

# IDEAL Market

150 West 4th Street  
Superior, NE 68978  
(402) 879-4430

Home Owned & Operated Since 1949!

- WIC & Food Stamps Accepted
- Postage Stamps Available
- Film Development • Public Copy Machine
- Laminating • Money Orders
- No Sales Tax on Foods
- Every Thursday Senior Day

Open

Monday thru Saturday  
7:00 am - 7:00 pm  
Sunday 9:00 am - 5:00 pm  
Open Holidays Except Thanksgiving, Christmas & Easter

We Accept The Following:



PRICES EFFECTIVE WEDNESDAY, SEPTEMBER 11 THROUGH TUESDAY, SEPTEMBER 17, 2024



savings the Family will love



MORE AD SPECIALS  
MORE AD DIGITAL COUPONS  
MORE AD PAGES  
MORE SAVINGS!  
Sign Up Today!  
PRICES EFFECTIVE: All Week

**Fresh Boneless Skinless Chicken Breasts**  
Product of the USA  
**\$2.99** Lb.

**Fresh Bone-In Assorted Pork Loin Chops**  
Product of the USA  
**\$1.99** Lb.

**Fresh Boneless Beef Top Round Roast**  
**\$5.49** Lb.

**Fresh 85% Lean Ground Round Value Pack**  
Product of the USA  
**\$5.49** Lb.

**Fresh Bone-In Pork Loin Chops**  
Product of the USA  
**\$2.19** Lb.

**Fresh Boneless Beef Top Round Steaks**  
**\$5.99** Lb.

**Fresh Boneless Beef New York Strip Steaks**  
Product of the USA  
**\$12.99** Lb.

**Frozen Bone-In Turkey Breast**  
**\$1.99** Lb.

**Oscar Mayer Fun Pack Lunchables**  
8.9-10.7 Oz. Selected Varieties  
**\$2.49**

**Smithfield Bacon**  
12 Oz. Selected Varieties  
**\$3.99**

**Land O' Frost Deli Shaved Lunchmeat**  
7.5-9 Oz. Selected Varieties  
**\$2.69**

**Farmland Ham Steaks, Cubed, Diced or Sliced Ham**  
16 Oz.  
**\$4.99**

**Farmland Pork Sausage**  
9 Oz. Links, 8 Oz. Links, Selected Varieties  
**\$2.29**

**Gorton's Fish Fillets, Fish Sticks or Strimp**  
9-24.5 Oz. Selected Varieties  
**\$6.99**

**Premium Pink Lady Apples**  
**99¢** Lb.

**California Red, Green or Black Seedless Grapes**  
**\$1.99** Lb.

**Best Choice Red or Gold Potatoes**  
5 Lb.  
**\$2.99**

**Whole Seedless Watermelon**  
**\$5.99** Ea.

**Jonathan, Red or Golden Delicious, McIntosh, Fuji or Gala Apples**  
3 Lb.  
**\$2.99**

**Dole Salad Blends or Spinach**  
8-12 Oz. Selected Varieties  
**2/\$4**

**Bothhouse Farms Baby Cut Carrots**  
16 Oz.  
**\$1.19**

**Fresh Strawberries**  
16 Oz.  
**\$2.99**

**Fresh Honeydew**  
4.99 Ea.  
**2/\$3**

**Fresh Cantaloupe**  
**\$3.49** Ea.

**Happy Apples Caramel Apples**  
1 Oz. Selected Varieties  
**\$1.69**

**Highline Sliced or Whole Baby Bella Mushrooms**  
8 Oz.  
**\$1.99**

**2/\$6** From the Bakery  
**2/\$4** Clyde's Cake Donuts  
8 Ct. Selected Varieties  
FINAL PRICE  
MUST BUY 2, LIMIT 1 DIGITAL COUPON

**4/\$5** Campbell's Tomato or Chicken Noodle Soup  
10.75 Oz.  
**4/\$4** FINAL PRICE  
MUST BUY 4, LIMIT 1 DIGITAL COUPON

**4/\$4** Chef Boyardee Pasta  
14.5-15 Oz. Selected Varieties  
**4/\$3** FINAL PRICE  
MUST BUY 4, LIMIT 1 DIGITAL COUPON

