

We reserve the right to limit quantities. Not all sale items available at all participating stores.
Starting and ending dates may vary by store. Not responsible for graphic or typographical errors.



Now Proudly Offering
Certified Angus Beef

Carstensen's Meat and Grocery

Family Owned,
Family Trusted



LIKE US!
Carstensen's
Meat and Grocery

We Accept Visa, Mastercard, Discover, WIC & EBT

GROCERY • FRESH MEAT • BAKERY • PRODUCE • DAIRY • BROASTED CHICKEN

201 Market Street, Lake Park, IA • Telephone: 712-832-3620

Store Hours: Monday - Saturday 7:30 am - 8:00 pm / Sunday 10:00 am - 7:00 pm

PRICES EFFECTIVE WEDNESDAY, OCTOBER 2 THROUGH TUESDAY, OCTOBER 8, 2024



**OCTOBER IS
APPLE MONTH!**

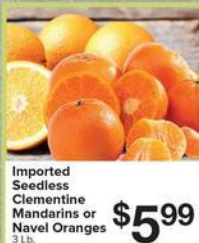
Premium
Honeycrisp,
Golden Delicious or
Sugarbabe Apples
\$1.99
Lb.



Best Choice
Russet
Potatoes
10 Lb.
\$1.99



Fresha
Whole Carrots
5 Lb.
\$3.49



Imported
Seedless
Clementine
Mandarins or
Navel Oranges
3 Lb.
\$5.99



Yellow Onions
or Sweetie Sweet
Yellow Sweet
Onions
3 Lb.
\$2.99



Dole
Chopped!
Salad Kit
9.5-12.25 Oz.,
Selected Varieties
2/\$6



Taylor Farms
Vegetables
16.5 Oz.,
Selected Varieties
2/\$5



Hothouse
Red, Yellow
or Orange
Bell Peppers
3/\$4



Jack O'
Lantern
Pumpkin
Large Size
\$5.99
Ea.



California
Red, Green
or Black
Seedless
Grapes
\$2.49
Lb.



From The Bakery
Always Save
Apple Turnovers
4 Ct.
\$2.88



Best Choice
Apple Juice
or Cider
64 Oz.
\$1.69



Best Choice
Applesauce
23-24 Oz.,
Selected Varieties
\$1.49



Best Choice
Apple Pie
Filling
20 Oz.
\$1.99



Frozen
Pork
Back Ribs
Product of the USA
\$2.99
Lb.



Frozen
Boneless
Skinless
Chicken Breasts
Product of the USA
\$2.49
Lb.



Fresh
Boneless Beef
Bottom Round
Roast
Product of the USA
\$5.49
Lb.



Fresh
80% Lean
Ground Beef
Family Pack,
Product of the USA
\$3.99
Lb.



Fresh
Boneless Beef
Bottom Round
Steaks
Product of the USA
\$5.99
Lb.



Johnsville
Smoked Sausage,
Brats or Polish
Sausage Links
or Rope
12-14 Oz., Selected Varieties
\$3.99



Wimmer's
Big N' Meaty
Summer Sausage
9 Oz.
Selected Varieties
\$7.99



Land O' Frost
Premium
Lunchmeat
9-16 Oz.,
Selected Varieties
\$5.99



Sheboygan
Cocktail Smokies
12-14 Oz.
Selected Varieties
\$3.29



Blue Bunny
Load'D
Sundees
8.5 Oz.,
Selected Varieties
2/\$5



Kemps
Vanilla
Ice Cream
Halloween Pail
128 Oz.
\$5.99



Pure Life
Purified Water
24 Pack
16.9 Oz. Bottles or
24 Pack 8 Oz. Bottles
\$3.99



Silver Lake
Supreme
Sirloin
Certified Angus Beef
\$10.99
Lb.



Meow Mix
Cat Food
3-3.15 Lb.,
Selected Varieties
\$5.59



Kraft
Caramel
Bits
11 Oz.
\$2.49

DELI & BAKERY



Kretschmar
Black Forest
Ham
13 Lb.
\$6.99
Lb.

