

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

IT'S Cookout SAVINGS

PRICES GOOD JUNE 2024

WED	THU	FRI	SAT	SUN	MON	TUE
19	20	21	22	23	24	25



\$2⁴⁹
Lb.
 Assorted
 Pork Chops
 Fresh Bone-In



\$2⁴⁹
Lb.
 St. Louis Style
 Spare Ribs
 Frozen



Just in Season!
\$2⁹⁹
Lb.
 Northwestern
 Cherries



\$1⁵⁹
Lb.
 Split Chicken
 Breast
 Bone-In Frozen



\$1⁴⁹
Lb.
 Red
 Grapes

\$1⁹⁹
 Strawberries 1 Lb.
 Blueberries Pint or
 Blackberries or
 Raspberries 6 oz.



2/\$5
 Tony's
 Pizza
 18.56-20.6 Oz.
 Selected Varieties



\$1⁹⁹
 Ragù
 Pasta Sauce
 Selected Varieties



\$2⁹⁹
 Kellogg's
 Cereal
 9-18 Oz.
 Selected Varieties



\$4⁹⁹
 Land O Lakes
 Butter
 9-16 Oz.
 Selected Varieties



\$3²⁹
 Niagara
 Purified Drinking
 Water
 16.9 Oz. Bottles 24 Pack

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



SUMMER DRINK SPECIAL

Valid 05/22/24 - 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 MORE Spend LESS!



Peaches and Nectarines

\$1.99
Lb.



Colored Peppers
Red, Yellow or Orange

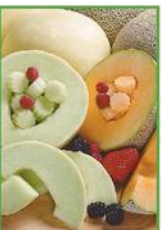
99¢ Ea.



\$3.49
Lb.
Asparagus



\$3.99
Corn
4 Pack



\$2.99 Ea.
Kandy Cantaloupe
or Tuscan Melons



\$1.29
Baby Carrots
1 Lb.

Floral

At Participating Stores



\$7.99
Glitter Rose
Bouquet



\$1.99 Lb.
Arkansas
Tomatoes



\$5.99 Ea.
Whole Seedless
Watermelon



2/\$6
Dole Caesar Kits
10 Oz.



\$3.49
Vidalia Onions
3 Lb. Bag



\$9.99
Golden Pineapple
Bouquet
\$13.99
Summer Blooming

Dairy & Frozen

Enjoy MORE Spend LESS!



\$4.49
Kraft Singles
12-16 Oz.
Selected Varieties



\$5.49
Kraft Philadelphia Cream Cheese
16 Oz. 2-Pack Selected Varieties



3/\$9
Stouffer's Sides
10-16 Oz.
Selected Varieties



4/\$5
Birds Eye Steamable Vegetables
10-10.8 Oz.
Selected Varieties

5/\$5
Cracker Barrel Cheese Bites
1.58 Oz.
Selected Varieties

\$3.49
Cracker Barrel Cheese 7-8 Oz. or Kraft String Uns. or Stick Cheese 7.5-12 Oz.
Selected Varieties

2/\$4
Sargento Shredded or Chunk Cheese 5-8 Oz.
Selected Varieties

3/\$4
Yoplait O's or Ratio 5.3 Oz. or Haagen Dazs Yogurt 4 Oz. or Ratio Drink 7 Oz.
Selected Varieties

\$4.99
Egg Beaters 32 Oz.
Selected Varieties

2/\$6
Edwards Cream Pies 5.34-6.08 Oz.
Selected Varieties

\$2.99
Pillsbury Grand! Biscuits, Crescent Rolls or Cinnamon Rolls 8-9.3 Oz.
Selected Varieties

2/\$4
Just Crack An Egg Scrambles or Oscar Mayer Scramblers 3.25-3 Oz.
Selected Varieties

2/\$6
Silk Almond Milk 64 Oz.
Selected Varieties

\$3.99
Florida's Natural Orange or Grapefruit Juice 92 Oz.
Selected Varieties

\$3.49
Turkey Hill Sweet Tea or Lemonade 128 Oz.
Selected Varieties



\$3.49
Kraft Philadelphia Cheesecake Cups 6.5 Oz.
Selected Varieties

\$2.99
Jell-O Ready To Eat Pudding or Gelatin 4 Pack
Selected Varieties

2/\$5
Simply or Minute Malt Drinks 52 Oz.
Selected Varieties

\$3.69
Hiland or Prairie Farms Cottage Cheese 24 Oz.
Selected Varieties

\$3.49
Stouffer's Large Sides 18-24 Oz.
Selected Varieties

2/\$10
Stouffer's Large Sides 18-24 Oz.
Selected Varieties

\$3.49
Pagoda Egg Rolls, Crab Rangoon, Potstickers or Wontons 5.9-9.9 Oz. or Bibigo Dumplings 7.7 Oz.
Selected Varieties

