

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.

Stock Up, Save More

WED	THU	FRI	SAT	SUN	MON	TUE
30	31	1	2	3	4	5



\$3⁴⁹
Lb.
80% Lean
Ground Beef
Sold in 10 Lb. Tube



\$1⁹⁹
Lb.
Pork
Chops
Fresh Boneless
Value Pack



\$2⁴⁹
Lb.
Chicken
Breast
Frozen
Boneless Skinless



\$1⁷⁷
Lb.
Green or Red
Grapes



2/\$5
Strawberries
1 Lb.



\$2⁹⁹
Dole
Chopped Kits
9.6-22.25 Oz.
Selected Varieties



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



\$3⁹⁹
Tombstone
or DiGiorno
Pizza
19.5-21.5 Oz.
Selected Varieties



\$2⁹⁹
Kellogg's
Cereal
9.5-16.25 Oz.
Selected Varieties



99¢
Green Giant
Canned Vegetables
14.5-15.25 Oz.
Selected Varieties



\$3⁴⁹
Frito-Lay
Lay's Potato Chips,
Tostitos, Doritos or
Smartfood
4.75-13 Oz.
Selected Varieties

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

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

Fresh Produce

Enjoy Spend LESS!
MORE



Louisburg Cider
128 Oz.

\$9⁹⁹



Lemons
2 Lb. Bag

\$3⁹⁹



\$3⁹⁹
Avocados
2 Lb. Bag



\$1⁴⁹ Lb.
Honeycrisp Apples



\$1²⁹ Ea.
Celery Sleeve



\$2⁹⁹
Cherub Tomatoes
10 Oz.

Floral

At Participating Stores



\$9⁹⁹
Candy Explosion Bouquet



99¢
Bothouse Farms Baby Carrots
12 Oz.



99¢ Ea.
La Rouge Red Bell Peppers



\$2⁹⁹
Melissa's Red or Yellow Dutch Potatoes
24 Oz.



\$1⁹⁹
Medium Yellow Onions
3 Lb. Bag



\$12⁹⁹
Giggling Ghost Bouquet

\$12⁹⁹
Bromeliad
4.5 Inch Selected Varieties

Dairy & Frozen

Enjoy Spend LESS!
MORE



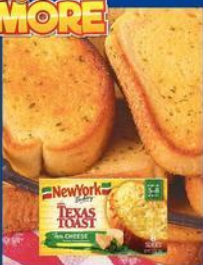
\$2⁴⁹
Kraft Natural or Big Slice Cheese
7-8 Oz. Selected Varieties



\$2⁹⁹
Best Choice Refrigerated Pie Crust
15 Oz.



\$2⁹⁹
Eggo Waffles
10 Ct. Selected Varieties



\$2⁹⁹
New York Bakery Texas Toast, Garlic Knots, Cheese Sticks or Ciabatta Bread
5-8 Ct. Selected Varieties



\$5⁴⁹
Kraft Philadelphia Cream Cheese 2 Pack
16 Oz. Selected Varieties



\$2⁹⁹
Pillsbury Grand! Biscuits or Rolls
8 Ct. Selected Varieties



\$3²⁹
Imperial Spread
45 Oz.



\$5⁹⁹
Starbucks Creamer
28 Oz. Selected Varieties



\$2⁴⁹
Dole No Sugar Added Orange Juice
32 Oz.



\$2⁴⁹
Tropicana Refreshers or Lemonades
48 Oz. Selected Varieties



\$3⁴⁹
Farm Rich French Toast Sticks
12 Oz. Selected Varieties



\$4⁴⁹
Louisa Ravioli or Tortellini
16-22 Oz. Selected Varieties



\$2⁴⁹
Hilland or Prairie Farms Sour Cream or Dips
16 Oz. Selected Varieties

Seafood

\$6⁹⁹ Lb.
Cod Filets
10P



\$3²⁹ Lb.
Swal Filets
10P



\$9⁹⁹
Seamaz Raw Peeled Tail On Shrimp
2 Lb. 26-30 Ct.



