

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 to correct any pricing errors. All items may not be available.

Spring Savings
FRESH FLAVORS ARE IN THE AIR

PRICES GOOD MAY 2024

WED 15	THU 16	FRI 17	SAT 18	SUN 19	MON 20	TUE 21
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Always Save
\$2.29
Always Save Sliced Bacon
12 Oz.



Best Choice
\$8.99
Best Choice Frozen Beef Patties
32 Oz. Selected Varieties



\$2.49 Lb.
Green Grapes



\$6.99 Lb.
Top Sirloin Steak
Fresh Boneless Beef Value Pack



99¢ Ea.
Colored Peppers



\$3.49
Frito-Lay Doritos or Sun Chips
6-10.25 Oz. Selected Varieties



3/\$5
Best Choice Cheese Shreds or Chunks
6-8 Oz. Selected Varieties



\$6.99
Best Choice Charcoal
12 Lb.



\$3.49
Best Choice Pop
12 Oz. Cans 12 Pack Selected Varieties



\$6.99
Quilted Northern Bath Tissue
6 Mega Rolls Selected Varieties

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



SUMMER DRINK SPECIAL

Valid 05/07/24 - 07/30/24



Best Choice Water
16.9 Oz. Bottles 24 Pack or
Best Choice Pop
12 Oz. Cans 12 Pack
Selected Varieties

Your Choice
4/\$10

Fresh Produce

Enjoy Spend LESS! MORE



Fresh Strawberries
1 Lb.

2/\$5



The Little Potato Company
24 Oz. Selected Varieties

\$2.99



\$1.69
Lb.
Tomatoes
On the Vine



\$1.99
Lb.
Cosmic Crisp or
Sugarbee Apples



2/\$4
Whole White
Mushrooms
8 Oz.



\$4.99
Lb.
Dragon Fruit

Floral

At Participating Stores



\$4.99
Mini Carnation
Bouquet



\$4.99
Bi-Color Corn
4 Pack



\$2.99
Broccoli Bunch
Cauliflower Head



2/\$5
Dole
Salad Blends
5-12 Oz. Selected Varieties



\$5.99
Herdez
Guacamole
15 Oz.



\$6.99
African Violet
4 Inch



\$12.99
Smile Bouquet

Dairy



\$4.49

Kraft
Singles
16 Oz.
Selected Varieties



5/\$5

Dannon
Activia, Light, Oikos or
Two Good Yogurt
4.5-7 Oz. Selected Varieties



\$5.49

Kraft
Philly Cream Cheese
2 Pack 16 Oz.
Selected Varieties



2/\$6

Pillsbury
Crescents, Cinnamon Rolls or
Pizza Crust
8-13.9 Oz. Selected Varieties

Frozen

Enjoy Spend LESS! MORE



\$3.99

Tombstone or
DiGiorno Classic Pizza
17.2-20.9 Oz.
Selected Varieties



\$3.99

Breyers
Ice Cream
48 Oz.
Selected Varieties

\$1.39
Tropicana
Juice
12 Oz.
Selected Varieties



4/\$5
Tropicana
Twisters
89 Oz.
Selected Varieties



4/\$12
Stouffer's
Frozen Entrées
8-12.78 Oz.
Selected Varieties



\$3.99
Atkins
Frozen Entrées
5.8-9 Oz.
Selected Varieties



2/\$8
Stouffer's
High Tier Entrées
8-20 Oz.
Selected Varieties



\$5.99
Blue Ribbon
Novelties Bars or Cups
12-20 Oz.
Selected Varieties



2/\$7
Stouffer's
Mid Tier Entrées
13-14 Oz.
Selected Varieties



\$1.99
Blue Bunny
Load 'D' Ice Cream Cups
8.5 Oz.
Selected Varieties



\$3.99
Red Diamond
Tea
12 Oz.
Selected Varieties



\$3.49
Klondike
Novelties
8 Ct.
Selected Varieties



\$5.99
Klondike
Cones
8 Oz.
Selected Varieties



Seafood

\$3.49
Lb.
Swal
Filletts
10P



\$1.99
Lb.
Cattfish
Nuggets
10P



\$6.99
Lb.
Cod
Loins
10P



\$5.99
Best Choice
Cooked Shrimp
12 Oz.
\$2-70 Ct.



