

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, JANUARY 8 THROUGH TUESDAY, JANUARY 14, 2025

# Eat well, live well



Dole Chopped! Salad Kit  
9.1-12.25 Oz., Selected Varieties

2/\$6



Navel Oranges 4 Lb. Or Texas Red Grapefruit 3 Lb.

\$3.49



California Cara Cara or Raspberry Oranges 3 Lb. or Lemons 2 Lb.

\$3.99

Sumo Mandarins \$2.99 Ea.



Highline Whole or Sliced White Mushrooms 8 Oz.

2/\$4



Taylor Farms Vegetables 10-12 Oz. Selected Varieties

\$2.99



Apples 3 Lb. Selected Varieties

\$3.99

Honeycrisp Apples \$5.99



Avocados

79¢ Ea.



Best Choice Red or Gold Potatoes 5 Lb.

\$3.49



The Little Potato Company Potatoes 10 Oz. Selected Varieties

\$3.99



Crisp Green Cabbage

79¢ Lb.



new crop! Imported Peaches or Nectarines

\$3.99 Lb.



Best Choice Boneless Skinless Chicken Breasts 2.5 Lb., IOF

\$4.99



Fresh Boneless Beef Top Round Steaks \$5.49 Lb.

Fresh Boneless Beef Top Round Roast \$4.99 Lb.



Smithfield Marinated Boneless Pork Tenderloin, Loin Filet or Roast 18.4-23 Oz., Selected Varieties

\$6.99



Fresh Boneless Pork Sirloin Roast Product of the USA

\$2.19 Lb.



Fresh 95% Lean Ground Round Value Pack, Product of the USA

\$5.49 Lb.



Best Choice Bacon 16 Oz., Selected Varieties

\$3.99



Oscar Mayer Deli Fresh, Natural or Carving Board Lunchmeat 7.3 Oz. or Chicken Strips 6 Oz., Selected Varieties

\$3.99



Armour Meatballs 11-14 Oz., Selected Varieties

\$3.49



Tyson Breaded Chicken 20.5-29 Oz., Selected Varieties

\$6.99



Best Choice Raw Tail-Off Shrimp 41-50 Ct., 12 Oz.

\$4.49

It is so easy to see our weekly ad. Go to our website and sign up for it to be delivered to your email every Wednesday morning.



I Can't Believe It's Not Butter 8.75 Oz. or Brummel & Brown Spread 16 Oz., Selected Varieties

\$3.69



Bounty Paper Towels 6 Double Rolls or 4 Triple Rolls, Selected Varieties

\$12.99



Boneless Country Style Ribs

\$2.99 Lb.



Florida's Natural Orange Juice 52 Oz., Selected Varieties

\$3.99

## DELI & BAKERY



Kretschmar Turkey Breast Selected Varieties

\$8.99 Lb.



Rotella's Italian Bakery Steakhouse Twist Bread 16.8 Oz.

\$2.29

Items shown may not be available at all stores. Some brands shown will be substituted with regionally available brands.



**Betty Crocker Potatoes**  
4 Oz., Selected Varieties  
**2/\$3**

**Old El Paso Enchilada Sauce** 10 Oz. or **Refried Beans** 16 Oz., Selected Varieties  
**\$1.99**



**Best Choice Pasta Sauce**  
24 Oz., Selected Varieties  
**\$1.89**

**Old El Paso Flour Tortillas**  
6-20 Oz., **Taco Shells** 10-12 Oz., Selected Varieties  
**\$2.49**

**Old El Paso Taco Seasoning Mix**  
8.5-10 Oz., Selected Varieties  
**89¢**

**Best Choice Tomato or Vegetable Juice**  
54 Oz.  
**\$3.49**

**Cheetos**  
6.5-10 Oz. or **Fritos** 9.5-12.8 Oz., Selected Varieties  
**\$3.99**

**Ruffles**  
5.5-8.5 Oz. or **Tostitos** 9-13 Oz., Selected Varieties  
**\$4.49**

**Snack Pack Pudding or Juicy Gels**  
4 C., Selected Varieties  
**4/\$5**

**Mio, Crystal Light, Kool-Aid or Tang Liquid Drink Enhancer**  
1.62 Oz., Selected Varieties  
**\$2.99**

**Swiss Miss Hot Cocoa Mix**  
6 C., Selected Varieties  
**\$2.49**

**Nabisco Oreo, Cakesters or Fudge Covered Nutter Butter Cookies**  
7.9-14.03 Oz., Selected Varieties  
**\$3.99**

**Bugles, Gardetto's or Chex Mix Snacks**  
6-8.75 Oz., Selected Varieties  
**\$2.99**

**Nabisco Ritz Crackers**  
6-8-13.7 Oz., Selected Varieties  
**2/\$7**

**Kellogg's Club, Town House or Graham Crackers** 9-15 Oz. or **Club Crisps** 7.1 Oz., Selected Varieties  
**\$3.49**



**Hefty Storage or Freezer Slider Bags**  
10-21 C., Selected Varieties  
**\$2.99**

**Hefty Trash Bags**  
20-45 C., Selected Varieties  
**\$8.79**

**Fiora Bath Tissue** 12 Rolls or **Paper Towels** 6 Rolls, Selected Varieties  
**\$4.99**

**Friskies Cat Food**  
16 Lb., Selected Varieties  
**\$15.99**

**Purina Complete Dog Chow Dog Food**  
16.5 Lb., Selected Varieties  
**\$16.99**

# RETURN TO SCHOOL!

Start off with a great breakfast!

**Wow Deal!**  
**Kellogg's Eggo Waffles**  
10 C., Selected Varieties  
**\$1.89**

**General Mills Cereal**  
9-10.8 Oz., Selected Varieties  
**2/\$6**

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

**beVita Breakfast Biscuits**  
8.8 Oz., Selected Varieties  
**\$3.49**

**Best Choice Peanut Butter**  
16 Oz., Selected Varieties  
**2/\$4**

**Mrs. Butterworth's Syrup**  
24 Oz., Selected Varieties  
**\$3.79**

**Quaker Oats**  
18 Oz., Selected Varieties  
**\$3.49**

**Best Choice Apple Juice**  
64 Oz.  
**\$1.99**



## DAIRY DEALS

**Silk Almond Milk**  
59-64 Oz., Selected Varieties  
**\$2.99**

**Sunny D**  
64 Oz., Selected Varieties  
**2/\$4**

**Kraft Singles**  
10.7-12 Oz., Selected Varieties  
**\$3.99**

**Dannon Oikos, Light Greek or Two Good Yogurt**  
4.5, 6.3 Oz., Selected Varieties  
**4/\$5**

**Pillsbury Crescent Rolls** 8 Oz., **Sweet Rolls** 12.4-13.9 Oz. or **Grand's! Biscuits** 16.3 Oz., Selected Varieties  
**\$2.99**

**Kemps Cottage Cheese**  
23 Oz., Selected Varieties  
**\$3.49**

## FROZEN DEALS

**Best Choice Frozen Vegetables**  
16 Oz., Selected Varieties  
**4/\$5**

**Smart Ones Entrée**  
6.49-10.25 Oz., Selected Varieties  
**\$1.99**

**Tony's Pizzeria Style Crust Pizza**  
18.56-20.6 Oz., Selected Varieties  
**\$2.99**

**Ore-Ida Potatoes**  
18-32 Oz., Selected Varieties  
**\$4.49**

**Bagel Bites**  
7 Oz., Selected Varieties  
**2/\$5**

**DiGiorno Pizza**  
19-28.3 Oz., Selected Varieties  
**\$4.99**