\$8⁹⁹
Aqua Star Cooked Shrimp
1 Lb. 26-30 Ct.



Grocery

Enjoy Spend LESS!
MORE



Act II
Microwave
Popcorn
3 Ct.
Selected Varieties

\$1.99

Nabisco
Oreo or
Nutter Butter
Cookies 7.9-20 Oz. or
Honey Maid Graham
or Nilla Wafers **\$3.99**
8.5-14.4 Oz.
Selected Varieties

Dole
Fruit Bowls
4 Ct.
Selected Varieties **\$2.99**

\$2.99
Kellogg's
Rice Krispies
Treats
7.8 Ct.
Selected Varieties



\$3.99
Nabisco
Cheez-It
Snack Crackers
8.75-12.4 Oz.
Selected Varieties



\$3.49
Nabisco
Newtons
10 Oz.
Selected Varieties



\$3.99
Kind
Nutrition Bars
5 Ct.
Selected Varieties



\$2.99
Kellogg's
Pop-Tarts 8 Ct. or
Crunchy Poppers
5 Oz.
Selected Varieties



\$3.49
Nabisco
Toasted Chips
7.8 Ct.
Selected Varieties



4/\$5
Cheez-It
Snack Crackers
Grab 'N Go or
Snack Cups
2.3-3 Oz.
Selected Varieties



4/\$5
Pringles
Grab and Go
Potato Crisps
2.36-2.5 Oz.
Selected Varieties



\$2.49
Pringles
Potato Crisps
1.9-5.97 Oz.
Selected Varieties



\$1.99
Hostess
Donuts
9.5-10.75 Oz.
Selected Varieties



\$3.49
Green Giant
Canned Asparagus
15 Oz.



\$2.79
Hunt
Beans
20 Oz.
Selected Varieties



2/\$3
Duncan Hines
Cake or
Brownie Mix
15.25-18.3 Oz.
Selected Varieties



\$2.69
Sippy
Peanut Butter
15-16.3 Oz.
Selected Varieties



\$3.49
Bragg
Organic Cider
Vinegar
16 Oz.



\$1.69
Fleischman's
Mustard
10.5 Oz.



\$2.99
Niagara
Purified Drinking
Water
16.9 Oz. Bottles 24 Pack



\$1.99
Healthy Balance or
Old Orchard Juice
64 Oz.
Selected Varieties



\$37.49
Purina One
True Instinct
Dog Food
15 Lb.



\$30.49
Purina One
Smart Blend
Dog Food
16.2 Lb.



Best Choice

Save on Our Brands

\$1.39
Best Choice
Potatoes
4.65 Oz.
Selected Varieties



\$2.49
Best Choice
Mashed Potatoes
13.3 Oz.



\$2.49
Best Choice
Chunk Light Tuna
Pouch
6.4 Oz.



\$2.99
Best Choice
Applesauce
46-48 Oz.
Selected Varieties



\$2.29
Best Choice
Chunky Soup
18.6-19 Oz.
Selected Varieties



2/\$3
Best Choice
Lasagne
12-16 Oz.
Selected Varieties



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



\$3.49
Best Choice
Cooking Oil
48 Oz.
Selected Varieties



\$1.99
Best Choice
Gravy
12 Oz.
Selected Varieties



\$1.99
Best Choice
Slow Cooker
Liners
4 Ct.



\$7.99
Best Choice
Party Cups
100 Ct.



