

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 contact any Third-Party Entity. All items may not be available. #294



MOST Wonderful
TIME OF YEAR!

PRICES GOOD DECEMBER 2024

WED	THU	FRI	SAT	SUN	MON	TUE
11	12	13	14	15	16	17



\$4⁹⁹ Lb.
Bottom Round Roast
Fresh Boneless Beef



\$1⁹⁹ Lb.
Sugardale Portion Hams



\$2⁹⁹
Halos Mandarins
3 Lb. Bag



\$2⁴⁹ Lb.
Best Choice Spiral Sliced Hams



\$1²⁹ Lb.
Cosmic Crisp Apples

\$2⁴⁹
Green Giant Gold or Red Potatoes
5 Lb. Bag

 2/\$4 Best Choice Shredded or Chunk Cheese <small>6-8 Oz. Selected Varieties</small>	 \$3⁴⁹ Red Baron Deep Dish or French Bread Pizza <small>8.8-11.6 Oz. Selected Varieties</small>	 5/\$5 Best Choice Steamable Vegetables <small>12 Oz. Selected Varieties</small>	 \$3⁹⁹ Best Choice Soda <small>12 Oz. Cans 12 Pack Selected Varieties</small>	 3/\$5 Ragù Pasta Sauce <small>16-24 Oz. Selected Varieties</small>	 3/\$9 -\$3⁰⁰ 3/\$6 <small>Must Buy 3 Post Cereal 11-14.75 Oz. Selected Varieties</small>
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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 **Spends LESS!**
MORE



Blueberries
Pint

\$2⁹⁹



Asparagus

\$3⁹⁹ Lb.



2/\$5

Sweet Pop Tomatoes
10 Oz.



\$3⁹⁹

Lemons
2 Lb. Bag



3/\$2

Hass Avocados



2/\$6

Dole Caesar Kit
10 Oz.



Floral

At Participating Stores

\$9⁹⁹

Holly Jolly Petit Bouquet



\$1⁴⁹ Lb.

Tomatoes on the Vine



\$4⁴⁹

SugarBee Apples
2 Lb. Bag



99¢

Bolthouse Farms Baby Carrots
12 Oz.



\$9⁹⁹

POM Juice
48 Oz.



\$9⁹⁹

Poinsettia
6 Inch

\$12⁹⁹

Merry Christmas Bouquet

Dairy



5/\$3

Yoplait Yogurt
4-6 Oz.

Selected Varieties



\$3⁴⁹

Velveeta Queso Cheese Dip
15 Oz.

Selected Varieties

Frozen



\$3⁴⁹

Mr. Dell's Frozen Potatoes
24-32 Oz.

Selected Varieties



\$3⁴⁹

Pagoda or Bibigo Appetizers
6-9.5 Oz.

Selected Varieties



\$1⁹⁹
Blue Bonnet Spread
19 Oz.
Selected Varieties



\$4⁴⁹
Blue Bonnet Spread
49 Oz.
Selected Varieties



\$3⁴⁹
Kraft Singles, Expertly Paired or Cluster Barrel Cheese Slices
15.5 Oz.
Selected Varieties



\$5⁹⁹
Farm Rich Appetizers
15-26 Oz.
Selected Varieties



\$7⁹⁹
Smuckers Uncrustables
10 Oz.
Selected Varieties



\$4⁴⁹
Dunkin' or Silk Liquid Coffee
Creamer 12 Oz. or International Delight Cold Foam 16 Oz.
Selected Varieties



\$2⁴⁹
Best Choice Cinnamon Rolls
12.4 Oz.
Selected Varieties



\$1⁹⁹
Best Choice Crescent Rolls
8 Oz.
Selected Varieties



\$1⁹⁹
Pictsweet Farms Frozen Vegetables
9-12 Oz.
Selected Varieties



5/\$5
Banquet or Swanson Pot Pies
7 Oz.
Selected Varieties



2/\$4
Just Crack An Egg Scramblers or Oscar Mayer Scramblers
2.5-3 Oz.
Selected Varieties



\$2⁹⁹
Best Choice Refrigerated Cookie Dough
16 Oz.
Selected Varieties



\$3⁴⁹
Philadelphia Ready To Eat Cheesecake Cups
2 Oz.
Selected Varieties



\$12⁹⁹
Best Choice Lasagna
80 Oz.



