



Sweet N Juicy  
**Clementine  
Mandarins**  
3 lb. bag

**\$3<sup>99</sup>**

# BIG DEALS

IN \$\$\$\$ EVERY

# DEPARTMENT



Yoplait  
**Yogurt**  
All Varieties • 4-6 oz.

**10/\$5**



USDA Choice  
"Certified Angus Beef"  
Boneless

**Rump  
Roast**  
**\$2<sup>99</sup>**  
lb.



Orville's  
**Ultimate  
Rizer Pizza**  
All Varieties • 12 inch.

**3/\$12**



Best Choice  
**Corn  
Flakes**  
18 oz.

**3/\$5**



Prego  
**Pasta  
Sauce**  
All Varieties • 14.5-24 oz.

**\$1<sup>99</sup>**

**TWO LOCATIONS: 620 7th St.,  
Spearfish, 642-8181  
and 40 5th Ave.,  
Belle Fourche, 892-6375**

**WE DELIVER!**

Spearfish Every Wednesday  
Call Delivery Desk  
before 11 a.m. at 642-8181

Belle Fourche Every Friday  
Call JoAnn before 10 a.m. at 892-6375

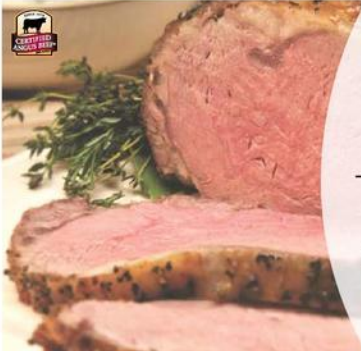
# LUEDERS FOOD CENTERS

Your Friendly, Locally-Owned Neighborhood Grocer

**Prices Effective 7 Days! September 10-16, 2019**

WE RESERVE THE RIGHT TO LIMIT QUANTITIES. NOT RESPONSIBLE FOR MISPRINTS.

## MEAT



USDA Choice  
"Certified Angus Beef"  
Boneless

**Rump  
Roast**  
**\$2<sup>99</sup>**  
lb.

USDA Choice  
"Certified Angus Beef"  
Boneless

**Bottom  
Round Steak**  
**\$3<sup>69</sup>**  
lb.



Fresh Ground  
80% Lean  
**Ground  
Beef**  
10 lb. tubes  
**\$2<sup>49</sup>**  
lb.

**Smaller Pkgs.**  
\$2.99 lb.



USDA Choice  
"Certified Angus Beef"  
Boneless

**Chuck Roast**  
**\$4<sup>99</sup>**  
lb.



USDA Choice  
"Certified Angus Beef"  
Boneless

**Top Sirloin  
Steak**  
**\$4<sup>99</sup>**  
lb.

USDA Choice  
"Certified Angus Beef"  
Boneless

**Top Sirloin  
Filets**  
**\$5<sup>99</sup>**  
lb.

USDA Choice  
"Certified Angus Beef"  
Boneless

**Chuck  
Steak**  
**\$5<sup>99</sup>**  
lb.

USDA Choice  
"Certified Angus Beef"  
Boneless

**Chuck  
Ribs**  
**\$5<sup>99</sup>**  
lb.

USDA Choice  
"Certified Angus Beef"  
Boneless

**Chuck Eye  
Steak**  
**\$6<sup>99</sup>**  
lb.



Hormel's  
"Natural Choice"  
**Boston  
Butt Roast  
or Country  
Style  
Pork Ribs**  
**\$1<sup>99</sup>**  
lb.



Sanderson Farms  
Boneless  
Skinless  
**Chicken  
Thighs**  
**\$2<sup>99</sup>**  
lb.



USDA Choice  
"Certified Angus Beef"  
Boneless

**Rib Eye  
Steak**  
**\$12<sup>99</sup>**  
lb.

## Bakery

Earl of Sandwich  
**Bread**  
All varieties • 16 oz

**\$3<sup>49</sup>**

Frozen Cinnamon  
**Roll Dough** 12 ct.