Home & Health

Enjoy Spend LESS!
MORE

\$8.49
Charmin
Gentle, Soft or
Strong Bath Tissue
& Roll
Selected Varieties



\$8.49
Bounty
Paper Towels
24 Roll
Selected Varieties



\$12.99
Down
Platinum
Dish Soap 74.3 Oz. or
Cascade Action Pacs
38-43 Ct.
Selected Varieties



\$12.99
Downy or Gain
Liquid Fabric
Conditioner 140 Oz.,
Rinse 48 Oz.,
Unstoppables or
Gain Fireworks
18.2 Oz.
Selected Varieties



\$12.99
Tide
Liquid Detergent
84 Oz. or
Pods 25-42 Ct.
Selected Varieties



\$3.99
Arm & Hammer
Liquid 32.9-33 Oz. or
Pods 14 Ct.
Selected Varieties



\$3.99
Lysol
All-Purpose or
Toilet Bowl Cleaner
23-32 Oz. or 2 Ct.
Selected Varieties



\$9.99
Swiffer
Wet or
Dry Cloths or
Dusters
Selected Varieties



\$12.99
Pampers
Wipes
312-336 Ct.
Selected Varieties



\$18.99
Luvs
Platinum
Diapers
52-100 Ct.
Selected Varieties



\$5.79
Always
Discreet
Linera or
Pads
20-48 Ct.
Selected Varieties



\$4.49
Oral B
Toothbrush
1 Ct.
Selected Varieties



\$2.49
Crest
Toothpaste
8.2 Oz.
Selected Varieties



\$5.49
Alka-Seltzer
24-36 Ct.
Selected Varieties



\$9.49
Duracell
9V Batteries
2 Ct.



Fresh Cut Meat

Enjoy **MORE** Spend **LESS!**



\$4.99 Lb.
Shoulder Roast
Fresh Boneless Beef



\$5.49 Lb.
Charcoal Steak
Fresh Boneless Beef Value Pack



\$5.99 Lb.
Patio Steak
Fresh Boneless Beef



\$3.99 Lb.
80% Lean Ground Beef Value Pack



\$7.99 Lb.
Top Sirloin Steak
Fresh Boneless Beef Value Pack



\$1.79 Lb.
Pork Loin
Whole Boneless
Sold in C.O.V. Bag



\$2.49 Lb.
Country Style Ribs for BBQ
Fresh Boneless Pork



\$2.99 Lb.
Thin Cut Breakfast Chops
Fresh Boneless Pork



\$4.99
Johnsonville Brats or Smoked Sausage Links
16-19 Oz. Selected Varieties



\$4.99
Farmland Bacon
16 Oz. Selected Varieties

\$5.99
Smithfield Fully Cooked Sausage Patties or Links
10-16 Oz. Selected Varieties



4/\$5
Armour LunchMakers
3-2.8 Oz. Selected Varieties



2/\$5
Farmland Roll or Link Sausage
8-12 Oz. Selected Varieties



\$2.99
Bob Evans Simply Mashed Potatoes
24 Oz. Selected Varieties



\$3.99
Johnsonville Smoked Sausage Links or Ropes
12-14 Oz. Selected Varieties



\$6.49
Oscar Mayer Deli Shaved Sandwich Meat
10-16 Oz. Selected Varieties



\$7.99
Oscar Mayer Sub Kits
28 Oz. Selected Varieties



3/\$5
Oscar Mayer Lunchables or Dunkables
3.25-4.4 Oz. Selected Varieties



\$4.99
Delimex Taquitos or Quesadillas
8-20 Oz. Selected Varieties



\$1.59
Bar S Bologna or Cotto Salami
8-12 Oz. Selected Varieties



\$2.99
Earl Campbell's Sausage Loops
10-12 Oz. Selected Varieties



\$4.99
Paradise Kitchens or Tiantang Chicken Items
22 Oz. - 1.8 Lb. Selected Varieties



\$3.49
Sugardale Sliced Pepperoni
8 Oz. Selected Varieties



\$7.99
El Monterey Taquitos
18-20.7 Oz. Selected Varieties



\$4.99
Farmland Special Select Ham Cuts
16 Oz. Selected Varieties



Deli & Bakery

\$8.99 Lb.
Kretschmar Roast Beef

\$4.99
Clyde's Glazed Apple or French Toast Fritters
6 Ct.

\$5.99
Slow Smoked or Baked Chicken Leg Quarters
4 Ct.

\$7.99
Reser's Deviled Egg Potato Salad
3 Lb.