**2/\$5** Hawaiian Punch  
128 Oz. Selected Varieties  
**2/\$3** FINAL PRICE  
MUST BUY 2, LIMIT 1 DIGITAL COUPON

**\$4.99** Flora Paper Towels  
6 Rolls  
**\$3.99** Bath Tissue  
6 Ct. Selected Varieties  
**\$3.99** Napkins  
500 Ct. Selected Varieties  
FINAL PRICE  
MUST BUY 2, LIMIT 1 DIGITAL COUPON

**Kraft String Cheese**  
7.5-10 Oz. Selected Varieties  
**\$3.49**

**Dannon Oikos Yogurt**  
4.5-5.3 Oz. Selected Varieties  
**4/\$5**

**Minute Rice Microwaveable Cups**  
2 Ct. 4.4 Oz. or Ready to Serve  
8.8 Oz. Selected Varieties  
**\$1.79**

**XTRA Laundry Detergent**  
136.4-139.2 Oz. Liquid, Selected Varieties  
**\$5.99**

**Sargento Balanced Breaks**  
4.5 Oz. Selected Varieties  
**\$2.99**

**DELI & BAKERY**

**Mrs. Gerry's Mandarin Orange Mist**  
8 Ct. Selected Varieties  
**\$4.99** Lb.

**Kretschmar Turkey Breast**  
Selected Varieties  
**\$7.99** Lb.

**Moo'v Lactose Free Milk**  
14 Oz. Selected Varieties  
**2/\$3**

**Blue Bunny Twist Dairy Dessert**  
16 Oz. Selected Varieties  
**\$3.49**

**Rotella's Italian Bakery Split Top Hoagies**  
6 Ct. Selected Varieties  
**\$2.88**

**Clyde's Cake Donuts**  
6 Ct. Selected Varieties  
**2/\$6**



**Campbell's Tomato or Chicken Noodle Soup**  
10.75 Oz.  
**4/\$5**

**Chef Boyardee Pasta**  
14.5-15 Oz., Selected Varieties  
**4/\$4**

**Kraft Mac & Cheese Dinner**  
5.5-7.3 Oz., Selected Varieties  
**4/\$5**

**Campbell's Soup or Broth**  
10.5-11.5 Oz., Selected Varieties  
**2/\$3**

**SCALLOPED Betty Crocker Potatoes**  
4-5.1 Oz., Selected Varieties  
**3/\$5**

**Minute Rice**  
12-14 Oz. or Success Boil-In-Bag Rice  
14 Oz., Selected Varieties  
**\$2.39**

**BUSH'S Best Baked or Grillin' Beans**  
6-10 Oz., Selected Varieties  
**2/\$5**

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

**V-8 Vegetable or V-Fusion Juice**  
46 Oz., Selected Varieties  
**\$3.69**

**Betty Crocker Bisquick Baking Mix**  
40 Oz., Selected Varieties  
**\$4.49**

**Lay's Kettle Cooked**  
4.75-8 Oz. or Poppables  
5 Oz., Selected Varieties  
**2/\$6**

**Nabisco Easy Cheese**  
8 Oz., Selected Varieties  
**\$4.79**

**Best Choice Granola Bars**  
6-10 Oz., Selected Varieties  
**\$2.79**

**Best Choice Applesauce Pouches**  
12 Oz., Selected Varieties  
**\$6.99**

**Hawaiian Punch**  
63 Oz., Selected Varieties  
**2/\$5**

**Best Choice Tea Bags**  
100 Ct.  
**\$3.29**

**Maxwell House Wake Up Roast Ground Coffee**  
28.4-30.65 Oz.  
**\$7.49**

**Flora Paper Towels**  
6-22 Rolls or Napkins  
100 Ct., Selected Varieties  
**\$4.99**

**Friskies Cat Food**  
3.5-10 Lb., Selected Varieties  
**\$4.99**

# Fiesta Time!

**WOW DEAL**  
**Taco Bell Taco Shells**  
12 Ct.  
