49</sup>**



Local  
Premium  
Tote Bag  
Honeycrisp  
Apples

**2<sup>49</sup>**  
lb



USDA Choice  
Premium  
Boneless  
New York  
Strip Steak

**10<sup>99</sup>**  
lb



Fresh  
Cut  
In-Store!

Blue Bunny  
Premium  
Ice Cream

46-48 oz  
Selected Varieties

**3<sup>99</sup>**

with Knowlan's Fresh  
Foods Shopper's Club  
4.99 without Club



BUY 1 LB  
DELI FRESH SLICED  
VIRGINIA OR  
HONEY HAM  
GET 1/2 LB SLICED  
HARD SALAMI  
**FREE**

NO COUPON NECESSARY



Fresh Bakery  
Apple or  
Pumpkin  
Donut Holes  
20 count

**3<sup>99</sup>**



While  
Supplies  
Last!