

Ackley SUPER FOODS

Locally Owned and Operated

526 Main • Ackley, IA 50601 • Phone (641) 847-3322

Heartland Market

1101 Main Street, Manson, IA 50563
Phone: (712) 469-3648

Monday-Saturday: 7:00 am - 9:00 pm
Sunday: 8:00 am - 5:00 pm

• Contact Us For Your Specialty Meats & Deli Trays
• Full Line Of Liquor, Wine & Cold Beer

Heartland Market

319 Court St. Rockwell City, IA 50579
Phone: (712) 297-6012

A Full Line Of The Coldest Beer In Town
• Liquor • Fresh Meats • Fresh Produce
• Bakery • Sit Down & Carry Out Deli
Mon-Sat 8:00 am - 8:00 pm
Sunday 9:00 am - 7:00 pm
Contact Us For All Your Catering Needs!

Purchase requirements exclude fluid dairy & tobacco products. • No sales to dealers or wholesalers.

• Everyday Low Prices
• Hot Advertised Specials • Lottery
• Video Rentals • UPS Pickup • Western Union
• Marshall & Swift Dry Cleaning • Check Free Pay
• Thermax Carpet Cleaners
• Photo Finishing • Greeting Cards
• W.I.C. & Food Stamp Shoppers Welcome
• We Accept Master Card, Discover, Visa & Debit Cards

ROLFE Area Market

412 Garfield St. - Rolfe, IA 50581
Phone: (712) 848-3640

Monday-Saturday:
9:00 am - 8:00 pm
Sunday:
9:00 am - 6:00 pm

Open

Monday thru Saturday
7:30 am - 8:00 pm
Sunday
8:30 am - 6:00 pm

ROCKWELL Area Market

204 North 4th Street, Rockwell, IA 50469
Phone: (641) 822-4998

Monday-Saturday
7:00 am - 8:00 pm
Sunday
7:00 am - 6:00 pm

#9780, #9502, #9775, #9776, #9782

Prices Effective Wednesday, January 10 Through Tuesday, January 16, 2018

Light WINTER Meals!



Chicken Breasts
Boneless Skinless
Frozen

\$1.49
Lb.



Fresh 80% Lean Ground Beef
Product of the USA
10 Lb. Roll Only

\$1.99
Lb.



Fresh Boneless Beef Top Round Roast
Product of the USA

\$3.29
Lb.



Fresh Boneless Pork Sirloin Roast
Product of the USA

\$1.99
Lb.



Fresh Boneless Beef Tip Steaks
Product of the USA

\$3.69
Lb.



Fresh Boneless Beef Top Round Steaks
Product of the USA

\$3.49
Lb.

Quick Meal Makers!

Gorton's Fish Steaks or Filets

\$3.49

Best Choice Cooked Shrimp
12 Oz. 1/2 Ct. Selected Varieties

\$6.99



Fresh Boneless Pork Sirloin Chops
Product of the USA

\$2.29
Lb.



Honeysuckle White 93% Lean Fresh Ground Turkey
10 Lb. 2 Ct.

\$2.99

Oscar Mayer Bologna or Cotto Salami

10/\$10

Bar-S Franks, Sun Length Polish or Smoked Sausage
8 Oz. 1/2 Ct. Selected Varieties

\$1.19

Oscar Mayer Lunchables Uploaded

\$2.99

Barber Foods Breaded Stuffed Chicken Breasts
10 Oz. 1/2 Ct. Selected Varieties

\$3.99

Armour LunchMakers

99¢

Hart Authentic Chicken Meal Kits
10 Oz. 1/2 Ct. Selected Varieties

\$4.99

Eckrich Sausage

\$2.99

Tennessee Pride or Oldham's Country Sausage
10 Oz. 1/2 Ct. Selected Varieties

\$2.99



Best Choice Potatoes
5 Lb. Red or Yukon Gold

2/\$4



Dole Salads
9-12 Oz. Italian Blend, Premium Romaine or American Blend

\$1.99



Orange, Red or Yellow Bell Peppers

\$1.99
Ea.