**\$1.88**

**Best Choice Flour Tortillas**  
8-10 Ct., Selected Varieties  
**\$1.89**

**Best Choice Enchilada Sauce**  
10 Oz., Selected Varieties  
**\$1.49**

**Dole Shredded Lettuce**  
1.7-2.0 Oz., Selected Varieties  
**2/\$3**

**Extra Large Roma Tomatoes**  
8-22 Rolls or 100 Ct.  
**\$1.19 Lb.**

**Avocados**  
3.5-10 Lb., Selected Varieties  
**99¢ Ea.**

**Taco Bell Seasoning**  
1.4-1.8 Oz., Selected Varieties  
**79¢**

**Taco Bell Sauce**  
7.5 Oz., Selected Varieties  
**\$1.79**

**Best Choice Sliced Jalapeños**  
12 Oz.  
**\$1.99**

**Jalapeño Peppers**  
**99¢ Lb.**

## HEALTHY RECIPE SHEET PAN GARLIC CHICKEN & VEGGIES

- INGREDIENTS**
- 1/2 Tbsp Chives, dried, chopped
  - 1 Tsp Salt
  - 1 Tbsp Onion Powder
  - 1 Tbsp Black Pepper
  - 2 Lbs Chicken, cut into tenders
  - 1/2 Cup Olive oil, extra virgin divided
  - 1 Cup Asparagus spears, cut in half
  - 1 Cup Carrots, sliced
  - 1 Cup Zucchini, cut into spears
  - 1 Cup Brussels Sprouts, halved
  - 1 Cup Green Beans
  - 1 Cup White Mushrooms, sliced
  - 3 Tbsp Garlic, Minced
  - 1 Oz. Onion Soup mix packet
  - Sprinkle of Quinoa

- DIRECTIONS**
- Preheat oven to 400 F
  - In a small bowl, mix together dried chived, salt, onion powder, and black pepper.
  - In a large bowl add chicken, 1/4-1/2 cup olive oil and seasoning mixture from above. Stir to coat well.
  - Put in refrigerator for 15 minutes to let marinate.
  - In a large bowl add prepared vegetables, 1/4 cup olive oil, minced garlic, and onion soup mix packet. Stir well.
  - Dump veggies on top of baking sheet and spread out to form one layer. Place chicken on top.
  - Sprinkle Quinoa on top. Use whatever vegetable you have on hand.
  - Bake for 30 minutes or until chicken reaches internal temp of 165 F.



**All Of These Items On Sale This Week!**

Note 1: Feel free to reduce oil to lighten this up. You can use less oil and let a bit more spray. You just want to make sure things are coated enough that the seasoning sticks. If you reduce the oil too much, spray the pan with cooking spray so the food does not stick to the bottom while baking.

Note 2: Broil the pan at the end of baking time to get a few caramelized edges and known on the exterior of the chicken. This can add flavor!

Recommendations: Broil sheet with chicken and veggies on high for 2-3 min to brown and crisp on the edges a bit.

## DAIRY DEALS

**WOW DEAL**  
**Daisy Brand Sour Cream**  
8 Oz. or Single Serve Cottage Cheese With Fruit  
6 Oz., Selected Varieties  
**88¢**

**Simply Potatoes**  
20 Oz., Selected Varieties  
**\$2.69**

**Country Crock Spread**  
45 Oz., Selected Varieties  
**\$4.99**

**Kraft American Cheese Singles**  
16 Oz. or Deli Deluxe American Cheese Slices  
12 Oz., Selected Varieties  
**\$4.49**

