

METRO

816-363-4292 • 1616 E. 63RD STREET, KC, MO • OPEN 7 DAYS A WEEK. 7am - 9pm

we accept  
We accept USDA Food Stamps
We also accept ALEX
We reserve the right to limit & substitute similar items and to correct any pricing errors. All items may not be available.

Grand Slam DEALS ALL WEEK! **PRICES GOOD APRIL 2024**

WED 24	THU 25	FRI 26	SAT 27	SUN 28	MON 29	TUE 30
-----------	-----------	-----------	-----------	-----------	-----------	-----------



\$6⁹⁹ Lb.
Top Sirloin Steak
 Fresh Boneless Value Pack



\$2⁴⁹ Lb.
Pork Chop
 Fresh Boneless Value Pack



99¢ Lb.
Honeycrisp Apples



\$5⁹⁹ Ea.
Chicken Leg Quarters
 Fresh Sold in 10 Lb. Bag



\$3⁴⁹
Cotton Candy Grapes
 1 Lb. Pkg.



4/\$5
Colored Peppers



\$2⁴⁹
 14.5 Oz. Selected Varieties

\$3⁴⁹
Frito-Lay
 Cheetos, Fritos, 6.5-10 Oz. or XL Lay's or Lay's Kettle Chips 5-8 Oz. Selected Varieties



\$3⁴⁹
General Mills Cereal
 12-16.8 Oz. Selected Varieties



2/\$6
Pillsbury
 Crescents, Cinnamon Rolls, Cornbread Swirls, Cinni Stix, Corn Dog Wraps 6-24 ct., Pizza Crust 1-8 ct. or French Bread 11 Oz. Selected Varieties

\$3⁴⁹
Best Choice Ice Cream
 All Oz. Selected Varieties



3/\$10
Jack's
 Original Thin 12.9-16.1 Oz. Selected Varieties

WE RESERVE THE RIGHT TO LIMIT QUANTITIES AND TO ESTABLISH MINIMUM PURCHASE REQUIREMENTS. NOT ALL VARIETIES AVAILABLE.

SAVE MONEY - SAVE TIME
BUY LOCAL
 Buying Local Supports Your Community

Fresh Produce

Enjoy **Spends LESS!**
MORE



Grape Tomatoes
Pint

2/\$3 Vidalia Onions
3 Lb. Bag

\$3.99



Two Pounds

\$4.99
Fresh Strawberries
2 Lb.



\$2.49
Dole Teen Spinach
8 Oz.



\$5.99
Herdez Guacamole
15 Oz.



\$4.99
Sunkist Clementines
3 Lb. Bag

Floral

At Participating Stores



\$7.99
Cherry Blossom Bouquet



\$1.29
Lb. Yellow Squash or Zucchini



\$3.49
Taylor Farms Sweet Kale Kit
12 Oz.



\$1.29
Organic Cello Carrots
1 Lb.



\$3.49
Best Choice Russet Potatoes
10 Lb. Bag



\$9.99
Sun Valley Bouquet

\$12.99
Kalanchoe
6.5 Inch

Dairy & Frozen

Enjoy **Spends LESS!**
MORE



\$3.49
Dole Juice Blends
59 Oz. Selected Varieties



99¢
Best Choice Biscuits
7.5 Oz. Selected Varieties



4/\$12
Lean Cuisine Frozen Entrées
7.5-11.5 Oz. Selected Varieties



\$3.99
Birds Eye Frozen Sides or Entrées
12-13.5 Oz. Selected Varieties



\$3.49
Best Choice American Cheese Slices
16 Oz.



\$6.49
Kraft American Singles
Twin Pack
24 Oz.



\$3.99
Kraft Ready To Eat Philly Cheesecake Crumbs
2 Ct. Selected Varieties

\$4.49
Silk or Dunkin' Liquid Coffee Creamer
32 Oz. or International Delight Cold Brew
14 Oz. Selected Varieties



\$6.99
Red Baron Pizza
22.83-28.79 Oz. Selected Varieties



2/\$7
Lean Cuisine Bowls
9.75-10 Oz. Selected Varieties



Seafood

\$17.99
Sea Best Argentine Red Shrimp
2 Lb. 16-20 Ct.

\$9.99
Aqua Star Cooked Shrimp
1 Lb. 26-30 Ct.

\$2.99
Aquamar Seafood Crab Items
16 Oz. Selected Varieties

\$3.99
Tapioca Fillets
1 Pk.

