

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 in correct any pricing errors. All items may not be available.

#294



PRICES GOOD JANUARY 2025						
WED	THU	FRI	SAT	SUN	MON	TUE
8	9	10	11	12	13	14



\$2⁴⁹
Lb.

Chicken Breast
Frozen Boneless Skinless



\$4⁹⁹
Lb.

Top Round Roast
Fresh Boneless Beef

\$1⁹⁹
Lb.

Pork Chop
Fresh Boneless Value Pack



\$3⁹⁹

Sunkist Mandarins
3 Lb. Bag



Best Choice.

\$2⁹⁹

Best Choice Brats
16 Oz. Selected Varieties



\$3⁹⁹
Lb.

Imported Cherries
Extra Large

\$1⁹⁹

Dole Caesar Salad
10 Oz.



3/\$4

Yoplait
Oui, Ratio or Haagen Dazs Yogurt
4-5.3 Oz. Selected Varieties



4/\$5

Starkist Chicken Pouch
2.6 Oz. Selected Varieties



\$2⁹⁹

Silk Almond Milk
64 Oz. Selected Varieties



\$1⁴⁹

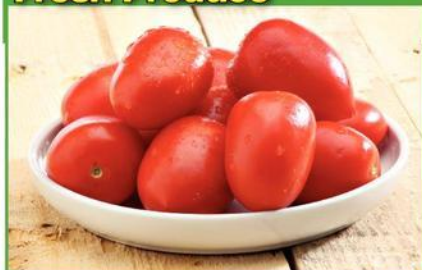
Best Choice Frozen Vegetables
16 Oz. Selected Varieties

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



Extra Large Roma Tomatoes

99¢ Lb.



Sugar Bee Apples
2 Lb. Bag

\$3.99



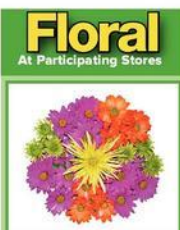
\$1.99
Sun Coast Field Grape Tomatoes
10 Oz.



\$2.99
Green Giant Gold Potatoes
5 Lb. Bag



3/\$1
Seedless Limes



Floral

At Participating Stores

\$9.99
Bright Day Bouquet



\$3.99
Dole Chopped! Salad Kits
9.12.25 Oz.
Selected Varieties



2/\$4
Sliced or Whole Mushrooms
8 Oz.



\$6.99
Herdez Guacamole
15 Oz. Selected Varieties



\$3.99
Yo Quiero Mini Egg and Everything Avocado
4-2 Oz.



\$11.99
Frosted Sugar Poms Bouquet
\$13.99
Floral Mums
6.5 Inch

Dairy



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



\$2.59
Hiland or Prairie Farms Dips
16 Oz. Selected Varieties

Frozen

Enjoy Spend LESS! MORE



\$4.99
DiGiorno Pizza
14-29.3 Oz.
Selected Varieties



\$4.99
Best Choice Superior Selection Scrouds Ice Cream
48 Oz. Selected Varieties

\$3.99
I Can't Believe It's Not Butter! or Brummel and Brown Spread
8-16 Oz.
Selected Varieties



\$1.69
Tropicana Orange Juice
11 Oz.
Selected Varieties



\$4.99
Bob Evans Egg Whites
32 Oz.
Selected Varieties



\$3.99
Chobani Oat Milk
52 Oz.
Selected Varieties



\$3.99
Chobani Liquid Coffee Creamer
24 Oz.
Selected Varieties



\$3.99
Califia Farms Almond or Oat Milk
48 Oz.
Selected Varieties



\$4.79
Califia Farms Almond or Oat Milk Creamer
25.4 Oz.
Selected Varieties



\$2.99
Califia Farms Better Half
16 Oz.



\$4.49
Califia Farms Heavy Whipping Cream
16.9 Oz.



\$3.99
Chobani Yogurt
4 Oz.
Selected Varieties



4/\$5
Dannon Oikos, Light Greek or Two Good Yogurt
4.8-5.3 Oz.
Selected Varieties



3/\$10
Tony's Pizza
18.56-20.6 Oz.
Selected Varieties



\$5.49
Best Choice Shredded Hash Browns
64 Oz.



\$2.99
Banquet Mega Bowls
13-14 Oz.
Selected Varieties



2/\$5
Bagel Bites
Selected Varieties



\$3.99
Breyers Ice Cream
48 Oz.
Selected Varieties



\$3.99
Klondike, Magnum or Yasso Ice Cream Novelties
3-4 Ct. or Ben & Jerry's Ice Cream
8-16 Oz.
Selected Varieties



Seafood

\$8.99
Best Choice Salmon Fillets
32 Oz.