**\$3<sup>99</sup>**

## Deli

Laughing Cow  
**Cheese Spread**  
All varieties • 5.3 oz

**\$2<sup>99</sup>**

Kuester's  
**Oven Roasted  
Turkey Breast**

**\$6<sup>99</sup>**  
lb.

Mrs. Gerry's  
**Spinach  
Dip**

**\$4<sup>99</sup>**  
lb.

Weststar  
**Havarti  
Cheese**

**\$6<sup>99</sup>**  
lb.



**Rotisserie Chicken**  
Extra Large 56 oz. 3pc Copied Weight  
Call to Order  
642-8181, or  
892-6375  
or Grab & Go after 3 p.m.!

**\$6<sup>99</sup>**



**Jumbo  
Cod**  
**\$5<sup>69</sup>**  
lb.



Anytizers  
Greek S. Pasty  
or Smeared Chicken  
19-28 oz

**\$5<sup>99</sup>**



Anytizers  
**Meatballs**  
Family Size  
Large 25 oz.

**\$4<sup>99</sup>**



Hot  
**Chicken  
Meal Kit**  
All varieties • 22-32 oz

**\$4<sup>99</sup>**



Wittle's  
**Little  
Smokies** 13-14 oz

**\$3<sup>99</sup>**

## GROCERY



Best Choice  
Wheat  
Sandwich  
Bread  
20 oz.  
**99¢**



Idaho Spuds  
Mashed  
Potatoes  
Two varieties  
12.5-13.5 oz.  
**79¢**



Jiffy  
Mixes  
Pizza Crust or  
Quinoa  
Muffins  
6.5-7 oz.  
**79¢**



Captain  
Crunch  
Cereal  
Two varieties  
10-11.5 oz.  
**\$2.99**



Ken's  
Dressing  
All varieties  
16 oz.  
**\$3.29**



Potato  
Chips  
original or  
Pipples  
All varieties  
10-11.5 oz.  
**2/\$5**



Best Choice  
Water  
Electrolyte  
20.7 oz.  
**2/\$1**



Old Dutch  
Kettle Chips  
All varieties  
10-11.5 oz.  
**2/\$5**



Old Dutch  
Tostitos  
All varieties  
10-11.5 oz.  
**2/\$5**



Best Choice  
Corn  
Flakes  
12.5-13.5 oz.  
**\$1.67 Each**



Best Choice  
Honey  
Bear  
12 oz.  
**\$2.99**

Best Choice  
Corn  
Flakes  
18 oz.  
**3/\$5**



Coke  
Products  
All Varieties  
2 Flavors  
**2/\$3**



Best Choice  
Angel  
Food  
Cake  
Mix  
16 oz.  
**\$2.29**



Lay's  
Potato  
Chips  
All varieties  
8-10 oz.  
**2/\$5**



SunSweet  
Prunes  
16 oz.  
**\$4.99**



SunSweet  
Prune  
Juice  
16 oz.  
**\$4.99**



Dandee's  
Jumbo  
Sunflower  
Seeds  
16 oz.  
**\$2.49**



Best Choice  
Ketchup  
All Flavors  
16 oz.  
**\$1.99**



Best Choice  
Tomato  
Juice  
46 oz.  
**2/\$3**



Best Choice  
Powerade  
All Flavors  
12 oz.  
**5/\$5**



Best Choice  
Honey  
Bear  
12 oz.  
**\$2.99**



Country Heart  
Dakota  
Style  
12 Grain  
Bread  
24 oz.  
**\$3.29**



Country Heart  
Kids  
Whole  
Grain  
Bread  
24 oz.  
**\$3.29**



Country Heart  
Multi  
Grain  
Bread  
24 oz.  
**\$3.29**



Prego  
Pasta  
Sauce  
All Varieties  
14.5-24 oz.  
**\$1.99**



Best Choice  
Saltine  
Crackers  
All varieties  
16 oz.  
**2/\$3**



Maruchan  
Instant  
Lunch  
All varieties  
2.25 oz.  
**5/\$2**



Chunk of the Sea  
Tuna  
Water or Oil  
5 oz.  
**99¢**



Best Choice  
Bean or  
Cheese  
Dip  
9 oz.  
**\$1.49**



Spaghetti-o's  
or Spaghettini  
in Sauce  
15.5 oz.  
**99¢**



Best Choice  
Premium  
Paper  
Towels  
9 oz.  
**\$4.99**

## Recipe of the Week

## Cornflake Chicken Parmesan

1 1/2 cups Flour  
1 1/2 teaspoon salt  
1/2 eggs beaten  
2 cups corn flakes, crushed  
1 teaspoon dried oregano  
1/2 cup grated Parmesan cheese  
pepper to taste  
4 flattened chicken breasts  
3 cups pasta sauce  
1 cup grated mozzarella cheese  
fresh basil, sliced