\$3.29
PoBock Fillets
10F

\$4.99
Cattfish Fillets
10F



Grocery

Enjoy Spend LESS!
MORE



Van Camp's
Pork & Beans
15 Oz.

99¢

Best Choice
Applesauce
6 Pk. 4 Oz.
Selected Varieties

\$2.49

Old Orchard
Juice
64 Oz.
Selected Varieties

2/\$5



\$4.49

Kraft
Easy Mac,
Deluxe Macaroni
& Cheese or
Velveeta Shells
and Cheese Cups
4 Ct. Selected Varieties



\$1.99

Zatarain's
Black Beans & Rice,
Dirty Rice Mix,
Jambalaya Mix or
Red Beans & Rice
7-8 Oz. Selected Varieties



99¢

Hunt's
Pasta Sauce
24 Oz.
Selected Varieties



2/\$5

Wish-Bone or
Western Salad
Dressing
15 Oz.
Selected Varieties



\$4.79

Nabisco
Easy Cheese
8 Oz.
Selected Varieties



2/\$3

Rosarito
Refried Beans
16 Oz.
Selected Varieties



\$1.99

McCormick
Grill Mates Grinders
or Seasonings
.77-3.5 Oz. or
Lawry's Seasoned
Salt 8 Oz.
Selected Varieties



2/\$7

Ozarka
Water
12 Pack 16.9 Oz. Bottles



2/\$3

Ozarka
Natural Spring
Water
3 Liter Bottle



\$3.99

Twinings
Tea
20 Ct.
Selected Varieties

OLD EL PASO



2/\$3

Old El Paso
Taco, Tostada or
Tortilla Shells 8-12 ct.,
Refried Beans 16 Oz. or
Enchilada Sauce 10 Oz.
Selected Varieties



79¢

Old El Paso
Seasoning Mix
1 Oz.
Selected Varieties



2/\$6

Old El Paso
Stand N Stuff Tortillas, Shells,
Pockets, Dinner Kits,
Flavor Kits, Burrito Bowls,
Taco Kits, Sauces, Enchilada
Sauce 8-12 Ct. or 6.25-19 Oz.
Selected Varieties

Home & Health

Enjoy Spend LESS!
MORE



\$2.99

Best Choice
Designer Plates
24-48 Ct.
Selected Varieties



\$2.99

Best Choice
Bleach
81 Oz.
Selected Varieties



\$6.49

Xtra
Liquid Laundry
Detergent
136.4-139.2 Oz.
Selected Varieties



\$4.29

Crest
Complete Plus
Toothpaste
5.4 Oz.
Selected Varieties



\$5.99

Fixodent
Adhesive Cream
2.4 Oz.
Selected Varieties



\$5.49

Axe
Deodorant
2.6 Oz.
Selected Varieties



\$6.99

Axe
Body Spray
5.1 Oz.
Selected Varieties



\$3.49

St. Ives
Body Wash
16 Oz.
Selected Varieties



\$3.99

Vaseline
Intense Care
Lotion
10 Oz.
Selected Varieties



\$4.99

Vaseline
Petroleum Jelly
13 Oz.
Selected Varieties

Fresh Cut Meat

Enjoy **Spends LESS!**
MORE



\$4.99 Lb.
Bottom Round Roast
Fresh Boneless Beef



\$5.49 Lb.
Bottom Round Steak
Fresh Boneless Beef Value Pack



\$5.99 Lb.
Cube Steaks
Fresh Boneless Beef



\$4.99 Lb.
85% Lean Ground Beef Value Pack



\$3.99 Lb.
85% Lean Ground Beef
Sold in 10 Lb. Tube



\$1.99 Lb.
Pork Loin Whole Boneless
Sold in C.O.V. Bag



\$2.99 Lb.
Thin Cut Breakfast Chops
Fresh Boneless



\$2.99 Lb.
Country Style Ribs for BBQ
Fresh Boneless



\$2.99 Lb.
Pork Back Ribs
Frozen 1 Piece



\$2.49 Lb.
Chicken Thighs
Boneless Skinless Frozen



\$3.99
Smithfield Bacon
12 Oz. Selected Varieties



\$3.99
Oscar Mayer Deli Fresh Shaved Meats
6-9 Oz. Selected Varieties



\$7.99
Oscar Mayer Sub Kits
28 Oz. Selected Varieties



\$5.79
Smithfield Fully Cooked Sausage
19.5-20 Oz. Selected Varieties



\$5.99
Armour Medium Bag Meatballs
24 Oz. Selected Varieties



\$7.49
Nathan's Frozen Dogs
16 Oz. Selected Varieties



\$3.99
Kentucky Legend Smokemaster's Beef Hot Dog
16 Oz.



