

# 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 AMEX

We reserve the right to limit & substitute similar items and in correct way for any errors. All items may not be available.

**PRICES GOOD MAY 2024**

WED	THU	FRI	SAT	SUN	MON	TUE
1	2	3	4	5	6	7

**\$3<sup>99</sup>**  
 Lb.  
**Chuck Roast**  
 Fresh Boneless Beef

**\$1<sup>69</sup>**  
 Lb.  
**Pork Butt**  
 2PC Whole Bone-In  
 Sold in C.O.V. Bag

**\$3<sup>29</sup>**  
 Lb.  
**80% Lean Ground Beef**  
 Sold in 10 Lb. Tube

**\$2<sup>99</sup>**  
 Bi-Color Corn  
 4 Pack

**\$2<sup>49</sup>**  
 Lb.  
**Chicken Breast**  
 Boneless Skinless Frozen

**\$2<sup>99</sup>**  
 Dole Chopped Salad Kits  
 10-12 Oz.  
 Selected Varieties



**\$3<sup>99</sup>**  
 Blue Bunny Premium Ice Cream  
 46-48 Oz.  
 Selected Varieties



**\$4<sup>49</sup>**  
 Delimex Tacos or Taquitos  
 21.6-23 Oz.  
 Selected Varieties



**89¢**  
 McCormick Taco Seasoning Mix  
 12.5 Oz.  
 Selected Varieties



**\$3<sup>79</sup>**  
 Daisy Cottage Cheese or Sour Cream  
 24 Oz.  
 Selected Varieties

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

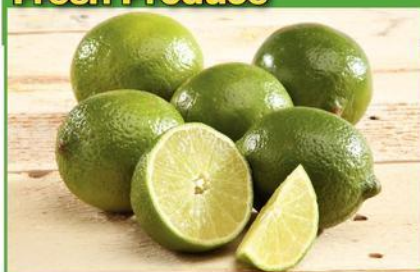


**SAVE MONEY - SAVE TIME**  
**BUY LOCAL**  
 Buying Local Supports Your Community



# Fresh Produce

Enjoy Spend LESS! MORE



Limes

3/\$2



Large Hass Avocados

3/\$5



99¢ Ea.  
Mangos



\$1.49 Lb.  
Honeycrisp Apples



\$1.99 Lb.  
Hot House Beefsteak Tomatoes



\$2.99  
Sweet Mini Peppers  
1 Lb.

## Floral

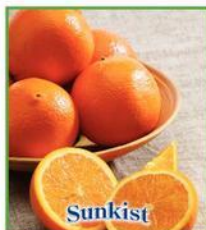
At Participating Stores



\$9.99  
Charmelia Bouquet



\$5.99  
Herdez Guacamole  
15 Oz. Selected Varieties



\$4.99  
Navel Oranges  
4 Lb. Bag



\$1.49 Lb.  
Vidalia Jumbo Sweet Onions



\$11.99  
Floral Mum 6.5 Inch  
\$12.99  
Lilac Sweetness Bouquet

# Dairy



2/\$5  
Kraft Natural Cheese Slices  
7.2-8 Oz. Selected Varieties



2/\$3  
Yoplait Oui, Ratio or Haagen Dazs Yogurt or Ratio Drink  
4-7 Oz. Selected Varieties

# Frozen

Enjoy Spend LESS! MORE



3/\$10  
Tony's 9.8-10.9 Oz. or Red Baron Deep Dish or French Bread 8.8-11.6 Oz. Pizza  
Selected Varieties



\$3.99  
Best Choice Onion Rings  
16-20 Oz. Selected Varieties



\$2.99  
I Can't Believe It's Not Butter! Spray 8 Oz. or Brummel and Brown Spread 15 Oz. Selected Varieties



2/\$3  
Pillsbury Grands, Crescents, Cinnamon Rolls or Flaky Layer Biscuits  
4-12 Oz. Selected Varieties



\$3.79  
Florida's Natural Orange or Grapefruit Juice  
52 Oz. Selected Varieties



3/\$10  
Pagaoda Egg Rolls, Crab Rangoon, Potstickers or Wontons 6.6-8.9 Oz. or Bibigo Dumplings 7.7 Oz. Selected Varieties