\$6.99
Aqua Star
Raw White
Shrimp
1 Lb. 24-30 Ct.



Grocery

Enjoy Spend LESS!
MORE



Ritz Cracker Sandwiches 8 Pk. or Teddy Grahams \$3.49
10 Oz. Selected Varieties

Town House or Club Crackers \$2.99
9-13.8 Oz. Selected Varieties

General Mills Cereal 2/\$6
8.9-12 Oz. Selected Varieties

\$3.49
Toasted Snack Crackers 8-12 Oz. Selected Varieties

\$6.49
Nabisco Party Size Sweet Variety Packs 12 Cl. Selected Varieties

2/\$5
Special K Pasty Crisps 5.28-5.3 Oz. Selected Varieties

\$2.99
Act II Microwave Popcorn 6-12 Oz. Selected Varieties

\$3.49
Malt-O-Meal Cereal 15-18 Oz. Selected Varieties

\$2.99
Dole Fruit Bowls or Parfait 4 Pk. Selected Varieties

\$7.99
Clif Bars 6 Cl. Selected Varieties

\$2.99
Planters Peanuts 16 Oz. Selected Varieties

2/\$6
Idahoan Potatoes 3.5-8 Oz. or Cups 2 Cl. Selected Varieties

\$4.99
Kraft Mac & Cheese Dinners 8 Pk. Selected Varieties

\$7.49
Velveta Shells & Cheese Dinners 3 Pk. Selected Varieties

99¢
Libby's Canned Vegetables 14.5-19 Oz. Selected Varieties

\$1.39
Manwich Sauce 16-18 Oz. Selected Varieties

4/\$5
Hunt's Pasta Sauce 24 Oz. Selected Varieties

99¢
StarKist Tuna 5 Oz. Selected Varieties

99¢
Red Gold Salsa 15.5-16 Oz. Selected Varieties

\$3.49
2 Sisters' Salsa 16 Oz. Selected Varieties

\$3.49
Mt. Olive Pickles 24 Oz. Selected Varieties

\$1.29
Hunt's Ketchup 20 Oz. Selected Varieties

\$5.99
Hellmann's Mayonnaise 20 Oz. or 20 Oz. Squeeze

\$3.79
Lawry's Seasoned Salt 16 Oz. Selected Varieties

\$4.99
Hidden Valley Salad Dressing 20 Oz. Squeeze Selected Varieties 24 Oz. for \$5.29

\$2.99
Soy Vay Marinades or Teriyaki 20-23 Oz. Selected Varieties

\$7.99
Maxwell House Coffee Pods 12 Cl. Selected Varieties

\$6.99
Maxwell House 22-30.4 Oz. or Yuban 31 Oz., Gevalia Ground Coffee 10-12 Oz. or Pods 12 Cl. or 10pk Bagged Coffee 15-12 Oz. or Pods 12 Cl. Selected Varieties

\$1.79
Kool-Aid Bursts 40.5 Oz. Selected Varieties

2/\$5
Splash Blast 6 Pk. Selected Varieties

2/\$3
Pure Life Water 6 Pack 5-Liter Bottles

Home & Health

Enjoy Spend LESS!
MORE

\$6.99
Royal Oak Charcoal 8-12.4 Lb. Selected Varieties

\$4.99
Royal Oak Charcoal Pellets 20 Lb.

3/\$7
Kleenex Tissue 120-160 Ct. Selected Varieties

\$10.99
Scott Choose-A-Size Paper Towels 8 Mega Rolls or Bath Tissue 12 Rolls Selected Varieties

\$9.99
Glad Force Flex Trash Bags 40-54 Ct. Selected Varieties

\$10.99
Meow Mix Cat Food 6.3 Lb.

\$10.99
Pull-Ups 34-48 Ct. Selected Varieties

\$3.29
Q-tips Cotton Swabs 300-375 Ct. Selected Varieties

\$7.99
Cascade Actionpacs 17-37 Ct. Selected Varieties

\$6.99
Arm & Hammer Liquid Detergent 100.5-105 Oz. or 42 Ct. Pods Selected Varieties

\$2.99
Glad Flex Food Storage Bags 35-100 Ct. Selected Varieties

\$4.29
Pine-Sol Multi-Surface Cleaner 20-48 Oz. Selected Varieties

\$5.29
Clorox Disinfecting All Purpose Cleaner Spray 32 Oz.

