

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 AEMX**

We reserve the right to limit & substitute similar items and to contact any participating farms. All items may not be available.



PRICES GOOD MAY 2024

WED	THU	FRI	SAT	SUN	MON	TUE
8	9	10	11	12	13	14



\$2²⁹ Lb.
Pork Chop
Fresh Bone-In Value Pack



99¢ Lb.
Chicken Drumsticks or Thighs
Frozen



\$1⁹⁹
Strawberries
1 Lb.



\$2⁹⁹ Lb.
Pork Back Ribs
Frozen 1 Piece



\$2⁹⁹
Dole Premium Kits
11.3-13 Oz.
Selected Varieties

\$2⁴⁹
Hiland or Prairie Farms
Dip or Sour Cream
16 Oz.
Selected Varieties



\$4⁴⁹
Frito-Lay Party Size Snacks
8.25-17 Oz.
Selected Varieties



\$3⁹⁹
Turkey Hill Ice Cream
1.44 Oz.
Selected Varieties



\$3⁹⁹
Red Baron Pizza
15.77-23.45 Oz.
Selected Varieties



\$5⁹⁹
Edwards Pies
23.5-32 Oz.
Selected Varieties



\$2⁹⁹
Best Choice Granulated Sugar
4 Lb.



\$2⁹⁹
Niagara Purified Drinking Water
24 Pack Half Liter Bottles

WE APPRECIATE YOUR PATIENCE AS SOME OF THESE PRODUCTS MAY BE TEMPORARILY UNAVAILABLE.

THANK YOU FOR CHOOSING OUR STORE FOR YOUR SHOPPING NEEDS. NO RAINCHECKS - WHILE SUPPLIES LAST - NO RETURNS



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

Fresh Produce

Enjoy Spend LESS!
MORE

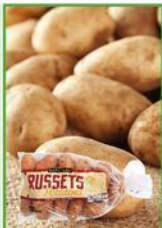


Cotton Candy Grapes

\$3.99

Vidalia Onions
Lb. 3 Lb.

\$3.49



88¢ Ea.
Small Avocados

2/\$4
Cherub Tomatoes
10 Oz.

\$2.99 Ea.
Cantaloupe

\$1.99
Best Choice Russet Potatoes
5 Lb.



\$1.69
Lb. Tomatoes on the Vine

\$4.99
Marzetti Fruit Dips
13-13.5 Oz. Selected Varieties

2/\$5
Broccoli Bunch

\$2.99
Baby Carrots
2 Lb.

Flowers for Mom



\$4.99
Tulips
4 Inch



\$14.99
Assorted Blooming
6.5 Inch



\$9.99
Mom's Glittered Daisy Bouquet

\$18.99
Freshly Picked Arrangement

Dairy



\$3.49
Dole Juice Blends
59 Oz. Selected Varieties

2/\$7
Pillsbury Ready To Bake Cookies 12-24 Ct. or Chubs 16.5 Oz. Ready Roll Pie Crusts, Monkey Bread or Crescents 12-16.8 Oz. Selected Varieties

\$3.49
Cracker Barrel Cheese
7.8 Oz. Selected Varieties

\$6.99
Kraft Shredded or Chunk Cheese
24 Oz. Selected Varieties

\$1.49
Dairy Cottage Cheese with Fruit Cups 6 Oz. or Sour Cream 8 Oz. Selected Varieties

2/\$7
Silk Milk
59-64 Oz. Selected Varieties

\$2.99
Reddi Wip Topping
6.5 Oz. Selected Varieties



Frozen

Enjoy Spend LESS!
MORE



\$3.99
Blue Bunny Novelties
6-9 Pack Selected Varieties

\$1.99
Hot Pockets
9 Oz. Selected Varieties

\$5.99
Bibigo or Pagoda Entrées
18-24 Oz. Selected Varieties

\$7.99
DiGiorno Pizza Gluten Free, Stuffed Crust or Croissant Crust
10.8-31.7 Oz. Selected Varieties

\$9.99
Home Bake Entrées
19.8-22.2 Oz. Selected Varieties Home Baked Slices 19-22.2 Oz. \$4.99