2/\$7  
Mario Callender's Pot Pies or Dinners  
10.5-15 Oz. Selected Varieties



3/\$5  
Totino's Pizza Rolls 15 Oz. or Party Pizza 9.8-10.9 Oz. Selected Varieties



\$4.99  
Best Choice String Cheese  
15 Oz. Selected Varieties



2/\$4  
Pure Leaf Tea  
89 Oz. Selected Varieties



\$1.79  
Hiland or Prairie Farms Lemonade  
64 Oz. Selected Varieties



2/\$5  
Healthy Choice Frozen Entrees  
8.25-10.7 Oz. Selected Varieties



4/\$5  
Michelina's Frozen Entrees  
4.8-8.9 Oz. Selected Varieties



\$1.69  
PictSweet Simple Harvest or Recipe Helper Vegetables  
10-12 Oz. Selected Varieties



\$3.99  
Halo Top Ice Cream  
14 Oz. Selected Varieties

# Seafood

2/\$10  
Mojji Sushi Items  
6 Oz. Selected Varieties  
KCG3

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

\$4.99  
Best Choice Raw Shrimp  
12 Oz. Selected Varieties

\$3.99 Lb.  
Tilapia Fillets

\$3.29 Lb.  
Pollock Fillets

\$4.99 Lb.  
Catfish Fillets

KCG3\_BASE\_PG2\_050124

# Grocery

Enjoy Spend LESS!  
MORE



Frito-Lay  
XL Lay's or  
Lay's Kettle Chips  
5-8 Oz. Selected Varieties

**\$2.99**



Prego  
Pasta Sauce  
23-24 Oz.  
Selected Varieties

**2/\$5**



Skippy  
Peanut Butter  
28 Oz.  
Selected Varieties

**\$4.49**

**\$3.99**  
Frito Lay  
Funyuns  
6 Oz.  
Selected Varieties



Nabisco  
Oreo Cookies  
7.9-20 Oz.  
Money Maid  
Grahams or  
Nilla Wafers  
8.5-14 Oz.  
Selected Varieties