\$4.99
Maji Sushi Items
6 Oz.
Selected Varieties



\$4.99
Fisher Boy Breaded Fish Sticks or Fillets
16-22 Oz.
Selected Varieties



Grocery



Frito-Lay
Fritos or
Cheetos
6.5-10 Oz.
Selected Varieties

\$3.99



General Mills
Chex Mix, Bugles
or Gardetto's
7-8.6 Oz.
Selected Varieties

2/\$6
-\$2.00
2/\$4
Must Buy 2



Nabisco
Oreo or
Nutter Butter
Cookies
7.9-20 Oz. Selected Varieties

\$3.99

\$2.99
Kellogg's
Zesta or
Sunshine Krispy
Seltine Crackers
16 Oz.
Selected Varieties



\$4.49
Frito-Lay
Tostitos or
Ruffles
5.5-13 Oz.
Selected Varieties



\$3.49
Nabisco
Ritz Crackers
8.6-13.7 Oz.
Selected Varieties



\$3.49
Club or
Townhouse Crackers
or Keebler Grahams
12-16 Oz.
Selected Varieties



\$2.99
General Mills
Cereal
9-10.5 Oz.
Selected Varieties



\$3.49
Nabisco
Newtons
10 Oz.
Selected Varieties



\$5.99
Pringles
Snack Stacks
12 Oz.
Selected Varieties



\$1.99
Best Choice
Chunky Soup
18.6-19 Oz.
Selected Varieties



\$1.79
Best Choice
Broth or Stock
32 Oz.
Selected Varieties



3/\$10
Hormel
Canned Chicken
10 Oz.
Selected Varieties



\$2.69
Zatarain's
Family Size
Jambalaya Mix
12 Oz.



4/\$5
Zatarain's
Shrimp & Crab
Boil
3 Oz.
Selected Varieties



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



99¢
American Beauty
Pasta
24 Oz.
Selected Varieties



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



\$1.19
Red Gold
Sloppy Joe
Sauce
19 Oz.



5/\$5
Bush's Best
Chili Beans
15.5-16 Oz.
Selected Varieties



5/\$5
Red Gold
Tomatoes, Tomato
Sauce or Purée
10-15 Oz.
Selected Varieties



\$1.79
Texas Pete
Hot Sauce
6 Oz.
Selected Varieties



\$1.99
Old El Paso
Green Chiles,
Refried Beans or
Enchilada Sauce
4-16 Oz. Selected Varieties



89¢
Old El Paso
Taco Seasoning
Mix
1 Oz.
Selected Varieties



\$3.49
Old El Paso
Shells, Bowl or
Pockets 8-9 Oz.,
Kits 8.8-12.4 Oz.,
Queser or Sauces 9 Oz.,
or Enchilada Sauce 19 Oz.
Selected Varieties



\$2.49
Old El Paso
Mexican Rice or
Beans 8.8 Oz., or
Taco, Tortilla or
Tostada Shells 8-12 Oz.
Selected Varieties



\$2.99
MIO, Crystal Light,
Kool-Aid or
Yang Drink Enhancer
142 Oz.
Selected Varieties



\$2.49
Swiss Miss
Hot Cocoa Mix
8 Oz.
Selected Varieties



\$3.19
Mott's
Juice
8 Ct.
Selected Varieties



\$2.49
Hawaiian
Punch
6-8 Ct.
Selected Varieties



\$3.49
Best Choice
Tomato or
Vegetable Juice
64 Oz.
Selected Varieties



\$2.49
Best Choice
Apple Juice
64 Oz.
Selected Varieties



2/\$3
Pure Life
Water
16.9 Oz. Bottles 6 Pack



2/\$5
Splash
Refreshers
16.9 Oz. Bottles 6 Pack
Selected Varieties



\$16.99
Purina
Dog Chow
Complete Dog Food
18.5 Lb.
Selected Varieties



\$15.99
Friskies
Cat Food
16 Lb.
Selected Varieties



\$4.99
Flora
Bath Tissue
12 Roll or
Paper Towels
8 Roll
Selected Varieties



\$1.79
Best Choice
Aluminum Foil
25 Sq. Ft.
Selected Varieties



\$9.99
Premier Protein
Shake
4 Ct.
Selected Varieties



Gerber Savings for You and Baby!