\$4.49
Café Valley Muffins
4 Ct. Selected Varieties

\$5.99
Filled Cannolis
5 Pack Selected Varieties

\$6.99 Lb.
Kretschmar Baby Swiss

\$7.99 Lb.
Kretschmar Off The Bone or Bacon Encrusted Turkey

\$4.49
Best Choice Mini Cookies
28 Ct. 10.5 Oz. Selected Varieties

\$3.49
Rotella's Wheat or White Hoagies
6 Ct. Selected Varieties

\$10.99
Zarda Bar-B-Q Baked Beans
3 Lb. Selected Varieties

\$3.49
Better Butter
3-3.7 Oz. Selected Varieties

\$2.99
Rotella's Italian Sandwich Bread
17 Oz. Selected Varieties

\$15.99
Coors or Miller Beer
12 Oz. Cans 18 Pack Selected Varieties

\$16.99
Fireball Whiskey
50 ML Bottles Pack Selected Varieties

\$24.99
Crown Royal Whisky
750 ML Selected Varieties

\$15.99
Coors or Miller Beer
12 Oz. Cans 18 Pack Selected Varieties

\$15.99
Coors or Miller Beer
12 Oz. Cans 18 Pack Selected Varieties

\$15.99
Bota Box Wine
3 Liter Selected Varieties

\$11.99
Kim Crawford Wine
750 ML Selected Varieties

\$14.49
Stella Artois Beer
11.2 Oz. Cans 12 Pack Selected Varieties

\$14.49
Stella Artois Beer
11.2 Oz. Cans 12 Pack Selected Varieties

\$17.99
Cuervo Tequila
750 ML. Selected Varieties

\$4.49
Yellow Tail Wine
750 ML. Selected Varieties

\$14.99
Heineken Beer
12 Oz. Cans or Bottles 12 Pack Selected Varieties

\$14.99
Heineken Beer
12 Oz. Cans or Bottles 12 Pack Selected Varieties

Buy 5 Save \$5

Stock Up, Save More

Prices Effective **OCTOBER 30 - NOVEMBER 5, 2024**

\$3.69
- \$1.00
\$2.69

Kraft Cracker Cuts or Cubes Cheese
6-7 Oz., Selected Varieties

Final Price When You Purchase 5 Participating Items

\$3.29
- \$1.00
\$2.29

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

Final Price When You Purchase 5 Participating Items

\$7.99
- \$1.00
\$6.99

Kraft Velveeta Loaf
32 Oz., Selected Varieties

Final Price When You Purchase 5 Participating Items

\$3.99
- \$1.00
\$2.99

Kraft Singles
10.7-12 Oz., Selected Varieties

Final Price When You Purchase 5 Participating Items

\$3.99
- \$1.00
\$2.99

Devour Frozen Entrees
9-12 Oz., Selected Varieties

Final Price When You Purchase 5 Participating Items

\$2.99
- \$1.00
\$1.99

Hershey's Pudding, Jell-O Temptations, Jell-O Pudding or Gelatin Snacks
4 Ct., Selected Varieties

Final Price When You Purchase 5 Participating Items

\$3.79
- \$1.00
\$2.79

Oscar Mayer Bologna or Cotto Salami
16 Oz., Selected Varieties

Final Price When You Purchase 5 Participating Items

\$4.99
- \$1.00
\$3.99

Ore-Ida Frozen Potatoes
19-32 Oz., Selected Varieties

Final Price When You Purchase 5 Participating Items

\$5.29
- \$1.00
\$4.29

Kraft Original Mac & Cheese Dinner
5 Oz., Selected Varieties

Final Price When You Purchase 5 Participating Items

\$2.99
- \$1.00
\$1.99

Kool-Aid Jammers
10 Pack, Selected Varieties

Final Price When You Purchase 5 Participating Items

\$5.79
- \$1.00
\$4.79

Kraft Miracle Whip
30 Oz., Selected Varieties

Final Price When You Purchase 5 Participating Items

\$4.99
- \$1.00
\$3.99

Kraft Mayo
30 Oz., Selected Varieties

Final Price When You Purchase 5 Participating Items

\$8.79
- \$1.00
\$7.79

Kraft Deluxe Mac & Cheese or Velveeta Shells & Cheese Dinner
3 Ct., Selected Varieties