**\$3.49**  
Nabisco  
Snack Crackers  
7.5 Oz. or  
Newtons  
10 Oz.  
Selected Varieties



**4/\$5**  
Cheez-It  
Grab 'N Go  
Cups or Bags  
2.2-3 Oz.  
Selected Varieties



**\$3.99**  
Jolly Time  
Popcorn  
6-10 Ct.  
Selected Varieties



**4/\$5**  
Pringles  
Potato Crisps  
2.5 Oz.  
Selected Varieties



**\$3.49**  
Kellogg's  
Cereal  
12-19.2 Oz.  
Selected Varieties



**2/\$3**  
Idahoan  
Potatoes  
4-4.1 Oz. or  
Potato Cups  
1.5 Oz.  
Selected Varieties



**4/\$5**  
Van Camp's  
Pork and Beans  
or Beanee  
Weenee  
7.25 Oz.  
Selected Varieties



**4/\$5**  
American  
Beauty Pasta  
12-16 Oz.  
Selected Varieties



**2/\$3**  
Best Choice  
Dinners  
5.2-6.8 Oz.  
Selected Varieties



**5/\$5**  
Starkist  
Tuna Pouches  
or Bowls  
2.5-4.5 Oz.  
Selected Varieties



**\$5.99**  
Tostitos  
Tostitos  
26.5-32 Oz.  
Selected Varieties



**2/\$3**  
Chi Chi's  
Street Flour  
Tortillas  
10 Ct.  
Selected Varieties



**\$2.49**  
Chi Chi's  
Burrito Tortilla  
8 Ct.  
Chips 11 Oz. or  
Salsa 16 Oz.  
Selected Varieties



Musselman's  
Apple Sauce  
4-6 Pack  
Selected Varieties



**2/\$7**  
La Choy  
Yum Yum  
Sauce  
16 Oz.  
Selected Varieties



**\$3.99**  
P.F. Chang's  
Salad Dressing  
16 Oz.  
Selected Varieties



**\$2.49**  
Kool-Aid  
Jammers  
10 Ct.  
Selected Varieties



**\$2.49**  
Kool-Aid  
Jammers  
10 Ct.  
Selected Varieties



**TACO BELL**

**EVERY NIGHT IS TACO NIGHT!**

**79¢**  
Taco Bell  
Taco or Fajita  
Seasoning Mix  
1-1.4 Oz.  
Selected Varieties



**\$3.29**  
Taco Bell  
Salsa Con  
Queso  
15 Oz.  
Selected Varieties



**\$1.79**  
Taco Bell  
Restaurant or  
Taco Sauce  
7.5-8 Oz.  
Selected Varieties



**\$1.99**  
Taco Bell  
Taco Shells  
12 Ct.  
Selected Varieties



**\$2.99**  
Taco Bell  
Flavored Shells  
4.8 Oz.  
Selected Varieties



**\$1.99**  
Taco Bell  
Creamy Chipotle,  
Avocado Ranch,  
Spicy Ranchero or Baja Sauce  
12 Oz. Selected Varieties



**\$2.99**  
Taco Bell  
Dinner Kits  
8.85-14.6 Oz.  
Selected Varieties

# Home & Health

Enjoy Spend LESS!  
MORE

**\$6.99**  
Best Choice  
Paper Towels  
6 Double Roll  
Selected Varieties



**\$19.99**  
Bounty  
Select-A-Size  
Paper Towels  
6 Triple Roll



**\$19.99**  
Charmin  
Bath Tissue  
12 Super Mega Roll  
Selected Varieties



**\$4.99**  
Dawn  
Power Wash  
16 Oz. or  
Dawn EZ Squeeze  
24.3 Oz.  
Selected Varieties



**\$12.99**  
Cascade  
Actionpacs  
28-60 Ct.  
Selected Varieties



**\$2.99**  
Gain  
EZ Squeeze  
Dish Soap  
24.3 Oz.  
Selected Varieties



**\$9.99**  
Gain  
Liquid Laundry  
Detergent 88 Oz.,  
Powdered 70 Oz. or  
Flings! 31 Ct.  
Selected Varieties



**\$27.99**  
Pampers  
Diapers  
44-104 Ct.  
Selected Varieties



**\$9.99**  
Pampers  
Easy Ups  
15-22 Ct.  
Selected Varieties



**\$11.99**  
Gillette  
Mach 3 or  
Venus Cartridges  
4 Ct.  
Selected Varieties



**\$13.99**  
Always  
Discreet  
Feminine Pads  
10-66 Ct.  
Selected Varieties



**\$3.99**  
Dove  
Deodorant  
Invisible Solid  
2.6 Oz.  
Selected Varieties



**\$8.99**  
Pantene  
Shampoo or  
Conditioner  
8.9-9.6 Oz.  
Selected Varieties



**\$5.99**  
ZzzQuil  
Sleep-Aid  
Liquid 6 Oz. or  
12 Ct. Liquid Caps  
Selected Varieties





# Fresh Cut Meat

Enjoy **Spends LESS!**  
**MORE**



**\$6<sup>49</sup>**  
Lb.

**Chuck Steak**  
Fresh Boneless Beef  
Value Pack



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

**Beef Short Ribs**  
Fresh Boneless



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

**80% Lean Ground Beef**  
Value Pack



**\$11<sup>99</sup>**  
Lb.

**KC Strip Steaks**  
Fresh Boneless Beef  
Value Pack



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

**Pork Steak**  
Fresh Bone-In



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

**Country Style Ribs For BBQ**  
Fresh Bone-In Pork



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

**Whole Chicken Wings**  
Bone-In Frozen



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

**Sugardale Bacon**  
16 Oz.  
Selected Varieties



**\$8<sup>99</sup>**

**Farmland Sack Pack Bacon**  
24 Oz. Selected Varieties



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