\$3⁹⁹
Best Choice Sliced Strawberries
23 Oz.



\$3⁴⁹
Simply Orange Juice
12 Oz.
Selected Varieties



\$3⁹⁹
Simply Orange Juice
12 Oz.
Selected Varieties



\$3⁹⁹
Red Diamond Tea
128 Oz.
Selected Varieties



\$2⁹⁹
Best Choice Breadsticks, Texas Toast, or Garlic Knots or Bread 5.4 Oz.
Selected Varieties



\$2⁹⁹
Blue Burry Twist Ice Cream
16 Oz.
Selected Varieties



\$5⁹⁹
Best Choice Ice Cream
4 Oz.
Selected Varieties

Seafood



\$2⁹⁹
Aquamar Seafarer Crab Items
16 Oz.
Selected Varieties



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



\$17⁹⁹
Sea Best Argentine Beef Shrimp
16-20 Ct.
Selected Varieties



\$8⁹⁹
Fisher Boy Fish Sticks
60 Oz.



\$6⁹⁹ Lb.
Swal Filets
10 Oz.



\$3²⁹ Lb.
Swal Filets
10 Oz.

Grocery

Enjoy Spend LESS!
MORE



Frito-Lay
Party Size
Tostitos, Doritos or
Snacks 9.25-18 Oz. or
Multipacks 10 ct.
Selected Varieties **\$4.99**

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

Nabisco
Newtons 10 oz.
Chips Ahoy!
Cookies 7-13 Oz. or
belVita 5-8 ct. **\$3.49**
Selected Varieties

\$2.49
Pringles
Potato Crisps
4.8-8.7 Oz.
Selected Varieties

\$3.49
Nabisco
Ritz Cracker
Sandwiches or
Teddy Grahams
10-12.8 Oz.
Selected Varieties

\$3.49
Nabisco
Premium Saffine
or Soup & Oyster
Crackers
9-16 Oz.
Selected Varieties

2/\$5
Nabisco
Sandwich Crackers
8 Ct.
Selected Varieties

\$2.99
Best Choice
Peanuts
16 Oz.
Selected Varieties

\$3.49
Act II
Microwave
Popcorn
6-12 Ct.
Selected Varieties

\$2.99
Kellogg's
Nutri-Grain Bars or
Rice Krispies Treats
6-8 Ct.
Selected Varieties

\$2.99
Best Choice
Toaster Pastries
12 Ct.
Selected Varieties

\$2.29
Hershey's
Christmas
Candy Canes
1.8-2.24 Oz.
Selected Varieties

\$2.99
Brach's
Cinnamon
Imperial
12 Oz.
Selected Varieties

\$2.99
Kraft
Mac & Cheese or
Velveeta Shells
Big Bowls
3-5.5 Oz.
Selected Varieties