\$4.49
Louisiana Ravioli, Tortellini or Cheese Bites
14-22 Oz. Selected Varieties

\$4.99
Stouffer's Sides
24 Oz. Selected Varieties

2/\$6
Stouffer's Mashed Potatoes
16 Oz. Selected Varieties

\$5.49
Alessi Frozen Potatoes or Onion Rings
13.5-20 Oz. Selected Varieties

\$2.99
Birds Eye Frozen Vegetables
15 Oz. Selected Varieties

\$3.99
Magnum Ice Cream Bars or Duets 3Ct. or Talenti Gelato or Sorbet
16 Oz. Selected Varieties

Seafood

\$3.49 Lb.
Swal Fillets
10F
KCG3

\$1.99 Lb.
Catfish Nuggets
10F

\$6.99 Lb.
Cod Fillets
10F

\$4.99
Best Choice Cooked Shrimp
12 Oz. 92-70 Ct.

\$6.99
Aqua Star Raw Shrimp
1 Lb. 26-30 Ct.

Grocery

Enjoy Spend LESS!
MORE



Knorr
Rice or
Pasta Sides
4-5.8 Oz.
Selected Varieties

4/\$5



Nabisco
Family Size
Honey Maid Graham's
19.2-25.6 Oz.
Nilla Waffles
15 Oz. or
Ritz Crackers
17.8-20.5 Oz. Selected Varieties

\$4.99



Heinz
Ketchup
Squeeze
13-20 Oz.
Selected Varieties

\$2.99

\$2.99

Cheez-It
Snap'd or
Puff'd or
Club Crisp
Crackers
5.75-7.5 Oz.
Selected Varieties



\$1.69
Best Choice
Microwave
Popcorn
3 Ct.
Selected Varieties



\$1.99
Pringles
Potato Crisps
4.9-5.97 Oz.
Selected Varieties



2/\$6
Kellogg's
Rice Krispies
Treats
5.4-6.2 Oz.
Selected Varieties



\$4.99

Tate's
Bake Shop
Cookies
7 Oz.
Selected Varieties



\$4.99
Nature's Path
Cereal
10-13.5 Oz.
Selected Varieties



4/\$5
Kraft
Original, Premium
or Shapes
Mac & Cheese
5.5-7.25 Oz.
Selected Varieties



\$1.99
Best Choice
Egg Noodles
16 Oz.
Selected Varieties



\$1.99

Ragu
Pasta Sauce
15.5-24 Oz.
Selected Varieties



\$2.49
Peter Pan
Peanut Butter
16.3 Oz.
Selected Varieties



2/\$5
KC Masterpiece
Barbecue
Sauce
21-28 Oz.
Selected Varieties



\$2.49
Heinz
Yellow Mustard
20 Oz.
Squeeze



\$1.99

Best Choice
Salsa or
Picante Sauce
15.5-16 Oz.
Selected Varieties



\$4.99
Duncan Hines
Epic or
Keto Cake,
Brownie, Muffin or
Bar Mix or
Frosting
8.5-32.34 Oz.
Selected Varieties



2/\$5
Dolly Parton
Brownie,
Cornbread or
Biscuit Mix
16-17.6 Oz.
Selected Varieties



\$4.99

MIO
Drink Mix
3.24 Oz.
Selected Varieties



\$24.99
Starbucks
K-Cups
32 Ct.
Selected Varieties



\$2.99
Lipton
Family Size
Tea Bags
24 Ct.