**Cooked Perfect Meatballs**  
16-28 Oz. Selected Varieties



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

**Cajun Hollar Sausage Items**  
12 Oz. Selected Varieties



**\$9<sup>99</sup>**

**Aunt Bessie's Chicken Wings**  
24 Oz. Selected Varieties



**\$1<sup>69</sup>**

**Sugardale Hot Dogs**  
16 Oz. Selected Varieties



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

**Bob Evans Family Sides**  
28-32 Oz. Selected Varieties



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

**Eckrich Smoked Sausage**  
8.3-14 Oz. Selected Varieties



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

**Smithfield Prime Fresh Lunchmeat**  
7-8 Oz. Selected Varieties



**2/\$5**

**Farmland Roll or Link Sausage**  
8-12 Oz. Selected Varieties



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

**Johnsonville RTE Smoked Links or Ropes**  
12-14 Oz. Selected Varieties



**\$6<sup>49</sup>**

**Bar S Smoked Sausage**  
2.5 Lb. Selected Varieties



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

**Armour Pepperoni**  
4.5 Oz. Selected Varieties



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

**Kretschmar Virginia Honey or Smoked Ham**



**\$8<sup>99</sup>**

**Jessie Lord Lemon Meringue Pie**  
27 Oz.

At Participating Stores



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

**Slow Smoked or Baked Chicken Leg Quarters**  
4 CL



**\$4<sup>59</sup>**  
Lb.

**Cowboy Caviar Salad**



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

**James Skinner Cinnamon Rolls**  
8 CL. Selected Varieties



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

**Olsen's Golden Pound Cake**  
16 Oz. Selected Varieties



**\$6<sup>49</sup>**  
Lb.

**Kretschmar American Cheese**  
Selected Varieties



**\$8<sup>49</sup>**  
Lb.

**Kretschmar Chicken Breast**  
Garlic, Buffalo or Rotisserie



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

**Rotella's Italian Cookout Bread**  
16 Oz.



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

**Rotella's Wheat or White Hoagies**  
6 CL. Selected Varieties



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

**Pancho's Queso**  
12 Oz. Selected Varieties



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

**San Luis Burritos**  
8 Oz. Selected Varieties



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

**Mississippi Mud or Chocolate Fudge Cream Cake**  
20 Oz.



**\$2<sup>69</sup>**

**Toufayan Bagels**  
30 Oz. Selected Varieties



**\$33<sup>99</sup>**

**Jose Cuervo Tequila**  
1.75 Liter Bottle



**\$14<sup>99</sup>**

**Jose Cuervo Margarita**  
1.75 Liter Bottle. Selected Varieties



**\$19<sup>99</sup>**

**Lunazul Tequila**  
750 ML.



**\$14<sup>99</sup>**

**Topo Chico Seltzer & Happy Thursday Spiked Refresher**  
12 Oz. Cans or Bottles 12 Pack



**\$12<sup>99</sup>**

**Joel Gott Wine**  
750 ML. Selected Varieties



**\$9<sup>99</sup>**

**Matua Wine**  
750 ML. Selected Varieties



**\$5<sup>49</sup>**

**St. James Wine**  
750 ML. Selected Varieties



**\$15<sup>99</sup>**

**Boulevard Ale**  
12 Oz. Cans or Bottles 12 Pack



**\$14<sup>99</sup>**

**Dos Equis Lager**  
12 Oz. Bottles or Cans 12 Pack. Selected Varieties



# Buy 5 Save \$5

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

Prices Effective **MAY 1-7, 2024**



**MIX & MATCH**  
Kraft  
Cracker Cuts or  
Cubes Cheese  
6.4-7 Oz.,  
Selected Varieties

~~\$3.69~~  
~~-\$1.00~~  
**\$2.69**  
Final Price When You Purchase 5 Participating Items



**MIX & MATCH**  
Kraft Natural Cheese  
Crumbles, Chunk or  
Shredded Cheese  
5-8 Oz., Selected Varieties

~~\$3.29~~  
~~-\$1.00~~  
**\$2.29**  
Final Price When You Purchase 5 Participating Items



**MIX & MATCH**  
Philadelphia  
Cream Cheese  
8 Oz., Selected Varieties

~~\$3.79~~  
~~-\$1.00~~  
**\$2.79**  
Final Price When You Purchase 5 Participating Items



**MIX & MATCH**  
Kraft  
Singles  
10.7-12 Oz.,  
Selected Varieties

~~\$3.99~~  
~~-\$1.00~~  
**\$2.99**  
Final Price When You Purchase 5 Participating Items



**MIX & MATCH**  
Oscar Mayer  
Fun Pack  
Lunchables  
8.9-10.7 Oz.,  
Selected Varieties

~~\$2.99~~  
~~-\$1.00~~  
**\$1.99**  
Final Price When You Purchase 5 Participating Items