\$4.49
Kraft
Easy Mac Cups or
Velveeta Cups
4 Ct.
Selected Varieties

\$1.69
Best Choice
Family Size
Macaroni & Cheese
14.5 Oz.
Selected Varieties

\$1.99
Best Choice
Tomatoes
28 Oz.
Selected Varieties

5/\$5
Red Gold
Tomatoes,
Tomato Sauce
or Puree
16-19 Oz.
Selected Varieties

\$2.29
Best Choice
Canned Fruit
14.5-15.25 Oz.
Selected Varieties

2/\$3
Best Choice
Mandarin Oranges
16 Oz.
Selected Varieties

\$1.19
Red Gold
Sloppy Joe
Sauce
18 Oz.
Selected Varieties

2/\$3
Campbell's
Soup
16.5-11.5 Oz.
Selected Varieties

\$2.49
Best Choice
Chili
No Beans
15 Oz.
Selected Varieties

\$1.99
Best Choice
Chili
With Beans
15 Oz.
Selected Varieties

\$2.99
Best Choice
Canned Chicken
10 Oz.
Selected Varieties

2/\$4
Swanson
Chicken
24-4.5 Oz.
Selected Varieties

5/\$5
Swanson
Broth
16-14.5 Oz.
Selected Varieties

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

\$1.99
Pearls
Pitted Ripe
Olives
6 Oz.
Selected Varieties

4/\$5
Best Choice
Pizza Sauce
14 Oz.
Selected Varieties

\$3.99
Heinz
Ketchup
28 Oz.
Selected Varieties

\$2.39
Ortega
Taco Sauce
8 Oz.
Selected Varieties

\$1.59
Ortega
Diced Green
Chiles
4 Oz.
Selected Varieties

\$1.39
Ortega
Black Beans
15 Oz.
Selected Varieties

\$1.99
Ortega
Taco Shells
12 Ct.
Selected Varieties

79¢
Ortega
Taco
Seasoning
1 Oz.
Selected Varieties

\$2.79
Hungry Jack
or Pillsbury
Pancake Mix
28-32 Oz.
Selected Varieties

\$3.99
Hungry Jack
Syrup
24 Oz.
Selected Varieties

\$2.99
Best Choice
Strawberry or
Apricot Preserves
18 Oz.
Selected Varieties

\$3.99
Best Choice
Cherry or
BlackBerry Preserves
18 Oz.
Selected Varieties

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

\$8.99
Pumpkin
Oil
16 Oz.
Selected Varieties

\$2.79
Capri Sun
or Country Time
Drink Pouches
90 Ct.
Selected Varieties

\$2.99
Niagara
Purified
Drinking Water
16.5 Oz. Bottles 24 Pack
Selected Varieties

\$8.99
Twinnings
Tea
50 Ct. Bags or 12 Ct. K-Cups
Selected Varieties

2/\$4
Best Choice
Hot Cocoa
Mix
8-10 Ct.
Selected Varieties

\$8.99
Maxwell House
or Pillsbury
Ground Coffee
23.5-19 Oz.
Selected Varieties

\$7.99
Dunkin'
Ground Coffee
10-19 Oz.
Cold Brew
Concentrate
20 Oz. or
Capri Sun K-Cups
15-21 Oz.
Selected Varieties

2/\$5
Rachael Ray
Nutrish Canned
Dog Food
13 Oz.
Selected Varieties

\$6.49
Kibbles 'n Bits
Dog Food
3.5 Lb.
Selected Varieties

\$16.99
Mow Mix
Cat Food
13.5-16 Lb.
Selected Varieties

\$6.99
Cottonelle
Bath Tissue
6 Mega Roll or
Flushable
Wipes
148 Ct.
Selected Varieties

\$10.99
Boost
Adult
Nutritional Drink
6 Pack
Selected Varieties

Home & Health

Enjoy Spend LESS!
MORE

\$5.99
Best Choice
Jumbo Training or
Pajama Pants
11-25 Ct.
Selected Varieties



\$5.49
Cascade
Actionpacks
11-25 Ct.
Selected Varieties



\$9.99
Tide
Liquid Laundry
Detergent
63 Oz.
Selected Varieties



\$9.99
Gain
Powdered
Laundry Detergent
70 Oz.
Selected Varieties



\$9.99
Gain
Liquid Fabric
Enhancer
100 Oz.
Selected Varieties



\$1.99
Best Choice
Baby Wipes
64-72 Ct.
Selected Varieties



\$3.49
Clorox
Disinfecting Wipes
35 Ct.
Selected Varieties



\$3.49
Formula 409
All Purpose
Cleaner
32 Oz.
Selected Varieties



\$3.99
Dial
Bar Soap
3 Ct.
Selected Varieties



\$4.99
Pantene
Hair Products
5.7-8.5 Oz.
Selected Varieties



\$7.99
DayQuil or
NyQuil
8 Oz. Liquid or
16 Ct. LiquiCaps
Selected Varieties



Fresh Cut Meat

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



\$5.49 Lb.