\$5.99
Bibigo Entrees 18-24 Oz.
Selected Varieties

2/\$5
Hot Pockets 9 Oz.
Selected Varieties

2/\$5
Pillsbury Toaster Strudel 6 Cl. or Scrambles 4 Cl.
Selected Varieties

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

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

Seafood

\$3.99 Lb.
Tilapia Fillets 10P
KCG3



\$3.49 Lb.
Pollock Fillets 10P



\$1.99 Lb.
Catfish Nuggets 10P



\$7.99
Aqua Star Cooked Shrimp 16 Oz. 31-40 Cl.



\$6.99
Best Choice Raw E-Z Peel Shrimp 16 Oz. 16-20 Cl.



Grocery

Enjoy Spend LESS!
MORE



**Frito-Lay
Cheetos or
Fritos 4-10 Oz. or
Can Dip 8.5-9 Oz.
Selected Varieties**

\$3.49



**Hostess
Donettes
9.5-10.75 Oz.
Selected Varieties**

\$1.99



**Planters
Peanuts
6 Oz.
Selected Varieties**

4/\$5

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



\$3.49
Nabisco
Premium
Crackers
9-16 Oz.
Selected Varieties



2/\$7
Cheez Mix,
Bugles,
Garden of Eatin'
or Old El Paso Twists
5.5-15 Oz.
Selected Varieties



\$2.99
Kellogg's
Town House or
Club Crackers
9-13.7 Oz. or
Grahams
11-15 Oz.
Selected Varieties



\$3.49
Kellogg's
Toasted
8-8.7 Oz.
Selected Varieties



\$3.49
Nabisco
Chips Ahoy!
Cookies
6.5-13 Oz.
Selected Varieties



\$3.99
Kellogg's
Pop-Tarts
13 Cl.
Selected Varieties



\$3.99
General Mills
Cereal
16-19.7 Oz.
Selected Varieties



5/\$5
Chicken of the Sea
Sardines
5-6 Oz.
Selected Varieties



5/\$5
Chicken of the Sea
Tuna
5 Oz.
Selected Varieties



2/\$3
Best Choice
Candy
3-8.5 Oz.
Selected Varieties



2/\$3
Pillsbury
Brownie Mix
18.4 Oz.
Selected Varieties



3/\$4
Pillsbury or
Martha White
Muffin Mix
7-7.6 Oz.
Selected Varieties



\$3.99
Betty Crocker
Bisquick
40 Oz.
Selected Varieties



2/\$3
Texas Toast
Croustons
6 Oz.
Selected Varieties



2/\$5
Wish-Bone or
Western Salad
Dressing
15 Oz.
Selected Varieties



2/\$7
Buffalo Wild Wings
Sauce
12 Oz.
Selected Varieties



\$3.99
Chick-F-A
Sauce
16 Oz.
Selected Varieties



\$2.49
Heinz
Pickle Ketchup
13.5 Oz.
Selected Varieties



\$2.49
French's
Mustard
20 Oz.
Selected Varieties



\$5.99
Hellmann's
Mayonnaise
26-30 Oz.
Selected Varieties



\$3.49
Mt. Olive
Pickles
24-32 Oz.
Selected Varieties



\$2.99
Smucker's
Jam or
Jelly
22-32 Oz.
Selected Varieties



\$2.99
Jif
Peanut Butter
15.5-16 Oz.
Selected Varieties



\$2.99
Dash
Seasoning
2.4-2.8 Oz.
Selected Varieties



\$6.99
Folgers or
1850 Coffee
K-Cups
10-12 Cl. or
Folgers or
1850 Ground
Coffee 12 Oz.
Selected Varieties



2/\$5
Ozarka
Natural Spring Water
12 Pack
Selected Varieties



\$2.49
Kool-Aid
Jammers
10 Cl.
Selected Varieties



2/\$5
Old Orchard
Juice
64 Oz.
Selected Varieties



\$6.99
Dunkin'
Ground or
Cold Brew Coffee
10-12 Oz.
Dunkin' or
Bustelo
Hot Cocoa
K-Cups 10-12 Cl.
Selected Varieties