Café Valley
Breaded
Mini Quilins
10.5 Oz.,
Selected Varieties
2/\$6



**Betty Crocker
Hamburger,
Chicken or
Tuna Helper**
4.7-8.7 Oz.
Selected Varieties
4/\$5



**Quaker
Instant Oatmeal**
6-10 Cl.
Selected Varieties
\$2.99



**Ragu
Pasta Sauce**
16-24 Oz.
Selected Varieties
\$2.29

**Best Choice
Pasta**
16 Oz.
Selected Varieties
4/\$5

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

**Best Choice
Tomato Juice**
44 Oz. Cl.
\$1.79

**Kraft
Macaroni &
Cheese or
Velveta
Shells &
Cheese Cup**
2.05-2.39 Oz.
\$1.49

**Campbell's
Chunky Soup**
18.6-19 Oz.
Selected Varieties
2/\$5

**Kraft
Barbecue
Sauce**
17.5-18 Oz.
Selected Varieties
\$1.59

**Capri Sun or
Country Time
Lemonade
Pouches**
10 Cl.
Selected Varieties
\$2.79

**Best Choice
Hot Cocoa
Mix**
8-10 Cl.
Selected Varieties
\$1.99

**Betty Crocker
or Mott's
Fruit Snacks**
6-10 Cl.
Selected Varieties
2/\$6

**Kellogg's
Rice Krispies
Treats**
7-8 Cl.
Selected Varieties
2/\$6

**Pop-Tarts
Toaster
Pastries a Cl. or
Crunchy
Poppers 5 Cl.**
Selected Varieties
\$2.89

**Kellogg's
Family Size
Cereal**
15.6-24 Oz.
Selected Varieties
\$4.49



Doritos
6-10.75 Oz. or
Tostitos
Selected Varieties
\$3.49

**Bugles,
Garden of Eatin'
or Chex Mix
Snacks**
6-8.75 Oz.
Selected Varieties
2/\$6

**Nature Valley,
General Mills,
Fiber One
or Chex Mix
Bars, Biscuits,
Brownies or
Oatmeal Squares**
5-8 Cl.
Selected Varieties
2/\$6

**Nabisco
Chips Ahoy!
Cookies**
9.5-13 Oz.
Selected Varieties
\$3.49

**Cascade
Dishwasher
Detergent
Actionpacs**
11-25 Cl.
Selected Varieties
\$5.49

Best Choice

Fall Baking



Recipe courtesy of allrecipes.com

PUMPKIN CAKE

Prep Time: 30 mins Cook Time: 30 mins
Total Time: 1 Hour Servings: 14
Yield: 1 (12x18-inch) cake

INGREDIENTS

- 2 cups all purpose flour
- 3 teaspoons baking powder
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 1 1/4 cups vegetable oil
- 1/4 teaspoon salt
- 2 cups white sugar
- 2 cups canned pumpkin
- 1 teaspoon vanilla extract
- 4 large eggs
- 1 cup chopped walnuts (Optional)

DIRECTIONS

Step 1: Preheat the oven to 350 degrees F (175 degrees C). Grease and flour a 12x18-inch sheet pan.

Step 2: Sift flour, baking powder, baking soda, cinnamon, and salt together in a large bowl, set aside.

Step 3: Beat sugar and oil together in a large bowl with an electric mixer until smooth.

Step 4: Blend in pumpkin and vanilla, then beat in eggs one at a time.

Step 5: Gradually beat in flour mixture until just combined.

Step 6: Stir in walnuts; spread batter into the prepared sheet pan.

Step 7: Bake in the preheated oven until a toothpick inserted into the center of the cake comes out clean, about 30 minutes. Allow to cool.

