



Special Prices Good
MARCH 15 THROUGH MARCH 21

Main Street Market

Guaranteed Fresh
A DIVISION OF PANHANDLE COOP

Panhandle
COOP System
Families, Farms, Food

**USDA Choice
Boneless Beef
Ribeye
Steak**



\$8.99
Lb.



COOP CARD SPECIALS

Ask customer service for a membership application!

**Crescent Valley
Sliced Gouda**
8 Oz.

\$3.29

REGULAR SALE PRICE: \$3.59

**Best Choice 52/70
Cooked Shrimp**
12 Oz.

\$4.99

REGULAR SALE PRICE: \$5.99

**Green Giant Peeled
Baby Carrots**
1 Lb. Pkg.

89¢

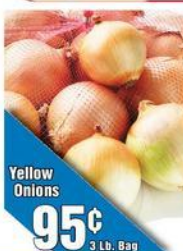
REGULAR SALE PRICE: 99¢



**USDA Choice
Boneless Beef
Chuck Roast**

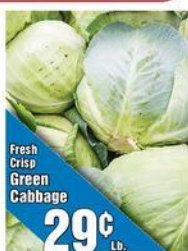


\$3.69
Lb.



Yellow Onions

95¢
3 Lb. Bag



Fresh Crisp
Green
Cabbage

29¢
Lb.

**General Mills
Select
Cereals**

11.25-13.1 Oz.



2/\$5

**Best Choice
Tuna**

5 Oz.



50¢

HOT DEALS!

**Best Choice or Shurline
Sugar**

4 Lb.

\$1.50



Grocery items

Continued on pg. 4

**Best Choice
Round Top
White Bread**
16 Oz.

99¢



**Folger's
Coffee**
12 CL.

\$5.99



**Crystal
Light**
8 Oz.

\$1.89



**Tampico
Citrus
Punch**
6 Pk. - 50 Oz.

\$1



**Best Choice
Soda**
12 Pks.

\$1.99



**Kool Aid
Jammers**
10 CL.

\$1.99



**Best Choice or Shurline
White Vinegar**
64 Oz.

\$1.99



**Best Choice
Frosting**
16 Oz.

\$1.29



**Best Choice or Shurline
Cake Mixes**

16.5 Oz.

69¢



Pepsi Products

12 Pk.

4/\$10



Friday, Saturday and Sunday Only!
3/17/17 - 3/19/17



**USDA Choice
Boneless Beef
Chuck
Steak**
\$3.89
Lb.

Herbed Chuck Steaks

Prep 15 m Cook 30 m Ready In 8 h 45 m

Red wine vinegar acts as the perfect tenderizer for beef chuck steaks. This recipe is from the WEBB Cooks, articles and recipes by Robyn Webb, courtesy of the American Diabetes Association. Preparation time: 10 minutes.

- +1/3 cup red wine vinegar
- +1/3 cup water
- +1 tablespoon olive oil
- +1 tablespoon chopped fresh thyme
- +1/2 teaspoon white sugar
- +salt and pepper to taste
- 2 pounds beef chuck steaks, well trimmed

In a large bowl, combine the vinegar, water, oil, thyme, sugar and salt and pepper to taste. Add the steaks, mixing well, and let marinate in the refrigerator for 6 to 8 hours.

Prepare an outdoor grill with an oiled rack set 6 inches from the coals. On a gas grill, set heat to medium.

Remove steaks from the marinade and reserve the marinade. Grill 14 to 20 minutes for rare, 20 minutes for medium, or 26 minutes for well done, brushing with reserved marinade. Remove from grill and carve into thin slices.

**Best Choice
Sliced Bacon**
16 Oz

\$3.49

**Bob Evan's
Side Dishes**
20 Oz.

\$2.99

**Best Choice Fish
Sticks or Portions**
19-24 Oz.

\$3.99

**Best Choice
Popcorn Shrimp**
8 Oz.

2/\$5

**Frank's
Kraut**
32 Oz.

\$1.79

**Bar S
Corn Dogs**
2.67 Lb.

\$4.99

**Van De Kamp's
Breaded Fish
Sticks or Fillets**
19-23 Oz.

\$4.49

**Catfish
Fillets**
\$6.99
Lb.



**Bone-In Pork
Rib or Loin
Chops**
\$2.29
Lb.



**Bone-In Pork
Country
Style Ribs**
\$1.99
Lb.



**Boneless Beef
Stew
Meat**
\$4.69
Lb.



**Tyson Chicken
Drumsticks
or Thighs**
99¢
Lb.



**Double G
Center Cut
Ham Slice**
\$3.99
Lb.



**Alaskan
Pollock
Fillets**
\$2.49
Lb.



**Green Giant
Red Potatoes**
2/\$4
5 Lb.



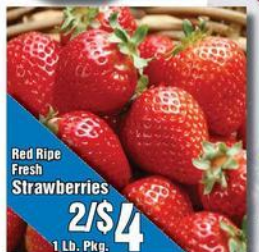
**Fresh Crisp
Asparagus**
\$1.89
Lb.