Bottom Round Steaks
Fresh Boneless Beef Value Pack

\$5.99 Lb.

Cubed Steaks
Fresh Boneless Beef

\$5.99 Lb.

Stew Meat
Fresh Boneless Beef

\$4.99 Lb.

85% Lean Ground Beef
Value Pack

\$13.99 Lb.

Ribeye Steaks
Fresh Boneless Beef Value Pack



\$1.69 Lb.

Pork Butt
Whole Bone-In 2 PC
Sold in C.O.V Bag

\$1.99 Lb.

Country Style Ribs for BBQ
Fresh Bone-In Pork

\$1.79 Lb.

Pork Steak
Fresh Bone-In Value Pack

\$2.49 Lb.

Chicken Tenderloins
Frozen Value Pack

\$8.99

Bob Evans Sausage Patties
40 Oz.

\$4.99
El Monterey Burritos or Chimichangas
30-32 Oz. Selected Varieties



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



\$3.99
Kentucky Legend Smokemaster's Beef Hot Dogs
16 Oz.



\$4.99
Curly's Tubs
12-16 Oz. Selected Varieties



\$2.49
Bar 5 Bologna or Cotto Salami
12-16 Oz. Selected Varieties



\$8.49
Foster Farms Bred Chicken
30-34 Oz. Selected Varieties



\$3.99
Oscar Mayer Turkey Bacon
12 Oz.



\$3.79
Oscar Mayer Cooked Bacon
2.82 Oz. Selected Varieties



\$4.99
Nathan's Beef Franks
10-12 Oz. Selected Varieties



69¢
Buddig Lunchmeats
2 Oz. Selected Varieties



\$5.99
Johnsville Fully Cooked Breakfast Sausage
20 Oz. Selected Varieties



\$4.99
Paradise Kitchens or Tiantang Chicken Items
12-24 Oz. Selected Varieties



\$4.99
Armour Summer Sausage
20 Oz.



\$2.99
Smithfield Boneless Ham Steaks
8 Oz. Selected Varieties



\$5.99
Kentucky Legend Smoked Pork Chops
16 Oz.



\$5.49 Lb.
Kentucky Legend Petite Half Ham

Deli & Bakery

At Participating Stores

\$6.99 Lb.
Kretschmar Chicken Breast
Rotisserie, Garlic or Buffalo



\$6.99
Jessie Lord 8 Inch Fruit Pies
22-24 Oz. Selected Varieties



\$9.99 Ea.
Golden Fried 8 Piece Chicken
2 Breasts, 2 Thighs, 2 Wings & 2 Legs



\$2.99
Reser's Homestyle Sides
12-14 Oz. Selected Varieties



\$9.99
Gregory's Take N Bake Cookie Dough
36-48 Ct. Selected Varieties



\$4.99
The Father's Table Filled Cake Rolls
18 Oz. Selected Varieties



\$6.99 Lb.
Kretschmar Swiss Cheese



\$5.99 Lb.
Kretschmar Pickle Loaf



\$2.99
Toufayan Bagels
6 Ct. Selected Varieties



\$5.49
Pillsbury Cinnamon Rolls
4 Ct.



\$3.99
Ermi Roth Dips and Spreads
6 Oz. Selected Varieties



\$7.49
Kindred Party Selection Tray
41 Oz.



\$2.69
Ozark Hearth White or Wheat Sandwich Bread
16-20 Oz.



\$2.49
Rotella's Brat Buns
6 Ct.