\$3.49
Clorox Compostable Cleaning Wipes 75 Ct. Selected Varieties

\$4.99
Clorox Clean-Up Spray 32 Oz. Selected Varieties

\$5.99
Clorox Ultra Foamer 16 Oz. Selected Varieties

Fresh Cut Meat

Enjoy Spend LESS!
MORE



\$4⁹⁹ Lb.

Shoulder Roast
Fresh Boneless Beef

\$5⁴⁹ Lb.

Charcoal Steak
Fresh Boneless Beef Value Pack

\$5⁹⁹ Lb.

Patio Steak
Fresh Boneless Beef

\$3⁴⁹ Lb.

80% Lean Ground Beef
Sold in 10 Lb. Tube

\$3⁹⁹ Lb.

80% Lean Ground Beef
Value Pack



\$1⁹⁹ Lb.

Pork Loin
Whole Boneless
Sold in C.O.V. Bag

\$2⁴⁹ Lb.

Pork Chop
Fresh Boneless
Value Pack

\$2⁹⁹ Lb.

Thin Cut Breakfast Chops
Fresh Boneless

\$1²⁹ Lb.

Chicken Whole Fryers
Frozen

\$2⁹⁹

Earl Campbell's Sausage Loops
10.5 Oz.
Selected Varieties

\$7⁴⁹

Kentucky Legend Stack Pack Bacon
24 Oz.
Selected Varieties

\$3⁴⁹

Bob Evans Side Dishes
10.25 Oz.
Selected Varieties

\$3⁷⁹

Smithfield Premium Sausage Roll, Links or Patties
16 Oz. Selected Varieties

\$4⁹⁹

Smithfield Pillow Pack Lunch Meat
16 Oz. Selected Varieties

\$9⁹⁹

Bar S Jumbo Jumbos
5 Lb.

\$3⁴⁹

Oscar Mayer Lunchables Uploaded
13.6-15.9 Oz.
Selected Varieties

\$3⁹⁹

Oscar Mayer Natural 1/2 Oz. or Bun Length Hot Dogs 14 Oz.

\$3⁹⁹

Oscar Mayer Sandwich Meats
16 Oz.
Selected Varieties

\$5⁹⁹

Hart Chicken Entrées
23-32 Oz.
Selected Varieties

\$5⁴⁹

Kentucky Legend Smoked Pork Chops 16 Oz.

\$3⁴⁹

Sugardale Sliced Pepperoni
8 Oz.

\$2⁹⁹

Sugardale Ham Steaks

\$5⁴⁹

Armour Summer Sausage
20 Oz.

\$4⁹⁹

Johnsonville Summer Sausage
12 Oz.
Selected Varieties

Deli & Bakery



\$7⁹⁹ Ea.

Whole Roasted or Slow Smoked Chicken



\$5⁹⁹

Clyde's Variety Cake Donuts
24 Oz.

At Participating Stores



\$2⁹⁹

Reser's Sides
12-14 Oz.
Selected Varieties



\$5⁰⁰

Chicken Nuggets
25 Ct.



\$3⁹⁹

No Bake Cookies
13.5 Oz.
Selected Varieties



\$3⁴⁹

Olson Angel Food Bar
11 Oz.



\$3⁴⁹

Kaukauna Cheese Balls
6 Oz.
Selected Varieties



\$7⁴⁹ Lb.

Zarda BBQ Pulled Pork



\$4⁹⁹

Cocktail Breads
12 Oz.
Selected Varieties



\$3⁹⁹

Rotella's Wheat or White Hoagies
6 Ct.



\$12⁹⁹

Hormel Party Trays
17.5 Lb.
Selected Varieties



\$2⁹⁹

Sabra Hummus
10 Oz.
Selected Varieties



\$2⁹⁹

Clyde's Cake Donut Holes
12 Oz.
Selected Varieties



\$1⁹⁹

Ozark Hearth Round Top Bread
16 Oz.