**Fresh
Produce**

**Dole
Salad Mix**
Italian, Premium Romanne,
Very Veggie, Hearts of Romanne
2/\$4
6-10 Oz.
Pkg.

**Grape
Tomatoes**
2/\$3
10 Oz.



**Red Ripe
Fresh
Strawberries**
2/\$4
1 Lb. Pkg.



**Washington Premium
Apples**
Fuji, Gala, Braeburn
\$1.09
Lb.



**Green Bell
Peppers**
3/\$2

**Baby Bella
Mushrooms**
2/\$3
8 Oz.
Whole or
Sliced



**Fresh Driscoll
Raspberries
or
Blackberries**
2/\$5
6 Oz. Pkg.



**Fresh Crisp
Broccoli**
\$1.79
Ea.

**Green Seedless
Grapes**
\$2.19
Lb.

Ore Ida Potatoes
16-32 Oz.
\$1.99



Farm Rich Appetizers
16-20 Oz.
\$4.99



Banquet Classic Dinners
8.5-11.88 Oz.
89¢



Best Choice Garlic Bread
10.5-16 Oz.
\$1.99



Red Baron Pizza
12 inch
3/\$9.99



Best Choice Steamable Vegetables
12 Oz.
99¢



Kellogg's Eggo Waffles
10 Count
\$1.99



Frozen Foods

BIG!



Country Club Sandwich,
Waffle Fries and
Medium Drink

\$5.99



Special through March 21

Deli/Bakery



Marble Rye Bread
\$3.09
16 Oz.



Sweet P's Danish Strips
Raspberry, Strawberry,
Cheese, Caramel or Apple
\$3.39
14 Oz.



Kretschmar Corned Beef
\$8.19
Lb.



Mrs. Gerry's Seafood Supreme
\$5.69
Lb.



Kretschmar Swiss Cheese
\$7.09
Lb.

Dairy

Best Choice Chunk or Shredded Cheese
8 Oz.
4/\$5



Pillsbury Grands Biscuits
16.3 Oz.
\$1.99



Crystal Farms Deli Slices
6-8 Oz.
2/\$5



Yoplait Yogurt
6 Oz.
2/\$1



Yoplait GoGurt
16 Oz.
2/\$4



Sunny Delight
128 Oz.
\$2.99



Simply Lemonades
59 Oz.
2/\$5



DOLLAR ITEMS
EVERY DAY 10:00 AM - 10:00 PM

Dutch Maid Cookies 9-13 Oz. **\$1**

Chase Disinfectant 6 Oz. **\$1**

Home Select Powdered Laundry Detergent 14 Oz. **\$1**

Home Select Dish Detergent 28 Oz. **\$1**

CSI Products PowerX Crystal Gel Dishwashing Detergent 28 Oz. **\$1**

American Beauty or Creamette Pasta 12-16 Oz. **5/\$5**

Rinaldi Pasta Sauce 15-24 Oz. **\$1.59**

Grocery items
Continued

Wolf Chili No Beans 15 Oz. **\$1.99**

Wolf Chili With Beans 15 Oz. **\$1.79**

Chef Boyardee Canned Pasta 15 Oz. **5/\$5**

Bush's Baked or Grillin' Beans 22-28 Oz. **2/\$4**

Hormel Corned Beef Hash 12 Oz. **\$4.29**

Campbell's Spaghetti's 15.8 Oz. **79¢**

Maruchan Instant Lunches 2.25 Oz. **5/\$2**

Maruchan Ramen Noodles 3 Oz. **5/\$1**

Kraft Macaroni & Cheese Dinners 'Blue Box Only' 7.25 Oz. **10/\$10**

Kraft Velveeta Skillets 11.3-15.66 Oz. **\$1.99**

Quaker Rice Cakes 4.5-7.2 Oz. **2/\$4**

Keelbar Club or Townhouse Crackers 8.8-13.8 Oz. **\$2.99**

Jolly Time Popcorn 2-3 Ct. **2/\$4**

Instant Quaker Oatmeal 8-10 Ct. **\$3.49**

Quaker Oats 18 Oz. **\$2.99**

Sunshine Cheez-It 9-12.4 Oz. **\$2.99**

Frito Lay Fritos or Cheetos 7-9.25 Oz. **2/\$5**

Frito Lay Canned Dips 9 Oz. **2/\$5**

Frito Lays Potato Chips 7.75-9 Oz. **2/\$5**

Nabisco Crackers Family Size 12-20.6 Oz. **\$3.49**

Meow Mix or Kibbles 'n' Bits Cat or Dog Food 13.5-17.6 Oz. **\$11.99**

Best Choice or Shurfine Pasta Sauce 24 Oz. **\$1.00**
REGULAR SALE PRICE: \$1.29

Shurfine Vegetable Oil 48 Oz. **\$2.49**
REGULAR SALE PRICE: \$2.59

Xtra Laundry Detergent 75 Oz. **\$1.99**
REGULAR SALE PRICE: 2/\$5

Best Choice or Shurfine Macaroni or Spaghetti 16 Oz. **69¢**
REGULAR SALE PRICE: 89¢

Best Choice Spring Water 24 Pack **\$1.99**
REGULAR SALE PRICE: 2/\$5

Best Choice Coffee 34.5 Oz. **\$4.99**
REGULAR SALE PRICE: \$5.29

FOOP CARD SPECIALS

Coke Products

12 Pack Cans **2/\$8.50**

12 Oz. 8 Pack Bottles **2/\$8.50**

Pepsi Products

24 Pack Cans **\$6.99**

16.9 Oz. 6 Pack Bottles **5/\$10**

Wine & Spirits

Crown Royal 750 ML **\$29.99**

Smirnoff Vodka 1.75 Liters **\$23.19**

Colombia Cabernet Sauvignon 750 ML **\$14.09**

Budweiser or Bud Light 12 Pk Cans **\$10.49**