**EVERY NIGHT
IS TACO NIGHT!**

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

\$2.99
Taco Bell
Flavored Shells
12 Cl.
Selected Varieties

\$2.49
Taco Bell
Taco Shells
12 Cl.
Selected Varieties

\$2.99
Taco Bell
Dinner Kits
8.25-14.4 Oz.
Selected Varieties

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

\$1.99
Taco Bell
Sauce
12 Oz.
Selected Varieties

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

Home & Health

Enjoy Spend LESS!
MORE

\$7.99
Best Choice
Premium
Paper Towels
6 Roll
Selected Varieties



\$8.49
Flora
Bath Tissue
12 Mega Rolls or
Paper Towels
6 Mega Rolls
Selected Varieties



\$6.99
Royal Oak
Charcoal
8-15.4 Lb.
Selected Varieties



\$6.99
Royal Oak
Charcoal Pellets
20 Lb.



\$15.99
Purina
Dog Chow
18.5 Lb.
Selected Varieties



\$6.99
TRESemmé
Mousse 10.5 Oz.
Gel 9 Oz.
Hair Spray 8.9 Oz. or
Shampoo 39 Oz.
Selected Varieties



\$5.49
Cascade
ActionPacs
11-25 Cl.
Selected Varieties



\$9.99
Pampers
Easy Ups
18-22 Cl.
Selected Varieties



\$3.99
Mr. Clean
Clean Freak Refill
16 Oz. or
Magic Eraser Sheets
8 Cl. Selected Varieties
Magic Eraser 2 Cl. \$3.69



\$2.49
Dial
Foaming
Hand Wash
7.5-11 Oz.
Selected Varieties



\$2.99
Alka Seltzer
Original
12 Cl.



\$15.99
Gain
Liquid 116-154 Oz.
Downy Fabric
Refresher 24 Oz. or
Gain Flings 60 Cl.
Selected Varieties