\$3.49
Gerber
Yogurt Melts
1 Oz.
Selected Varieties



2/\$5
Gerber
Cereal 8 Oz. or
Snacks 1.4-4.4 Oz.
Selected Varieties



2/\$4
Gerber
Toddler Meals
4-5.4 Oz.
Selected Varieties



2/\$5
Gerber
Toddler Meals
6.4-8.07 Oz.
Selected Varieties



\$4.99
Gerber
Cereal or
Snacks
3.3-16 Oz.
Selected Varieties



Home & Health

Enjoy Spend LESS!
MORE

\$9.99
One A Day
Vitamins
50-180 Ct.
Selected Varieties



\$2.29
Best Choice
Isopropyl Alcohol
16 Oz.
Selected Varieties



\$2.49
Best Choice
Day or
Night LiquiGels
12 Ct.
Selected Varieties



\$4.99
Night Time
Cold & Flu Relief
32 Tablets



\$1.29
Best Choice
Hydrogen Peroxide
32 Oz.



\$2.99
Hefty
Slider or
Freezer Bags
10-30 Ct.
Selected Varieties



\$8.79
Hefty
Trash Bags
18-45 Ct.
Selected Varieties



\$3.59
Formula 409 or
Clorox All Purpose
Cleaner
32 Oz.
Selected Varieties



\$4.79
Clorox
All Purpose Cleaner,
Bathroom Foam or
Tilex Mold & Mildew Spray
30-32 Oz.
Selected Varieties



\$4.79
Clorox
All Purpose Cleaner,
Bathroom Foam or
Tilex Mold & Mildew Spray
30-32 Oz.
Selected Varieties



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Local values.

\$5.99
Bounce or
Downy Fabric
Enhancer Sheets
60-120 Ct. Selected Varieties



\$11.99
Bounty
Paper Towels
6 Double Roll or 4 Triple Roll
Selected Varieties



\$5.99
Downy
Liquid Fabric
Enhancer
26-44 Oz.
Selected Varieties



\$5.99
Gain
Fabric Enhancer
Sheets 60 Ct.
Selected Varieties



\$5.99
Gain
Liquid Laundry
Detergent 44-68 Oz. or
Fling! 16 Ct.
Selected Varieties



\$5.49
Mr. Clean
Liquid or
Clean Freak 16 Oz.,
Magic Eraser or
Magic Eraser Sheets 3-16 Ct.
Selected Varieties



\$18.99
Luvs
Platinum Diapers
72 Ct.



\$6.99
Pampers
Wipes
112-216 Ct.
Selected Varieties



Fresh Cut Meat

Enjoy Spend LESS!
MORE



\$5.49 Lb.
Top Round Steak
Fresh Boneless Beef
Value Pack



\$5.99 Lb.
Cube Steaks or Stew Meat
Fresh Boneless Beef



\$6.99 Lb.
Top Sirloin Steak
Fresh Boneless Beef
Value Pack



\$3.99 Lb.
80% Lean Ground Beef
1 Lb. Roll



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



\$2.49 Lb.
Thin Cut Breakfast Chops
Fresh Boneless Pork



\$1.29 Lb.
Chicken Whole Fryers
Frozen



\$2.99 Lb.
Chicken Wings
Frozen Bone-In



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



\$9.99
Best Choice Frozen Beef Patties
32 Oz. Selected Varieties



\$2.49
Land O' Frost Deli Shaved Lunchmeats
7.5-9 Oz. Selected Varieties



\$3.99
Purnell's Old Folks Sausage Rolls
18 Oz. Selected Varieties
Gravy Bag 8 Oz. \$1.99



\$3.99
Best Choice Bacon
16 Oz. Selected Varieties



\$2.99
Earl Campbell's Hot Links
14 Oz. Selected Varieties



\$2.19
Bar S Bologna or Cotto Salami
12-16 Oz. Selected Varieties



\$3.99
Johnsonville Smoked Sausage Links or Ropes
13-14 Oz. Selected Varieties



\$6.49
Bar S Smoked Sausage
2.5 Lb. Selected Varieties



\$3.99
Oscar Mayer Deli Fresh Shaved Meats
6-9 Oz. Selected Varieties



\$2.99
Williams Ole South Sausage Roll
16 Oz. Selected Varieties



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



\$5.49
El Monterey Burritos or Chimichangas
30-6.33 Oz. Selected Varieties



\$3.49
Eckrich Smoked Sausage
8.3-14 Oz. Selected Varieties



\$8.99
Farmland Stack Pack Bacon
22-24 Oz. Selected Varieties



\$4.99
Paradise Kitchens or Tiantang Chicken Items
22-24 Oz. Selected Varieties



\$3.99
Wampler's Taco Meat
16 Oz. Selected Varieties



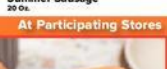
\$5.99
Cooked Perfect Meatballs
18-20 Oz. Selected Varieties



4/\$5
CaciQue Chorizo
9 Oz. Selected Varieties



\$3.49
Smithfield Boneless Ham Steaks
8 Oz. Selected Varieties



\$4.99
Armour Summer Sausage
20 Oz.