\$5.49
Supremo Pork Chorizo Items
14 Oz. Selected Varieties



\$2.99
Bob Evans Simply Sides
24 Oz. Selected Varieties



\$5.99
Land O' Frost Premium Luncheon
90-96 Oz. Selected Varieties



\$3.99
Land O' Frost Bistro
6-8 Oz. Selected Varieties



\$4.99
Farmland Select Ham Cuts
16 Oz. Selected Varieties

Deli & Bakery

At Participating Stores



\$6.99 Lb.
Kretschmar Ham Off The Bone
Selected Varieties



\$4.69
Olsen Angel Food Cake
8 Oz.



\$6.99 Lb.
Golden Fried Chicken Tenders
Selected Varieties



\$7.99
Reser's Deviled Egg Potato Salad
3 Lb.



\$5.99
The Father's Table Cheesecake
Selected Varieties



\$3.49
Clyde's Cake Donuts
6 Ct. Selected Varieties



\$6.49 Lb.
Kretschmar Colby Jack or Pepper Jack Cheese



\$8.49 Lb.
Kretschmar Hickory Smoked and Honey Turkey Breast



\$3.99
No Bake Cookies
13.5 Oz. Selected Varieties



\$2.69
Ozark Hearth Potato or Multigrain Bread
20 Oz.



\$3.49
Deli Express Sandwiches
4.5 Oz. Selected Varieties



\$5.99 Lb.
Cheesecake Supreme Dessert Salad



\$3.49
Fiorecci Pepperoni or Hard Salami Sliced Meats
3-4 Oz. Selected Varieties



\$2.69
Ozark Hearth Dinner Rolls
12 Ct.



\$4.49
Café Valley Muffins
4 Ct. Selected Varieties



\$14.99
Deep Eddy Vodka
750 ML. Selected Varieties



\$18.99
Jose Cuervo Tequila
750 ML. Selected Varieties



\$24.99
Crown Royal Whisky
750 ML. Selected Varieties



\$10.99
Oyster Bay Wine
750 ML. Selected Varieties



\$10.99
Coppola Wine
750 ML. Selected Varieties



\$12.99
Kim Crawford Wine
750 ML. Selected Varieties



\$19.99
Miller Lite or Coors Light Beer
12 Oz. Cans 24 Pack. Selected Varieties



\$15.99
Boulevard Beer
12 Oz. Cans 12 Pack. Selected Varieties



\$21.99
Michelob Ultra Beer
12 Oz. Cans 24 Pack. Selected Varieties



CATCH OUR
Homerun
SAVINGS!

PRICES EFFECTIVE: APRIL 24TH THRU APRIL 30TH, 2024

\$4.99

Johnsonville
Sausage or Brats
16-19 Oz.
Selected Varieties



\$1.39

Bar S
Franks
12 Oz.
Selected Varieties



\$1.99

Ozark Hearth
Hamburger or
Hot Dog Buns
8 Ct.



\$5.49

Hormel
Snack Trays
14 Oz.
Selected Varieties



\$2.49

French's
Mustard 20 Oz. or
Worcestershire
Sauce 10 Oz.



\$1.99

Best Choice
Sweet Relish
10 Oz.



10/\$10

Hershey's
Standard
Candy Bars
1.2-2.5 Oz.
Selected Varieties

CATCH OUR
Homerun
SAVINGS ALL WEEK LONG!

CATCH OUR
Homerun
SAVINGS ALL WEEK LONG!

BUY 5 SAVE \$5 • MIX OR MATCH
WHEN YOU PURCHASE 5 PARTICIPATING ITEMS

Buy 5 Save \$5

BUY 5 SAVE \$5 • MIX OR MATCH
 WHEN YOU PURCHASE 5 PARTICIPATING ITEMS

PRICES EFFECTIVE: APRIL 24TH THRU APRIL 30TH, 2024

 <p>MIX or MATCH</p> <p>Blue Bunny Ice Cream Twist 16 Oz. Selected Varieties</p> <p>\$2.99 -\$1.00 \$1.99</p>	 <p>MIX or MATCH</p> <p>Tropicana Pure Premium Orange Juice 89 Oz. Selected Varieties</p> <p>\$5.99 -\$1.00 \$4.99</p>	 <p>MIX or MATCH</p> <p>Kellogg's Eggo Waffles 24 Ct. Selected Varieties</p> <p>\$5.99 -\$1.00 \$4.99</p>	 <p>MIX or MATCH</p> <p>Freschetta Naturally Rising or Brick Oven Crust Pizza 22.7-30.88 Oz. Selected Varieties</p> <p>\$5.99 -\$1.00 \$4.99</p>
---	--	---	--