Washington Apples
New Crop, Granny Smith, Fuji, Braeburn, Red Delicious or Gala

99¢
Lb.



Washington Pears
Bosc, Anjou or Red

99¢
Lb.



Red or Green Seedless Grapes
10 Lb. 2 Ct. Selected Varieties

\$2.79
Lb.



Jumbo Cantaloupe
1 Eea.

\$1.99



Red or White Jumbo Onions

99¢
Lb.



California Fresh Strawberries
1/2 Ct. 16 Oz. 7/9

\$2.49



Honeydew Melon

\$2.99
Ea.



Highline Whole White Mushrooms
16 Oz.

\$1.99



Eat Smart Sugar Snap Peas or Snow Peas
8 Oz.

2/\$4



Organic Girl Salads
1-Ct. Selected Varieties

\$2.99

Buy THREE Participating Special K Products & Get A FREE Water Bottle!



Kellogg's Special K Cereal or Granola
10.5-14 Oz. Selected Varieties

\$1.99



Kellogg's Special K Pastry Crisps, Chewy Snack Bars, Protein Snack Bars or Nourish Chewy Nut Bars
6-8 Ct. Selected Varieties

\$1.99



Best Choice Classic White Bread
16 Oz.

99¢



Almark Hard-Boiled Eggs
3 Oz. 2 Ct.

88¢



Harris Baking French Bread
16 Oz.

\$2.59



Lakeview Farms Desserts
3.1-2.5 Oz., Selected Varieties

5/\$5

Items shown may not be available at all stores. Some brands shown will be substituted with regionally available brands.

Lay's Potato Chips, Fritos Corn Chips, Cheeses Snacks or Fritos Dip
5-9.25 Oz. Bag or 9 Oz. Can, Selected Varieties

2/\$5

Best Choice Canned Fruit
15-15.25 Oz., Selected Varieties

10/\$10

Betty Crocker Hamburger, Tuna or Chicken Helper
4.9-8.7 Oz., Selected Varieties

10/\$10

Best Choice Cranberry Juice Cocktail
84 Oz., Selected Varieties

\$1.69

Campbell's Soup
Chicken, Hearty Style or Well Trud
9.25-19 Oz., Selected Varieties

3/\$5

Best Choice Dressing
16 Oz., Selected Varieties

2/\$3

Bisquick
8 Oz., Selected Varieties

2/\$3

Kraft Macaroni & Cheese or Velveeta Shells & Cheese
4.9-3.9 Oz. Cans, Selected Varieties

4/\$5

General Mills Cereal
20.25-21.8 Oz., Selected Varieties

2/\$7

Maxwell House Max Indulge Coffee Drink Mix or Boost! Ground Coffee
12-15.3 Oz., Selected Varieties

\$3.49

American Beauty or Ronzoni Pasta
12-16 Oz., Selected Varieties

5/\$5

Best Choice Long Grain White or Brown Rice
4 Ct., Selected Varieties

59¢

Pringles Potato Crisps
4.9-5.5 Oz., Selected Varieties

3/\$4

Quaker Rice Cakes
4.5-7.2 Oz., Selected Varieties

2/\$4

Best Choice Splash Ice Sparkling Water Beverage
17 Oz., Selected Varieties

5/\$3

Butter Kernel Vegetables
12-16 Oz., Selected Varieties

69¢

Del Monte Fruit Cups
4 Ct., Selected Varieties

\$2.29

Jif Peanut Butter
12-16 Oz., Selected Varieties

\$2.49

Mix & Match BUY 6, SAVE \$3.00
SAVE \$3.00 INSTANTLY AT CHECKOUT WHEN YOU MIX & MATCH 6 PARTICIPATING ITEMS. ALL ITEMS MUST BE PURCHASED IN A SINGLE TRANSACTION.