\$21.99
Bacardi Rum
1.75 Liter Selected Varieties



\$20.99
Jack Daniels Whiskey
750 ML. Selected Varieties



\$24.99
Makers Mark Whiskey
750 ML.



\$10.99
Risata Wine
750 ML. Selected Varieties



\$9.99
Cupcake Wine
750 ML. Selected Varieties



\$7.99
Menage A Trois Wine
750 ML. Selected Varieties



\$16.49
Bud Family Beer
12 Oz. Cans 18 Pack Selected Varieties



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



\$14.99
Twisted Tea
12 Oz. Cans 12 Pack Selected Varieties



Pre-Holiday SALE

Prices Effective **DECEMBER 11 - 17, 2024**



\$4.99

Land O Lakes Butter
16 Oz.
Selected Varieties



\$4.49

Rhodes Cinnamon, Dinner or Artisan Rolls
6-36 Ct.
Selected Varieties



\$2.69

Rhodes Soft White or Artisan French Dinner Rolls
6 Ct. Selected Varieties



\$3.49

Reames Egg Noodles
16 Oz.



\$5.99

Marie Callender's Pies
25-40 Oz.
Selected Varieties



\$2.49

Best Choice Whipped Topping
6.5 Oz.
Selected Varieties



\$4.99

Reddi Wip Whipped Topping
13 Oz.
Selected Varieties



\$1.99

No Yolks Noodles or Dumplings
12 Oz.
Selected Varieties



\$1.29

Best Choice Sweet Potatoes
15 Oz.



99¢

Best Choice Cream Soup
10.5-10.75 Oz.
Selected Varieties



\$1.99

Best Choice Gravy
12 Oz.
Selected Varieties



69¢

Best Choice Pork, Brown or Country Gravy Mix
.87-1.32 Oz.
Selected Varieties



4/\$5

Progresso Brad Crumbs
15 Oz.
Selected Varieties



2/\$3

Best Choice Stuffing Mix
6 Oz.
Selected Varieties



\$2.99

Best Choice French Fried Onions
6 Oz.
Selected Varieties



99¢

Libby's Canned Vegetables
14.5-15 Oz.
Selected Varieties



2/\$3

Betty Crocker Potatoes
4 Oz.
Selected Varieties



\$2.19

Best Choice Pieces & Stems Mushrooms
8 Oz.



\$4.19

Kraft Miracle Whip or Mayo
15 Oz.
Selected Varieties



\$3.99

Hidden Valley Ranch Dip or Salad Dressing or Secret Sauce
10-16 Oz.
Selected Varieties



\$1.79

Hidden Valley Ranch Dip or Salad Dressing Mix
.4-1.1 Oz.
Selected Varieties



2/\$3

Best Choice Cranberry Sauce
14 Oz.
Selected Varieties



\$3.99

Welch's Sparkling Juice
25.4 Oz.
Selected Varieties



\$2.99

Best Choice Cranberry Juice Cocktail
64 Oz.
Selected Varieties



\$3.49

Best Choice Elegant Plates or Platters
12-22 Ct.
Selected Varieties



2/\$4

Best Choice Cups
20 Ct.
Selected Varieties



2/\$3

Best Choice Crystal Cutlery
24 Ct.
Selected Varieties



\$4.99

Best Choice Party Tray
16 Oz.



\$1.99

Best Choice Slow Cooker Liners
4 Ct.



\$2.99

Best Choice Aluminum Foil
37.5 Sq Ft.

Pre-Holiday SALE

BAKE UP SOMETHING JOLLY

Prices Effective **DECEMBER 11 - 17, 2024**

BAKE UP SOMETHING



BAKE UP SOMETHING



4/\$5
Imperial
Quartered Margarine
16 Oz.
Selected Varieties



2/\$3
Best Choice
Cream Cheese
8 Oz.
Selected Varieties



\$2.99
Best Choice
Refrigerated
Pie Crust
16 Oz.