- Pre-heat the oven to 200°C
- Tip into a flat bowl with the grated Parmesan and season with salt, pepper and dried oregano. In another bowl, combine the flour with 1/2 teaspoon salt and place the eggs in another bowl.
- Cover each piece of chicken first in the flour, then in the eggs, and finally in the corn flake crumbs.
- Heat 2 cups of oil in a large frying pan/skillet and fry the chicken until golden brown on both sides then remove from the oil and allow to drain.
- Pour the pasta sauce into an oven-proof pan then add the fried chicken. Top with grated mozzarella and place in the oven.
- Bake the chicken until the mozzarella has just melted then remove and scatter over the sliced basil. Serve with cooked pasta.

## PRODUCE



Sweet N Juicy  
**Clementine  
Mandarins**

3 lb. bag  
**\$3.99**



Peerless Missouri  
**Apples**  
3 lb. bag **\$3.49**



Bob's  
**Chopped  
Salads**  
All varieties • 10.3-14.4 oz. **\$3.49**



Great Harvest or Apic  
**Vegetable Blends**  
Eat Smart Broccoli Florets or  
Vegetables 5lb Fry • 12 oz  
OR Apic Broccoli & Carrots  
12 oz **\$2.49**



**White  
Mushrooms**  
Sliced or Whole • 5 oz **\$1.99**



**Green  
Cabbage**  
**69¢** lb.



**Green Bell  
Peppers**  
**79¢** ea.



Little Potato Company  
**Potatoes**  
Blush Dakota  
Gold Bloomer Dynamic Dice  
or Pacific Trio • 1.5 lb **\$2.99**



Margary  
**Caramel  
Dip**  
All varieties  
16.5 oz **\$3.99**

## BEER &amp; WINE



**Budweiser  
& Bud Light**  
12 pk. bottles **\$11.49**



**Busch &  
Busch Light**  
30 pk. cans **\$23.99**



**Rolling  
Rock**  
12 pk. bottles **\$10.39**



**Budweiser  
& Bud Light**  
6 pk. 16 oz. cans **\$6.49**



**New  
Belgium**  
All varieties  
6 pk. bottles **\$7.99**



**Michelob  
Ultra**  
4 pk. 16 oz. cans **\$5.19**



**Coors &  
Coors Light**  
12 pk. bottles **\$11.29**



**Miller Lite  
& MGD**  
12 pk. bottles **\$11.29**



**Keystone  
Light & Ice**  
30 pk. cans **\$17.99**



**Miller Lite  
& Coors  
Light**  
9 pk. 16 oz. aluminum **\$11.39**



**Flip Flop** 2/**\$8**  
750 ml  
**19 Crimes** **\$9.39**  
750 ml  
**Cupcake** **\$9.39**  
750 ml  
**Yellow Tail  
Bubbies** **\$8.49**  
750 ml

## DAIRY



50¢  
Each  
Yoplait  
**Yogurt** **10/\$5**  
All Varieties  
4-6 oz.



Cyrus Farms  
**Grated  
Parmesan  
Cheese**  
8 oz **\$2.99**



Best Choice  
**Non-Dairy  
Creamer**  
All Flavors • 32 oz **\$2.99**



Blue Bonnet  
**Margarine**  
16 oz **99¢**



Tropicana  
**Juice**  
All varieties  
63 oz **\$3.99**



fairlife  
**Milk**  
All varieties  
52 oz **\$3.49**

## FROZEN



Orv's  
**Ultimate  
Rizer  
Pizza** **3/\$12**  
All Varieties  
12 inch.



Best Choice  
**Texas Toast  
or 5 Cheese  
Garlic Bread**  
11.75 oz. Bread • 6 oz. Frost **\$1.99**



T. Farms  
**Hash  
Browns**  
Two varieties • 24-30 oz **\$1.99**



Hakiki  
**Egg Rolls**  
All varieties  
11-11.6 oz **\$2.99**



Homestyle  
**Biscuits**  
Southern or Buttermilk,  
12 ct **\$2.99**



Blue Bonnet  
**Sweet  
Freedom  
Bars**  
Vanilla, Iced  
or Fudge  
12 ct **\$4.49**