\$10⁹⁹

Malibu Rum
750 ML.
Selected Varieties



\$17⁹⁹

Svedka Vodka
1.75 Liter Bottle
Selected Varieties



\$24⁹⁹

High Noon Cocktails
355 ML. Cans 12 Pack
Selected Varieties



\$9⁹⁹

Yellow Tail Wine
1.5 Liter
Selected Varieties



\$16⁹⁹

Bota Box Wine
3 Liter,
Selected Varieties



\$11⁹⁹

Kendall-Jackson Vintner's Wine
750 ML.
Selected Varieties



\$14⁹⁹

Happy Dad Hard Seltzer
12 Oz. Cans 12 Pack
Selected Varieties



\$19⁹⁹

Busch Beer
12 Oz. Cans 30 Pack
Selected Varieties



\$15⁹⁹

Quirk Hard Seltzer
12 Oz. Cans 12 Pack
Selected Varieties





Prices Effective
MAY 15-21, 2024



\$5⁹⁹
Lb.

Kretschmar
Ham Off The Bone
Selected Varieties



\$7⁹⁹
Lb.

Kretschmar
Oven Roasted or
Mesquite Turkey Breast



\$5⁹⁹
Lb.

Kretschmar
Mild Cheddar or
Pepper Jack Cheese



\$8⁴⁹
Lb.

Kretschmar
Oven Roasted or
Buffalo Chicken Breast



\$12⁹⁹
Lb.

Kretschmar
Roast Beef



\$8⁹⁹
Lb.

Kretschmar
Baby Swiss
Cheese



\$7⁴⁹
Lb.

Kretschmar
Beef Bologna



\$3⁴⁹

Kretschmar
Pillow Pack Pepperoni
or Salami
5 Oz.



Prices Effective
MAY 15-21, 2024



\$4⁹⁹

Best Choice
Boneless Skinless
Chicken Breast or
Thighs
2.5 Lb. 10F



\$2⁹⁹

Best Choice
Brats
16 Oz. Selected Varieties



\$1⁷⁹

Bar 5
Jumbo Franks
16 Oz. Selected Varieties



4/\$5

KC Masterpiece
BBQ Sauce
18 Oz.
Selected Varieties
16 Oz. Marinades \$2.69



\$8⁹⁹

Pineapple
Upside Down
Cake
26.7 Oz.



\$5⁹⁹

Reser's
Classic Salads
Selected Varieties



\$12⁹⁹

Cool Creations
Fruit Tray
32 Oz.

Best Choice

SALE

Prices Effective **MAY 15-21, 2024**



\$2⁴⁹

**Best Choice
Deli Sliced Cheese**
8 Oz. Selected Varieties



\$1⁹⁹

**Best Choice
Dip**
16 Oz.



\$1²⁹

**Best Choice
Sour Cream**
8 Oz. Selected Varieties



\$1⁹⁹

**Best Choice
Baked, Country Style
or Homestyle Beans**
28 Oz. Selected Varieties



\$1²⁹

**Best Choice
Ketchup 24 Oz. or
Mustard 20 Oz.**



\$2⁴⁹

**Best Choice
Pickles**
16 Oz. Selected Varieties



\$1⁴⁹

**Best Choice
Relish**
8 Oz. Selected Varieties



\$1⁴⁹

**Best Choice
Specialty Mustard**
12 Oz. Selected Varieties



\$2⁴⁹

**Best Choice
Superior Selections
Marinades**
12.25 Oz. Selected Varieties



\$3⁴⁹

**Best Choice
Mini Cupcakes**
10 Oz. Selected Varieties



\$2⁴⁹

**Best Choice
Cups**
20 Ct. Selected Varieties



\$4⁹⁹

**Best Choice
Plates**
50 Ct.

\$1⁶⁹



**Best Choice
Aluminum Foil**
25 Sq. Ft.

2/\$3

**Best Choice
Crystal Flatware**
24 Ct.
Selected Varieties



\$3⁴⁹

**Best Choice
Napkins**
400 Ct.



\$3⁴⁹

**Best Choice
Drinking Water**
Half Liter Bottles 24 Pack