\$3.49
Campbell's
Tomato Juice
64 Oz.
Selected Varieties



Home & Health

Enjoy Spend LESS!
MORE

\$2.79

Rachael Ray
Nutrish
Dog Treats
6.3 Oz.
Selected Varieties



\$1.39
Rachael Ray
Nutrish
Cat Treats
2.2-2.5 Oz.
Selected Varieties



\$3.49
Dixie
Plates
20-50 Ct. or
Bowls
16-26 Ct.
Selected Varieties



\$8.49

Fiora
Bath Tissue
12 Mega Rolls or
Paper Towels
6 Mega Rolls
Selected Varieties



\$12.99
Kingsford
Charcoal
12-16 Lb. or
Match Light
12 Lb.
Selected Varieties



\$10.99
Downy
Liquid Fabric
Softener
81-111 Oz.
Selected Varieties



\$10.99

Tide
Simply Liquid
Detergent
105-117 Oz. or
Pods
43 Ct.
Selected Varieties



\$6.49
Always
Ultra or
Maxi Pads
20-48 Ct.
Selected Varieties



\$4.99
Best Choice
Diapers
21-44 Ct.
Selected Varieties



\$7.49
Pampers
Wipes
112-216 Ct.
Selected Varieties



\$4.49

Dove
Bar Soap
2 Pk.
Selected Varieties



\$5.99
Dove
Daily Moisture
Shampoo or
Conditioner
20.4 Oz.
Selected Varieties



\$3.79
Degree
Deodorant
2.6-2.27 Oz.
Selected Varieties



\$5.99
Dove
Body Lotion
13.5 Oz.
Selected Varieties



Fresh Cut Meat

Enjoy Spend LESS!
MORE



\$4⁹⁹ Lb.
Top Round Roast
Fresh Boneless Beef



\$5⁴⁹ Lb.
Top Round Steak
Fresh Boneless Beef Value Pack



\$5⁹⁹ Lb.
Cube Steaks
Fresh Boneless Beef



\$5⁴⁹ Lb.
93% Lean Ground Beef Value Pack



\$13⁹⁹ Lb.
Ribeye Steak
Fresh Boneless Beef Value Pack



\$2⁴⁹ Lb.
Thick Cut Pork Chops
Fresh Bone-In



\$2⁹⁹ Lb.
Thin Cut Breakfast Chops
Fresh Bone-In



\$1⁷⁹ Lb.
Chicken Split Breast
Bone-In Frozen



\$9⁹⁹
Best Choice Frozen Beef Patties
32 Oz. Selected Varieties



\$3⁴⁹
Armour Meatballs
11-14 Oz. Selected Varieties

\$3⁹⁹
Bob Evans Sausage
12-16 Oz. Selected Varieties



\$3⁶⁹
Earl Campbell's Hot Links
14 Oz. Selected Varieties



\$1⁴⁹
Sugardale Hot Dogs
13 Oz.



\$3⁹⁹
Texas Smokehouse Sausage Items
12 Oz. Selected Varieties



\$7⁹⁹
Land O' Frost Mega Packs
22 Oz. Selected Varieties



\$5⁹⁹
Johnsonville Meatballs or Grillers
24 Oz. Selected Varieties



\$3⁴⁹
Johnsonville Breakfast Sausage Links or Patties
10-12 Oz. Selected Varieties



5/\$5
El Monterey Burritos or Chimichangas
3.8-4 Oz. Selected Varieties



\$2⁹⁹
Farmland Braunschweiger
12 Oz. Selected Varieties



\$4⁹⁹
Oscar Mayer Deli Fresh Shaved Meats
16 Oz. Selected Varieties



\$8⁴⁹
Oscar Mayer Basic Lunchables
16-17.5 Oz. Selected Varieties



\$5⁹⁹
Curly's Tubs
12-16 Oz. Selected Varieties



\$7⁴⁹
Johnsonville Summer Sausage
20 Oz. Selected Varieties



\$6⁹⁹ Lb.
Kentucky Legend Quarter Sliced Turkey
Selected Varieties



\$12⁹⁹
Curley's Ribs
24 Oz.



\$13⁹⁹
Farmland Ham & Water Product
4 Lb.



Deli & Bakery

At Participating Stores

\$8⁴⁹ Lb.
Kretschmar Turkey Off the Bone or Bacon Encrusted Turkey Breast
Selected Varieties



\$9⁹⁹
Jessie Lord Cream Pies
26 Oz. Selected Varieties



\$8⁹⁹
Golden Fried Chicken
8 Piece
2 Breasts 2 Thighs 2 Wings & 2 Legs



\$10⁹⁹
La Terra Fina Quiche
23 Oz. Selected Varieties



\$4⁹⁹
James Skinner Fruit Filled Sweet Rolls
6 Ct.



\$4⁴⁹
Café Valley Muffins
4 Ct. Selected Varieties



\$6⁹⁹ Lb.
Kretschmar Mild Cheddar or Provolone Cheese



\$11⁹⁹ Lb.
Kretschmar Roast Beef
Selected Varieties



\$2⁶⁹
Ozark Hearth Sourdough Bread
20 Oz.



