1.88 lb.
BonusCard Price
Fresh Amick Farms Boneless Skinless Chicken Breast
Extra Juicy, Extra Tender
Big Buy, 3-lbs. or More
SAVE 3.11/lb.

1.88 lb.
BonusCard Price
Fresh Ground Beef
Big Buy, 3-lbs. or More
SAVE 1.01/lb.

4.88 lb.
BonusCard Price
Snow Crab Clusters, Jonah Cooked Crab Claws or Dungeness Crab Clusters
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Premium
1-lb. pkg.
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half gal. ctn.
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BUY 1, GET 1 FREE!
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All Healthy Choice Entrees
Solos, Duos or Medley's, 6 to 14-oz. pkg.
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Of Equal or Lesser Value

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Coke or Sprite
Regular or Diet, 2-liter
67.6-oz. NR bot.
SAVE 1.49

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Minute Maid Orange Juice
half gal. ctn.
SAVE 3.59

BUY 1, GET 1 FREE!
With BonusCard
Arm & Hammer Liquid Laundry Detergent
100-oz. bot.
SAVE 5.19

BUY 1, GET 1 FREE!
With BonusCard
White House Apple Juice
Regular or Natural,
64-oz. bot.
SAVE 2.49

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With BonusCard
Kellogg's Cereals
Corn Flakes (18-oz.), Apple Jacks (15-oz.), Rice Krispies (13.5-oz.) or Froot Loops (15-oz.), each
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Cut Ziti, Elbow Macaroni, Vermicelli, Rotelle or Regular or Thin Spaghetti, 16-oz. box
SAVE 1.15 to 1.49
Of Equal or Lesser Value

BUY 1, GET 1 FREE!
With BonusCard
Giant Shredded Cheese
Regular or Fancy,
8-oz. pkg.
SAVE 2.79

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30	31	1	2	3	4	5

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Try our Certified Angus Beef

Ground Turkey Stroganoff

This stroganoff is quick and easy and delicious.

Serves six.
Prep Time: 15 minutes Cook Time: 10 minutes

- 12 oz. dry egg noodles
- 1 ½ - 1½ lbs. ground turkey
- 1 small onion, chopped
- 1 can (8 oz.) sliced mushrooms
- 2 Tbsp. all-purpose flour
- ½ can (12-oz.) evaporated nonfat skimmed milk*
- ½ can (14.5 oz.) beef broth*

Cook noodles according to package directions. While noodles are cooking, spray a large skillet with nonstick cooking spray. Brown ground turkey, onion and mushrooms over medium-high heat. Drain. Stir in flour. Slowly add beef broth, stirring until blended. Bring to a boil, cook and stir 2 minutes. Reduce heat, add evaporated milk and heat through. Serve over noodles.
*If you want to use the whole can of broth and milk, double the recipe and freeze half.

Nutrition Information per serving (including noodles): 370 calories, 9 g fat, 3 g saturated fat, 80 mg cholesterol, 47 g carbohydrate, 2 g fiber, 35 g protein, 250 mg sodium.

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2.69 lb. BonusCard Price

Eye Round Roast
SAVE 1.30/lb.
3.69 lb. BonusCard Price

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2.99 lb. BonusCard Price

Fresh Assorted Pork Chops
Contains End, Rib & Center Cut, Big Buy, 3-lbs. or More
SAVE 50¢/lb.
Less Than 3-lbs., BonusCard Price 2.49/lb., SAVE 50¢/lb.
1.99 lb. BonusCard Price

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Assorted Varieties, Boneless
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SAVE 1.00/lb.
7.99 lb. BonusCard Price

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SAVE 20¢/lb.
2.99 lb. BonusCard Price

Fresh Center Cut Pork Loin Chops
Bone In, Big Buy, 3-lbs. or More
SAVE 1.10/lb.
2.99 lb. BonusCard Price

Fresh Boneless Center Cut Pork Loin Chops
Big Buy, 3-lbs. or More
SAVE 1.10/lb.
3.99 lb. BonusCard Price

Johnsonville Italian Sausage or Bratwurst
Selected Varieties, 19.76-oz. pkg.
SAVE 1.00
3.99 BonusCard Price

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Australian Free Range
SAVE 1.00/lb.
6.99 lb. BonusCard Price

Farmland Seasoned Pork Fillets
Teriyaki, Savory Grill or Garlic Rosemary
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4.29 lb. BonusCard Price

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1 lb. pkg.
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1.49 BonusCard Price

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3 for $5 BonusCard Price

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Alfredo or Teriyaki, 29.5 or 34.5-oz. pkg.
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Selected Varieties, Fully Cooked, 8 to 24-oz. pkg.
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