\$2.99
Best Choice
Pie Shells or
Deep Dish
16-16 Oz.
Selected Varieties



\$3.49
Diamond
Pie Crust
6 Oz.
Selected Varieties



\$1.29
Best Choice
Pumpkin
16 Oz.



\$3.49
Lucky Leaf
Pie Filling
21-22 Oz. Cherry, Peach,
Strawberry or Blueberry, Lemon, Apple, Caramel
Apple, Apricot or Strawberry Rhubarb



\$4.99
Hershey's
Holiday Candy
8.85-10.1 Oz.
Selected Varieties



\$2.29
Duncan Hines
Frosting
16-16 Oz.
Selected Varieties



99¢
Duncan Hines
Cake or
Brownie Mix
16.25-16.3 Oz.
Selected Varieties



2/\$5
Betty Crocker
Cookie, Bar, Brownie, Muffin
or Quick Bread Mix or
Old El Paso Cornbread
3.5-16.5 Oz.
Selected Varieties



\$2.99
Pillsbury
Quick Bread Mix
15.6-15.6 Oz.
Selected Varieties



\$1.69
Best Choice
Poured Cake
16 Oz.



\$1.69
Best Choice
Brownie Mix
16.5-16.5 Oz.
Selected Varieties



\$1.99
Best Choice
Cookie Mix
17.9 Oz.
Selected Varieties



\$5.49
Best Choice
Semisweet
Baking Chips
24 Oz.



\$3.99
Nestle
Toll House
Morsels
10-12 Oz.
Selected Varieties



\$2.99
Best Choice
Baking Chips
50-52 Oz.
Selected Varieties



\$2.49
Best Choice
Baking Cocoa
8 Oz.



99¢
Best Choice
Marshmallows
10 Oz.
Selected Varieties



\$1.39
Best Choice
Marshmallow Creme
7 Oz.



\$2.99
Best Choice
Almond Bark
20 Oz.
Selected Varieties



\$3.49
Best Choice
Walnuts or
Almonds
6 Oz.
Selected Varieties



\$4.49
Best Choice
Pecans
4 Oz.
Selected Varieties



\$2.69
Best Choice
Flaked Coconut
12 Oz.



\$3.79
Brach's
Peppermint Cane
10 Oz.



\$4.99
Best Choice
Oats
42 Oz.
Selected Varieties



\$4.49
Sun-Maid
Raisins
20 Oz.



\$3.99
Best Choice
Peanut Butter
28 Oz.
Selected Varieties



\$3.49
Baker's Joy
No-Stick
Baking Spray
8 Oz.



79¢
Best Choice
Gelatin or Pudding Mix
3-3.9 Oz.
Selected Varieties



2/\$5
Best Choice
Flour
5 Lb.
Selected Varieties



\$2.49
Best Choice
Brown or
Powdered Sugar
2 Lb.
Selected Varieties



\$2.99
Best Choice
Granulated Sugar
4 Lb.
Selected Varieties



\$3.49
Sugar In The Raw
2 Lb.



99¢
Best Choice
Baking Soda
16 Oz.



\$3.69
Best Choice
All Purpose
Baking Mix
40 Oz.



\$2.29
Best Choice
Baking Powder
8.7 Oz.



\$4.49
McCormick
Food Coloring
1.5 Oz.
Selected Varieties



5/\$5
Best Choice
Spices or Seasonings
28-53.2 Oz.
Selected Varieties



\$5.49
Best Choice
Pure Vanilla Extract
2 Oz.



\$4.49
Best Choice
Yeast
4 Oz.
Jar Selected Varieties



\$1.99
Best Choice
Sweetened
Condensed Milk
14 Oz.



4/\$5
Best Choice
Evaporated Milk
12 Oz.



\$3.99
Wesson
Cooking Oil
40 Oz.
Selected Varieties



\$2.99
Best Choice
Pan Spray
6-6 Oz.
Selected Varieties



\$2.99
Best Choice
Parchment Paper
48 Sq. Ft.