Armour Family Size Meatballs
25 Oz., Original or Italian Style

~~\$4.49~~
~~-\$0.50~~
\$3.99

Farmland Ham Steaks, Cubed, Diced or Sliced Ham
16 Oz., Selected Varieties

~~\$3.49~~
~~-\$0.50~~
\$2.99

Smithfield Premium Pork Breakfast Sausage Roll
16 Oz., Selected Varieties

~~\$2.99~~
~~-\$0.50~~
\$2.49

Nathan's Beef Franks
12.4 Oz., Selected Varieties

~~\$3.99~~
~~-\$0.50~~
\$3.49

Pringles Potato Crisps Snack Stacks!
12 Ct., Selected Varieties

~~\$3.99~~
~~-\$0.50~~
\$3.49

Keebler Cookies or Crackers
12 Ct., Selected Varieties

~~\$3.99~~
~~-\$0.50~~
\$3.49

Fiber One Protein Bars, Nature Valley Protein Bars, Roasted Nut Crunch Bars or Granola Cups
5-6 Ct., Selected Varieties

~~\$2.99~~
~~-\$0.50~~
\$2.49

Kellogg's Pop-Tarts Toaster Pastries
8 Ct., Selected Varieties

~~\$2.49~~
~~-\$0.50~~
\$1.99

Pace Picante Sauce or Salsa
16 Oz., Selected Varieties

~~\$1.99~~
~~-\$0.50~~
\$1.49

Campbell's SpaghettiOs or Spaghetti
15.8 Oz., Selected Varieties

~~99¢~~
~~-\$0.50~~
49¢

Kool-Aid Jammers Drink
10 Pack 6 Oz. Pouches, Selected Varieties

~~\$1.99~~
~~-\$0.50~~
\$1.49

Kraft Snack Trios
1.9-2.5 Oz., Selected Varieties

~~\$1.19~~
~~-\$0.50~~
69¢

Philadelphia Bagel Chips & Cream Cheese Dip
2.5 Oz., Selected Varieties

~~\$1.79~~
~~-\$0.50~~
\$1.29

Marzetti Dressing or Veggie Dip
13-15 Oz., Selected Varieties

~~\$1.79~~
~~-\$0.50~~
\$1.29

HOUSEHOLD

Brawley Paper Towels or Quilted Northern Bath Tissue
16-24 Ct., Selected Varieties

\$6.99

Oxi Clean HD or Xtra Liquid Laundry Detergent
100-150 Oz., Selected Varieties

\$4.99

Downy or Bounce Fabric Softener
16-24 Oz., Selected Varieties

\$3.99

Best Choice Storage Bags
10-20 Ct., Selected Varieties

2/\$3

HEALTH & WELLNESS

Halls Drops
10-12 Ct., Selected Varieties

2/\$3

Aleve Naproxen Sodium Pain Reliever
10-12 Ct., Selected Varieties

\$3.59

Children's Tylenol
10-12 Ct., Selected Varieties

\$5.59

DAIRY

Simply Juice
59 Oz., Selected Varieties

2/\$6

Crystal Farms String Cheese or Cheese Sticks
10-12 Ct., Selected Varieties

\$2.99

Crystal Farms Shredded or Chunk Cheese
6-8 Oz., Selected Varieties

3/\$5

Yoplait Yogurt
4-6 Oz., Selected Varieties

10/\$5

Land O Lakes Cottage Cheese
24 Oz., Selected Varieties

\$2.49

Pillsbury Cookie Dough
16-16.5 Oz., Selected Varieties

2/\$5

Crystal Farms Ricotta Cheese
15 Oz., Selected Varieties

\$2.59

FROZEN FAVORITES

DiGiorno Pizza
17.3-28.38 Oz., Selected Varieties

2/\$10

Kellogg's Eggo Waffles or Pancakes
5-40 Ct., Selected Varieties

2/\$4

Kemps Ice Cream or Frozen Yogurt
48 Oz., Selected Varieties

3/\$10

Pillsbury Toaster Strudel
11.7 Oz., Selected Varieties

3/\$5

PictSweet Vegetables
10-12 Oz., Selected Varieties

89¢