Deli & Bakery



\$6.99 Lb.
Kretschmar Ham Off The Bone



\$8.99
Treat Shop Glazed Donuts
12 Ct.



\$4.99 Lb.
Boneless Wings
Selected Varieties



\$2.99
Stonemill Kitchens Premium Salads
Selected Varieties



2/\$5
Clyde's Cake Donut Holes
12 Oz. Selected Varieties



\$2.49
Ozark Hearth Texas Toast
20 Oz.



\$6.99 Lb.
Kretschmar American Cheese
White or Yellow



\$8.49 Lb.
Kretschmar Turkey Breast
Mesquite or Oven Roasted



\$3.99
Cyrus O' Cream Pies
7 Oz. Selected Varieties



\$3.99
Europastry Garlic Knot Rolls
6 Ct.



\$2.49
Jimmy Dean Breakfast Sandwiches
4.9 Oz. Selected Varieties



\$4.49
Panera Bread Soup
10-16 Oz. Selected Varieties



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



\$2.99
Mini Cookies
8 Oz. Selected Varieties

\$19.99
Seagram's Gin
1.75 Liter



\$20.99
Mi Campo Tequila
750 ML



\$19.99
Wild Turkey American Honey Bourbon
750 ML



\$7.99
Bogle Wine
750 ML
Selected Varieties



\$4.99
Yellow Tail Wine
750 ML
Selected Varieties



\$10.99
Z Alexander Brown Wine
750 ML
Selected Varieties



\$17.99
Michelob Ultra Beer
12 Oz. Cans 18 Pack



\$15.99
Boulevard Beer
12 Oz. Bottles or Cans 12 Pack



\$15.99
Coors Light or Miller Lite Beer
12 Oz. Cans 18 Pack





Prices Effective **JANUARY 8 - 14, 2025**



4/\$5

Snack Pack
Juicy Gels or
Pudding Cups
4 Ct.
Selected Varieties



\$2.29

Best Choice
Apple or Grape
Jelly
18 Oz.
Selected Varieties



\$1.99

Best Choice
Peanut Butter
16 Oz.
Selected Varieties



\$5.99

Kellogg's
Cheez-It or Grahams
Caddy Packs
12 Ct.
Selected Varieties



\$2.79

Mott's
Applesauce
6 Ct.
Selected Varieties



4/\$5

Best Choice
Fast Mac or
Deluxe
Shells & Cheese Cups
2.05-2.39 Oz.
Selected Varieties



\$3.49

Quaker
Oats
18 Oz.
Selected Varieties



\$2.99

Quaker
Instant Oatmeal
6-10 Ct.
Selected Varieties



\$3.79

Mrs. Butterworth's
Syrup
24 Oz.
Selected Varieties



\$2.99

Eggo
Waffles
10 Ct.
Selected Varieties



\$3.99

Florida's Natural
Orange or
Grapefruit Juice
52 Oz.
Selected Varieties



\$3.49

Nabisco
belVita
5-8 Ct.
Selected Varieties



\$2.49

Kellogg's
Pop-Tarts
12 Ct.
Selected Varieties



\$5.79

Kellogg's
Nutri Grain Bars
16 Ct.
Selected Varieties



\$4.99

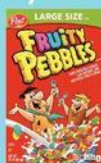
Kellogg's
Rice Krispies
Treats
16 Ct.
Selected Varieties



\$2.99

Clorox
Disinfecting Wipes
35 Ct.
Selected Varieties

BUY 2, SAVE \$2



2/\$9

-\$2.00

2/\$7

Post
Cereal
18-25 Oz.
Selected Varieties

Must Buy 2



2/\$6

-\$1.00

2/\$5

Kellogg's
Cereal
8.8-12.6 Oz.
Selected Varieties

Must Buy 2

BUY 2, SAVE \$1



2/\$6

-\$1.00

2/\$5

Pillsbury
Grands! Biscuits,
Crescents or
Cinnamon Rolls
8-16.3 Oz.
Selected Varieties