**MIX & MATCH**  
Kraft Velveeta Loaf  
32 Oz.,  
Selected Varieties

~~\$7.99~~  
~~-\$1.00~~  
**\$6.99**  
Final Price When You Purchase 5 Participating Items



**MIX & MATCH**  
Oscar Mayer  
Bologna or  
Cotto Salami  
16 Oz.,  
Selected Varieties

~~\$3.79~~  
~~-\$1.00~~  
**\$2.79**  
Final Price When You Purchase 5 Participating Items



**MIX & MATCH**  
Oscar Mayer  
Wieners or  
Smokies  
Smoked Sausage  
14-16 Oz.,  
Selected Varieties

~~\$3.49~~  
~~-\$1.00~~  
**\$2.49**  
Final Price When You Purchase 5 Participating Items



**MIX & MATCH**  
Hershey's  
Pudding,  
Jell-O Temptations,  
Jell-O Pudding or  
Gelatin Snacks  
13.1-15.5 Oz.,  
Selected Varieties

~~\$2.99~~  
~~-\$1.00~~  
**\$1.99**  
Final Price When You Purchase 5 Participating Items



**MIX & MATCH**  
Kraft  
Salad Dressing  
14-16 Oz.,  
Selected Varieties

~~\$3.49~~  
~~-\$1.00~~  
**\$2.49**  
Final Price When You Purchase 5 Participating Items



**MIX & MATCH**  
Kraft  
Miracle Whip  
30 Oz.,  
Selected Varieties

~~\$5.79~~  
~~-\$1.00~~  
**\$4.79**  
Final Price When You Purchase 5 Participating Items



**MIX & MATCH**  
Kraft  
Mayonnaise  
30 Oz.,  
Selected Varieties

~~\$4.99~~  
~~-\$1.00~~  
**\$3.99**  
Final Price When You Purchase 5 Participating Items



**MIX & MATCH**  
Philadelphia  
Cheesecake  
Cups  
6.5 Oz.,  
Selected Varieties

~~\$3.99~~  
~~-\$1.00~~  
**\$2.99**  
Final Price When You Purchase 5 Participating Items



**MIX & MATCH**  
Hershey's  
Colliders  
Dessert Snack  
7 Oz., Selected Varieties

~~\$2.79~~  
~~-\$1.00~~  
**\$1.79**  
Final Price When You Purchase 5 Participating Items



**MIX & MATCH**  
Kraft  
Original  
Macaroni &  
Cheese Dinner  
5 Pack, Selected Varieties

~~\$6.49~~  
~~-\$1.00~~  
**\$5.49**  
Final Price When You Purchase 5 Participating Items



**MIX & MATCH**  
Kraft  
Deluxe Mac &  
Cheese or  
Velveeta Shells  
& Cheese Dinner  
3 Pack, Selected Varieties

~~\$8.79~~  
~~-\$1.00~~  
**\$7.79**  
Final Price When You Purchase 5 Participating Items



**MIX & MATCH**  
Tang,  
Country Time  
or Kool-Aid  
Drink Mix  
6-8 Quart,  
Selected Varieties

~~\$4.49~~  
~~-\$1.00~~  
**\$3.49**  
Final Price When You Purchase 5 Participating Items



**MIX & MATCH**  
Classico  
Pasta Sauce  
15-24 Oz.,  
Selected Varieties

~~\$3.79~~  
~~-\$1.00~~  
**\$2.79**  
Final Price When You Purchase 5 Participating Items



**MIX & MATCH**  
Maxwell House  
or Yuban  
Ground  
Coffee  
24.5-30.6 Oz.,  
Selected Varieties

~~\$8.49~~  
~~-\$1.00~~  
**\$7.49**  
Final Price When You Purchase 5 Participating Items



**MIX & MATCH**  
Gevalia  
Ground  
Coffee  
10-12 Oz. or  
Pods  
6-12 Ct.,  
Selected Varieties

~~\$7.49~~  
~~-\$1.00~~  
**\$6.49**  
Final Price When You Purchase 5 Participating Items





Prices Effective  
**MAY 1-7, 2024**



Prices Effective  
**MAY 1-7, 2024**