Final Price When You Purchase 5 Participating Items

\$3.79
- \$1.00
\$2.79

Classico Pasta Sauce
15-24 Oz., Selected Varieties

Final Price When You Purchase 5 Participating Items

\$3.49
- \$1.00
\$2.49

Kraft Salad Dressing
16-16 Oz., Selected Varieties

Final Price When You Purchase 5 Participating Items

\$3.99
- \$1.00
\$2.99

Kraft Deluxe Salad Dressing
16 Oz., Selected Varieties

Final Price When You Purchase 5 Participating Items

\$9.99
- \$1.00
\$8.99

Maxwell House or Yuban Ground Coffee
23.1-27.9 Oz., Selected Varieties

Final Price When You Purchase 5 Participating Items

\$7.49
- \$1.00
\$6.49

Maxwell House, Gevalia or IHOP K-Cups
6-12 Ct., Selected Varieties

Final Price When You Purchase 5 Participating Items

\$7.49
- \$1.00
\$6.49

IHOP or Gevalia Ground Coffee
19-22 Oz., Selected Varieties

Final Price When You Purchase 5 Participating Items

\$5.79
- \$1.00
\$4.79

Heinz Ketchup
32 Oz., Selected Varieties

Final Price When You Purchase 5 Participating Items

\$2.99
- \$1.00
\$1.99

Kraft Not Cheese Mac & Cheese
6 Oz., Selected Varieties

Final Price When You Purchase 5 Participating Items

\$3.49
- \$1.00
\$2.49

Kraft Deluxe Mac & Cheese Frozen Dinner
12 Oz., Selected Varieties

Final Price When You Purchase 5 Participating Items

\$5.99
- \$1.00
\$4.99

Home Bake Sides
19-22.2 Oz., Selected Varieties

Final Price When You Purchase 5 Participating Items

\$10.99
- \$1.00
\$9.99

Home Bake Entrées
19.8-22.2 Oz., Selected Varieties

Final Price When You Purchase 5 Participating Items



Prices Effective
OCTOBER 30 - NOVEMBER 5, 2024



Post Cereal
 11-16.6 Oz.,
 Selected Varieties

3/\$9
~~-\$3.00~~ OFF 3
3/\$6

Final Price When You Purchase 3 Participating Items



Prices Effective
OCTOBER 30 - NOVEMBER 5, 2024



Yoplait Yogurt Cups
 8 Ct Fridge Pack,
 Selected Varieties

2/\$10
~~-\$2.00~~ OFF 2
2/\$8

Final Price When You Purchase 2 Participating Items



Yoplait Gogurt
 8 Ct,
 Selected Varieties

2/\$6
~~-\$2.00~~ OFF 2
2/\$4

Final Price When You Purchase 2 Participating Items



Prices Effective
OCTOBER 30 - NOVEMBER 5, 2024



\$4.49

Wendy's Chili with Beans
 15 Oz.
 Selected Varieties



\$4.99

Wendy's Chili No Beans
 15 Oz.



78¢

Best Choice Beans
 15.25-15.5 Oz.
 Selected Varieties



\$2.29

Best Choice Chili No Beans
 15 Oz.
 Selected Varieties



\$1.79

Best Choice Chili With Beans
 15 Oz.
 Selected Varieties



88¢

Best Choice Tomatoes
 10-15 Oz.
 Selected Varieties



4/\$5

McCormick Chili Seasoning Mix
 1.25 Oz.
 Selected Varieties



\$2.99

Jumbo Idaho Russet Baking Potatoes
 8 Lb. Bag



\$2.99

Nabisco Premium Saltine or Soup & Oyster Crackers
 9-16 Oz.
 Selected Varieties



\$5.49

Pillsbury Cinnamon Rolls
 14 Oz.
 Selected Varieties