\$3⁶⁹
Toufayan Mini Croissants
24 Ct.



\$7⁹⁹
Reser's Amish Potato or Macaroni Salad
3 Lb.



\$5⁴⁹
Hormel Snack Trays
14 Ct. Selected Varieties



\$5⁹⁹
Panino Fingers
5-6 Oz. Selected Varieties



\$5⁹⁹
The Father's Table Cheesecake
16 Oz. Selected Varieties



\$12⁹⁹
Captain Morgan Rum
750 ML. Selected Varieties



\$19⁹⁹
Seagram's Gin
1.75 Liter Bottle Selected Varieties



\$14⁹⁹
Twisted Tea
12 Oz. Cans 12 Pack Selected Varieties



\$9⁹⁹
Murphy-Goode Wine
750 ML. Selected Varieties



\$7⁹⁹
Clos Du Bois Wine
750 ML. Selected Varieties



\$19⁹⁹
Bud or Bud Light
12 Oz. Bottles or Cans 24 Pack Selected Varieties



\$28⁹⁹
Absolut Vodka
1.75 Liter Bottle Selected Varieties



\$7⁴⁹
Frontera Wine
1.5 Liter Bottle Selected Varieties



\$15⁹⁹
Coors Light or Miller Lite
12 Oz. Bottles or Cans 18 Pack Selected Varieties



Flowers For Mom



\$20
Assorted Ferns
10 Inch
Selected Varieties

\$20
Dozen Rose
Bouquet



\$12.99
Celebrate You
Bouquet

AT PARTICIPATING STORES

PRICES EFFECTIVE: MAY 8TH THRU MAY 14TH, 2024

Give Mom
the
breakfast
she
deserves!



\$5.99
Farmland
Bacon
12-16 Oz.
Selected Varieties



\$3.49
Purnell's
Sausage Rolls
16 Oz.
Selected Varieties



\$1.69
Purnell's
Country Sausage
Gravy Bag
8 Oz.



\$3.99
Oscar Mayer
Turkey Bacon
12 Oz.



2/\$4
Just Crack An Egg
Scrambles or
Oscar Mayer
Scramblers
2.25-3 Oz.
Selected Varieties



2/\$7
International Delight
Creamer
32 Oz.
Selected Varieties



\$2.99
Tropicana
Orange Juice
52 Oz.
Selected Varieties



\$2.49
Pillsbury
Grands! Biscuits
8 Ct.
Selected Varieties



5/\$3
Yoplait
Yogurt Original,
Light or
Protein
4-6 Oz.
Selected Varieties



Give Mom the

breakfast she deserves!



Give Mom the

breakfast she deserves!



Make *Mom's* morning!

PRICES EFFECTIVE: MAY 8TH THRU MAY 14TH, 2024



Pillsbury
Toaster Strudel 6 Ct. or
Scrambles 4 Ct.
Selected Varieties

2/\$6
-\$2.00

2/\$4



Post
Cereal
18-29 Oz.
Selected Varieties

2/\$9
-\$2.00

2/\$7



\$3.99
Cool Creations
Select Cut Fruit
12 Oz.
Selected Varieties



\$2.49
Blueberries
Pint



\$2.49
Best Choice
Cinnamon Rolls
12.4 Oz.
Selected Varieties



2/\$7
De Wafelbakkers
Pancakes
18-60 Ct.
Selected Varieties



\$2.99
Eggo
Waffles
10 Ct.
Selected Varieties



\$3.99
Mrs. Butterworth's
Syrup
24 Oz.
Selected Varieties



2/\$5
Simply
Potatoes
20 Oz.
Selected Varieties



\$3.49
Mr. Dell's
Potatoes
24-32 Oz.
Selected Varieties



2/\$6
Kellogg's
Pop-Tarts
8 Ct.
Selected Varieties



2/\$6
Kellogg's
Cereal
9.6-16.6 Oz.
Selected Varieties



\$3.49
V8
Juice or Fusion
46 Oz.
Selected Varieties

Make *Mom's* morning!