Must Buy 2



Prices Effective **JANUARY 8 - 14, 2025**

BUY 5 SAVE \$5 • MIX OR MATCH
WHEN YOU PURCHASE 5 PARTICIPATING ITEMS

MIX OR MATCH

BUY 5 SAVE \$5 • MIX OR MATCH
WHEN YOU PURCHASE 5 PARTICIPATING ITEMS



MIX OR MATCH
Kraft Natural Shredded, Crumbles or Chunk Cheese
5.4 Oz.
Selected Varieties

\$3.29
- \$1.00
\$2.29



MIX OR MATCH
Smart Ones Entrées
6.49-10.25 Oz.
Selected Varieties

\$1.99
- \$1.00
99¢



MIX OR MATCH
Kraft Singles
16.7-12 Oz.
Selected Varieties

\$3.99
- \$1.00
\$2.99



MIX OR MATCH
Kraft Cube or Cracker Cuts Cheese
6.4-7 Oz.
Selected Varieties

\$3.69
- \$1.00
\$2.69



MIX OR MATCH
Kraft Velveeta Loaf
32 Oz.
Selected Varieties

\$7.99
- \$1.00
\$6.99



MIX OR MATCH
Oscar Mayer Bologna or Cotto Salami
16 Oz.
Selected Varieties

\$3.79
- \$1.00
\$2.79



MIX OR MATCH
Oscar Mayer Fun Pack Lunchables
8.9-10.7 Oz. Selected Varieties

\$2.99
- \$1.00
\$1.99



MIX OR MATCH
Oscar Mayer Wieners or Smoked Sausage
14-18 Oz.
Selected Varieties

\$3.29
- \$1.00
\$2.29



MIX OR MATCH
Philadelphia Cheesecake Crumbles
2 Ct.
Selected Varieties

\$4.49
- \$1.00
\$3.49



MIX OR MATCH
Jell-O Gelatin or Pudding, Temptations or Hershey's Pudding Cups
4 Oz.
Selected Varieties

\$2.99
- \$1.00
\$1.99



MIX OR MATCH
Kraft Philadelphia Cream Cheese
8 Oz.
Selected Varieties

\$3.49
- \$1.00
\$2.49



MIX OR MATCH
Ore-Ida Frozen Potatoes
23-32 Oz.
Selected Varieties

\$4.49
- \$1.00
\$3.49



MIX OR MATCH
Kraft Mayo
16 Oz.
Selected Varieties

\$4.99
- \$1.00
\$3.99



MIX OR MATCH
Kraft Miracle Whip
16 Oz.
Selected Varieties

\$5.49
- \$1.00
\$4.49



MIX OR MATCH
Kraft Salad Dressing
1.9-10.2 Oz.
Selected Varieties

\$2.99
- \$1.00
\$1.99



MIX OR MATCH
Classico Pasta Sauce
15-24 Oz.
Selected Varieties

\$2.99
- \$1.00
\$1.99



MIX OR MATCH
Oscar Mayer Lunchables Grilled Cheeses
5.71-6.2 Oz.
Selected Varieties

\$4.49
- \$1.00
\$3.49



MIX OR MATCH
Kraft Deluxe Macaroni & Cheese or Velveeta Shells & Cheese Dinner
9.4-14.4 Oz. Selected Varieties

\$3.99
- \$1.00
\$2.99



MIX OR MATCH
Kraft Original Mac & Cheese Dinner
5 Pack, Selected Varieties

\$5.49
- \$1.00
\$4.49



MIX OR MATCH
Gevalia Ground Coffee
12 Oz. or Gevalia or Maxwell House K-Cups
6-12 Ct.
Selected Varieties

\$7.49
- \$1.00
\$6.49



MIX OR MATCH
Home Bake Entrées
19.9-22.2 Oz.
Selected Varieties

\$9.99
- \$1.00
\$8.99



MIX OR MATCH
Home Bake Sides
13-22.2 Oz.
Selected Varieties

\$5.99
- \$1.00
\$4.99



MIX OR MATCH
Devour Entrées
9-12 Oz.
Selected Varieties

\$3.89
- \$1.00
\$2.89



MIX OR MATCH
IHOP Ground Coffee
13.5-20.49 K-Cups
10 Ct. Selected Varieties

\$6.49
- \$1.00
\$5.49



MIX OR MATCH
Maxwell House or Yuban Ground Coffee
2.5-12.79 Oz. Selected Varieties

\$9.99
- \$1.00
\$8.99