**Best Choice
Pumpkin**
15 Oz.
2/\$3

**Best Choice
Granulated
Sugar**
4 Lb.
\$2.99

**Best Choice
Flour**
5 Lb.
Selected Varieties
\$2.49

**Best Choice
Oil**
48 Oz.
Selected Varieties
\$3.99

**Best Choice
Pure Vanilla
Extract**
2 Oz.
\$4.99

**Best Choice
Walnuts**
6 Oz.
Selected Varieties
\$2.69

**Best Choice
Frosting**
16 Oz.
Selected Varieties
\$1.69

DAIRY DEALS



**TruMoo
Chocolate Milk**
Gallon,
Selected Varieties
\$4.69



**Best Choice
Shredded or
Chunk Cheese**
6-8 Oz.
Selected Varieties
2/\$4

**Best Choice
Butter**
16 Oz.
Selected Varieties
\$3.69

**Yoplait
Go-Gurt**
16 Oz.
Selected Varieties
2/\$6

**Yoplait
Yogurt**
4.6 Oz.
Selected Varieties
10/\$6

FROZEN DEALS



**Best Choice
Frozen Potatoes**
24-32 Oz.
Selected Varieties
\$3.99



**Best Choice
Frozen Vegetables**
16 Oz.
Selected Varieties
3/\$4



**Blue Bunny
Premium
Dairy Dessert or
Frozen Yogurt**
46-48 Oz.
Selected Varieties
\$3.49

**Kellogg's
Eggo Waffles**
Selected Varieties
\$2.99

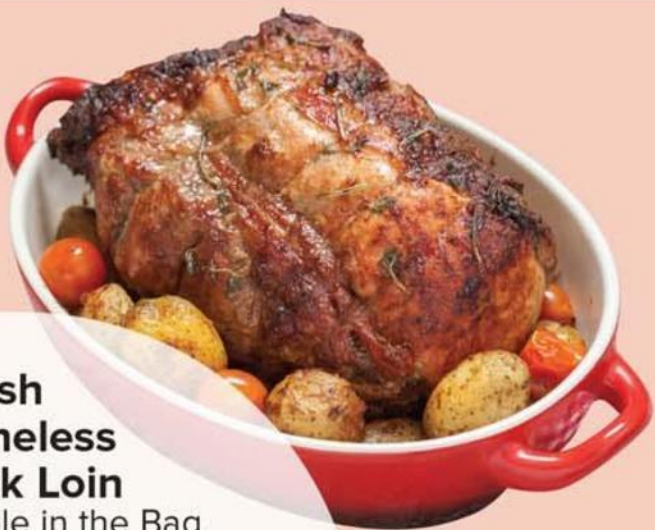
**Blue Bunny
Bomb Pop**
Selected Varieties
2/\$6

**Kemp's
Vanilla
Ice Cream Sandwiches**
6 Cl.
\$1.99



Mega!
MEAT
SALE

**PRICES EFFECTIVE
ALL WEEK**



**Fresh
Boneless
Pork Loin**
Whole in the Bag,
Product of the USA
\$229
Lb.



**Fresh
80% Lean
Ground Beef**
10 Lb. Tube,
Product of the USA
\$399
Lb.



**El Monterey
Burritos or
Chimichangas**
8 Pack Family Size,
30.4-32 Oz.,
Selected Varieties
\$499



**Bar S
Corn Dogs**
2.34 Lb.
\$649



**Johnsonville
Bratwurst or
Italian Sausage**
19 Oz.,
Selected Varieties
\$499





Mega!
MEAT
SALE



**Fresh
Bone-In
Pork Butt**
Whole in the Bag,
Product of the USA

\$199
Lb.



**Smithfield
Pork Riblets**
10 Lb. Box

\$1699



**Best Choice
Boneless Skinless
Chicken Breast
Tenderloins**
2.5 Lb., IQF

\$699



**Gary's
Quick Steak**
10.8 Oz.,
Selected Varieties

\$599



**Van de Kamp's
Fish Fillets,
Sticks or Tenders**
18-24.6 Oz.,
Selected Varieties

\$599