 <p>MIX or MATCH</p> <p>Kellogg's Cereal 8.8-18 Oz. Selected Varieties</p> <p>\$3.99 -\$1.00 \$2.99</p>	 <p>MIX or MATCH</p> <p>Kellogg's Nutri-Grain Bars or Homestyle Rice Krispies Treats 6-8 Ct. Selected Varieties</p> <p>\$2.99 -\$1.00 \$1.99</p>	 <p>MIX or MATCH</p> <p>Pringles Party Stack Potato Crisps 6.84-7.16 Oz. Selected Varieties</p> <p>\$2.99 -\$1.00 \$1.99</p>	 <p>MIX or MATCH</p> <p>Post Cereal 13-16 Oz. Selected Varieties</p> <p>\$3.99 -\$1.00 \$2.99</p>
---	--	--	---

 <p>MIX or MATCH</p> <p>Heinz Ketchup 32 Oz. Selected Varieties</p> <p>\$5.79 -\$1.00 \$4.79</p>	 <p>MIX or MATCH</p> <p>Nabisco Family Size Oreo Cookies 10.68-20 Oz. Selected Varieties</p> <p>\$4.49 -\$1.00 \$3.49</p>	 <p>MIX or MATCH</p> <p>Nabisco Family Size Crackers 8.1-14 Oz. Selected Varieties</p> <p>\$4.79 -\$1.00 \$3.79</p>	 <p>MIX or MATCH</p> <p>Nabisco Family Size Chips Ahoy or Nutter Butter Cookies 9.5-18 Oz. Selected Varieties</p> <p>\$4.79 -\$1.00 \$3.79</p>
--	---	---	--

 <p>MIX or MATCH</p> <p>Cheez-It, Club or Town House Family Size Crackers 9.6-21 Oz. Selected Varieties</p> <p>\$4.99 -\$1.00 \$3.99</p>	 <p>MIX or MATCH</p> <p>Cheez-It, Grahams, Grippz or Chips Deluxe Caddy Packs 12 Ct. Selected Varieties</p> <p>\$4.99 -\$1.00 \$3.99</p>	 <p>MIX or MATCH</p> <p>Starkist Chunk Light Tuna 12 Oz. Selected Varieties</p> <p>\$3.19 -\$1.00 \$2.19</p>	 <p>MIX or MATCH</p> <p>Pringles Snack Stacks 12 Ct. Selected Varieties</p> <p>\$4.99 -\$1.00 \$3.99</p>
--	--	--	--

 <p>MIX or MATCH</p> <p>Morning Star Farms Incomplete Plant Based Chick'n or Entrees 9.7-14.8 Oz. Selected Varieties</p> <p>\$6.99 -\$1.00 \$5.99</p>	 <p>MIX or MATCH</p> <p>Morning Star Farms Veggie Meats or Entrees 5.25-12 Oz. Selected Varieties</p> <p>\$3.99 -\$1.00 \$2.99</p>	 <p>MIX or MATCH</p> <p>Kellogg's Grab & Go Liege-Style Waffles 4 Ct. Selected Varieties</p> <p>\$4.99 -\$1.00 \$3.99</p>	 <p>MIX or MATCH</p> <p>Maxwell House Coffee K-Cups 12 Ct. Selected Varieties</p> <p>\$7.49 -\$1.00 \$6.49</p>
---	--	---	--

 <p>MIX or MATCH</p> <p>Microban 24 Hour Sanitizing Spray 15 Oz. Selected Varieties</p> <p>\$6.49 -\$1.00 \$5.49</p>	 <p>MIX or MATCH</p> <p>Febreze Unstoppables or Downy Calm Fabric Refresher 27 Oz. Selected Varieties</p> <p>\$6.99 -\$1.00 \$5.99</p>	 <p>MIX or MATCH</p> <p>Bounty Paper Towels 4 Double Roll Selected Varieties</p> <p>\$8.49 -\$1.00 \$7.49</p>	 <p>MIX or MATCH</p> <p>Charmin Bath Tissue 6 Mega Roll Selected Varieties</p> <p>\$8.49 -\$1.00 \$7.49</p>
--	--	---	---