**Pure Leaf Tea**  
59 Oz., Selected Varieties  
**\$2.29**

**International Delight Creamer**  
22 Oz., Selected Varieties  
**2/\$7**

## FROZEN DEALS

**Totino's Party Pizza**  
9.8-10.9 Oz., Selected Varieties  
**3/\$4**

When You Buy 3 or Singles at \$1.67

**On-Cor Entrées**  
26-28 Oz., Selected Varieties  
**\$3.49**

**Birds Eye Bakes**  
13 Oz., Selected Varieties  
**\$3.99**

**Mr. Dell's Hash Browns or Potatoes O'Brien**  
24-32 Oz., Selected Varieties  
**\$3.49**

**Best Choice Onion Rings**  
20 Oz.  
**\$3.49**

**Best Choice Ice Cream**  
48 Oz., Selected Varieties  
**\$2.99**

**Bibigo Wontons**  
24 Oz., Selected Varieties  
**\$6.99**



# Family Faves Buy 5 save \$5



When You Buy 5 Participating Items in a Single Transaction

**PRICES EFFECTIVE  
ALL WEEK**



**Blue Ribbon  
Classics  
Dairy Dessert**  
128 Oz.,  
Selected Varieties

~~\$5<sup>99</sup>~~  
~~-\$1<sup>00</sup>~~  
**\$4<sup>99</sup>**



**Kellogg's  
Eggo Waffles**  
10 Ct.,  
Selected Varieties

~~\$2<sup>99</sup>~~  
~~-\$1<sup>00</sup>~~  
**\$1<sup>99</sup>**



**Kraft  
Shredded, Chunk or  
Crumbles Cheese**  
5-8 Oz.,  
Selected Varieties

~~\$3<sup>39</sup>~~  
~~-\$1<sup>00</sup>~~  
**\$2<sup>39</sup>**



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

~~\$3<sup>69</sup>~~  
~~-\$1<sup>00</sup>~~  
**\$2<sup>69</sup>**



**Tropicana  
Pure Premium  
Orange Juice**  
89 Oz.,  
Selected Varieties

~~\$5<sup>99</sup>~~  
~~-\$1<sup>00</sup>~~  
**\$4<sup>99</sup>**



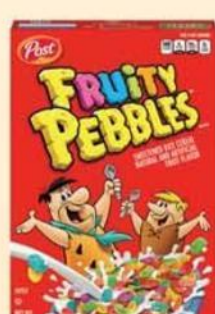
**Yoplait  
Go-Gurt**  
32 Oz.,  
Selected Varieties

~~\$4<sup>99</sup>~~  
~~-\$1<sup>00</sup>~~  
**\$3<sup>99</sup>**



**Kellogg's  
Cereal**  
12-17.3 Oz.,  
Selected Varieties

~~\$3<sup>99</sup>~~  
~~-\$1<sup>00</sup>~~  
**\$2<sup>99</sup>**



**Post  
Cereal**  
10-14.75 Oz.,  
Selected Varieties

~~\$2<sup>99</sup>~~  
~~-\$1<sup>00</sup>~~  
**\$1<sup>99</sup>**



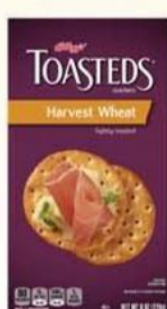
# Family Faves

## Buy 5 Save \$5



**Kellogg's Club, Town House or Graham Crackers**  
9-15 Oz. or  
**Club Crisps**  
7.1 Oz.,  
Selected Varieties

~~\$3<sup>99</sup>~~  
~~-\$1<sup>00</sup>~~  
**\$2<sup>99</sup>**



**Kellogg's Toasteds Crackers**  
8-8.7 Oz.,  
Selected Varieties

~~\$3<sup>99</sup>~~  
~~-\$1<sup>00</sup>~~  
**\$2<sup>99</sup>**



**Nabisco Family Size Crackers or Nutter Butter or Chips Ahoy! Cookies**  
8.1-19.5 Oz.,  
Selected Varieties

~~\$4<sup>79</sup>~~  
~~-\$1<sup>00</sup>~~  
**\$3<sup>79</sup>**



**Pringles Potato Crisps**  
4.9-5.57 Oz.,  
Selected Varieties

~~\$2<sup>49</sup>~~  
~~-\$1<sup>00</sup>~~  
**\$1<sup>49</sup>**



**Kellogg's Nutri-Grain Bars**  
8 Ct. or  
**Rice Krispies Treats Homestyle**  
6 Ct.,  
Selected Varieties

~~\$2<sup>99</sup>~~  
~~-\$1<sup>00</sup>~~  
**\$1<sup>99</sup>**



**Heinz Ketchup**  
32 Oz.

~~\$5<sup>69</sup>~~  
~~-\$1<sup>00</sup>~~  
**\$4<sup>69</sup>**



**Pup-Peroni Dog Treats**  
5-5.6 Oz.,  
Selected Varieties

~~\$3<sup>49</sup>~~  
~~-\$1<sup>00</sup>~~  
**\$2<sup>49</sup>**



**Milk-Bone Dog Treats**  
5.1-24 Oz.,  
Selected Varieties

~~\$3<sup>99</sup>~~  
~~-\$1<sup>00</sup>~~  
**\$2<sup>99</sup>**