\$15.99
Tide
Liquid 105 Oz. or
Pods 43 Cl.
Selected Varieties



\$15.99
Downy
Unstoppables or
Gain Fireworks
24 Oz.
Selected Varieties



Fresh Cut Meat

Enjoy **Spend LESS!**
MORE



\$4⁹⁹ Lb.
Bottom Round Roast
Fresh Boneless Beef



\$5⁴⁹ Lb.
Bottom Round Steaks
Fresh Boneless Beef



\$5⁹⁹ Lb.
Cube Steaks
Fresh Boneless Beef



\$4⁹⁹ Lb.
85% Lean Ground Beef Value Pack



\$11⁹⁹ Lb.
KC Strip Steak
Fresh Boneless Beef Value Pack



\$2⁷⁹ Lb.
Thick Cut Chops
Fresh Bone-In Pork



\$2⁹⁹ Lb.
Center Cut Chops
Fresh Bone-In Pork



\$2⁴⁹ Lb.
Skinless Chicken Thighs
Boneless Frozen



\$3⁹⁹
Smithfield Bacon
12 Oz. Selected Varieties

\$6⁴⁹
Bar S Corn Dogs
2.34 Lb. Selected Varieties



\$3⁴⁹
Johnsonville Ground Sausage or Grillers
16 Oz. Selected Varieties



\$1⁴⁹
Sugardale Hot Dogs
12 Oz. Selected Varieties



\$2⁹⁹
Bob Evans Simply Sides
24 Oz. Selected Varieties



\$2⁹⁹
Land O' Frost Deli Shaved Lunchmeats
7.5-9 Oz. Selected Varieties

\$5⁴⁹
El Monterey Burritos
30.4-32 Oz. Selected Varieties



\$3⁹⁹
Kentucky Legend SmokeMaster's Beef Hot Dog
16 Oz. Selected Varieties



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



\$1⁷⁹
Bar S Jumbo Franks
16 Oz. Selected Varieties



\$3⁹⁹
Land O' Frost Bistro Favorites
6-8 Oz. Selected Varieties

\$2²⁹
Farmland Roll or Link Sausage
8-12 Oz. Selected Varieties



\$3⁹⁹
Cajun Hollar Sausage Items
12 Oz. Selected Varieties



\$10⁴⁹
Purcell's Old Folks Sausage Patties
38 Oz. Selected Varieties



\$5⁹⁹
Armour Meatballs
20-25 Oz. Selected Varieties



\$7⁴⁹
Wimmer's Big N' Meaty
18 Oz. Selected Varieties

\$4⁹⁹
Wimmer's Hot Dogs
12-16 Oz. Selected Varieties



\$5⁴⁹
Supremo Pork Chorizo Items
14 Oz. Selected Varieties



\$3⁹⁹
Wampler's Taco Meat Items
16 Oz. Selected Varieties



\$9⁹⁹
Aunt Bessie's Chicken Wings
32 Oz. Selected Varieties



\$2⁹⁹
Armour Pepperoni
4.5 Oz. Selected Varieties



\$5⁴⁹ Lb.
Kentucky Legend Quarter Sliced Ham
2.2-5.5 Lb. Selected Varieties

Deli & Bakery

\$5⁹⁹ Lb.
Kretschmar Virginia Honey or Smoked Ham



\$8⁹⁹
Treat Shop Glazed Donuts
12 Ct.
Selected Varieties

At Participating Stores



\$2⁵⁰
Chicken Nuggets
25 Ct.



\$4⁴⁹ Lb.
6 Bean Salad



\$2⁶⁹
Toufayan Bagels
20 Ct.
Selected Varieties



\$3⁹⁹
Brioche Hamburger Buns
7.5 Oz.



\$6⁹⁹ Lb.
Kretschmar American Cheese
Selected Varieties



\$8⁴⁹ Lb.
Kretschmar Oven Roasted or Buffalo Chicken Breast



\$2⁴⁹
Rotella's Brat Buns
6 Ct.



\$2⁶⁹
Ozark Hearth Wheatberry or Sourdough Bread
20 Oz.



\$1⁹⁹
Parfait Cups
4.5-6.5 Oz.
Selected Varieties



\$3⁵⁹
Olson's Angel Food Bar
11 Oz.



\$17⁹⁹
New Amsterdam Vodka
1.75 Liter
Selected Varieties



\$20⁹⁹
Jack Daniels Whiskey
750 ML
Selected Varieties



\$14⁹⁹
Jose Cuervo Margarita
1.75 Liter
Selected Varieties



\$9⁹⁹
Woodbridge Wine
1.5 Liter
Selected Varieties



\$7¹⁹
Vint Wine
750 ML
Selected Varieties



\$9⁴⁹
Stella Rosa Wine
750 ML
Selected Varieties



\$8⁹⁹
Blue Moon or Leinenkugel Beer
12 Oz. Cans or Bottles 6 Pack
Selected Varieties



\$19⁹⁹
Bud Family Beer
12 Oz. Cans 24 Pack
Selected Varieties



\$13⁹⁹
Boulevard Beer
12 Oz. Cans 12 Pack
Selected Varieties





Sizzlin' SUMMER SAVINGS

Prices Effective
JUNE 19 - 25, 2024

\$3⁹⁹

**Blue Bunny
Premium
Ice Cream**
46-48 Oz.
Selected Varieties



\$3⁹⁹

**Breyer's
Ice Cream**
48 Oz.
Selected Varieties



\$3⁴⁹

**Klondike
Novelties**
4-6 Ct.
Selected Varieties

\$5⁹⁹

**Klondike
Cones**
8 Ct.
Selected Varieties



\$3⁹⁹

**Blue Bunny
Ice Cream Novelties**
4-6 Pk.
Selected Varieties



\$2⁹⁹

**Blue Bunny
Twist**
16 Oz.
Selected Varieties



Best Choice

Ready for Summer SALE!

Prices Effective
JUNE 19 - 25, 2024

\$5⁹⁹

**Best Choice
Ice Cream
4 Qt.
Selected Varieties**



\$2⁹⁹

**Best Choice
Fun Pops
36 Ct.**



\$1²⁹

**Best Choice
Whipped Topping
8 Oz.
Selected Varieties**



\$3⁹⁹

**Best Choice
Popsicle
20-24 Ct.
Selected Varieties**



\$3⁹⁹

**Best Choice
Frosted
Sugar Cookies
10 Ct. Selected Varieties**



\$3⁹⁹

**Best Choice
Deluxe
American Slices
16 Oz.
Selected Varieties**



\$1⁶⁹

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



\$1⁹⁹

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



\$1⁷⁹

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



\$1⁴⁹

**Best Choice
Deluxe Macaroni
& Cheese Dinners
12-14 Oz.
Selected Varieties**



\$2⁹⁹

**Best Choice
Russet Potatoes
10 Lb. Bag**

