

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 AEMX**

We reserve the right to limit & substitute similar items and to correct any pricing errors. All items may not be available. #294



PRICES GOOD MARCH 2025

WED	THU	FRI	SAT	SUN	MON	TUE
12	13	14	15	16	17	18



\$4⁹⁹ Lb.
Murphy's
Corned Beef
Points



\$1⁹⁹ Lb.
Pork
Steaks
Fresh Bone-In
Value Pack



\$3⁴⁹
Fresh
Strawberries
2 Lb



99¢ Lb.
Chicken
Drumsticks
Frozen



\$2⁹⁹
Sunkist
Navel Oranges
3 Lb. Bag



4/\$5
Hunt's
Manwich or
Sloppy Joe Sauce
15-16 Oz.
Selected Varieties



\$2⁴⁹
Prego
Pasta Sauce
23-24 Oz.
Selected Varieties



\$5⁹⁹
Blue Ribbon
Classics
Ice Cream
12.8 Oz.
Selected Varieties



3/\$4
Yoplait
Oui or
Ratio Yogurt 5.3 oz. or
Haagen-Dazs Drink 4 oz.
Selected Varieties



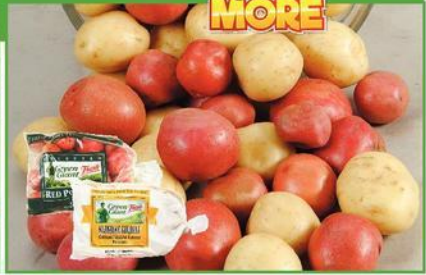
\$1⁹⁹
Just Crack An Egg
Scrambles or
Oscar Mayer Scramblers
2.25-3 Oz.
Selected Varieties

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



Green Cabbage

59¢ Lb.

Green Giant Gold or Red Potatoes
5 Lb. Bag

\$2.99



\$1.49 Lb.
On the Vine Tomatoes

2/\$3
Colored Peppers

\$1.99 Lb.
Green or Red Grapes

\$1.29 Lb.
Gala Apples

Floral



\$4.99
Daffodil Bouquet
10 Stem



2/\$1
Sunkist Lemons

2/\$4
Del Monte Fruit Cups
6.5-7 Oz.

2/\$5
Dole Caesar
10 Oz.

\$3.99
Corn
4 Ct.

\$8.99
St. Patrick's Day Glitter Mum
4 Inch

\$12.99
Lucky Vibes Bouquet

Dairy & Frozen

Enjoy Spend LESS! MORE



5/\$5
Chobani or Chobani Zero Yogurt
5.3 Oz. Selected Varieties

\$3.49
Kraft String Ums, Expertly Paired or Cracker Barrel Cheese Sticks
7.5-12 Oz. Selected Varieties

\$3.49
Banquet Family Size Entrees
24-28 Oz. Selected Varieties

\$2.99
Birds Eye Vegetables, Sides or Dips
10-17 Oz. Selected Varieties

\$3.49
Dannon Light + Fit Yogurt 4 Ct. or Danimals Squeeze Yogurt 14 Ct. Selected Varieties

\$4.99
Bob Evans Egg Whites
32 Oz.

\$3.99
Kraft Parmesan Cheese
5 Oz. Selected Varieties

\$3.49
Hungry-Man Dinners
14.5-16 Oz. Selected Varieties

\$3.49
Smucker's Uncrustables
4 Ct. Selected Varieties

\$1.99
Best Choice Cream Cheese
8 Oz. Selected Varieties

\$3.99
Best Choice Butter
16 Oz. Selected Varieties

\$3.49
Nestle Coffee-mate Liquid Coffee Creamer 32 Oz. or Cold Foam 14 Oz. Selected Varieties

\$3.49
Kellogg's Eggo Thick & Fluffy Waffles
6-10 Ct. Selected Varieties

\$3.49
Farm Fresh Toast Sticks
12 Ct. Selected Varieties

\$3.69
Dole Juice Blends
59 Oz. Selected Varieties

\$2.49
Tropicana Refreshers or Lemonades
48 Oz. Selected Varieties

\$3.99
Florida's Juice
52 Oz. Selected Varieties

\$3.49
Bibigo Spring Rolls
9.8 Oz.

\$6.99
Best Choice Fruit Cobbler
32 Oz. Selected Varieties

\$4.49
Maha Red Robin, Checkers, Arby's, Sante or Nathan's Potatoes or Onion Rings
Selected Varieties

\$2.49
Simply Potatoes
20 Oz. Selected Varieties

\$2.99
Best Choice Pie Crust
19 Oz.

\$2.99
Best Choice Cookie Dough
9.5 Oz. Selected Varieties

\$3.99
Red Diamond Tea
128 Oz. Selected Varieties

\$3.49
Turkey Hill Ice Cream
1.44 Oz. Selected Varieties

\$13.99
Best Choice Ice Cream Novelties
32 Ct.

\$2.99
Blue Ribbon Classics Ice Cream
48 Oz. Selected Varieties

FREEZE AWAY GIVEAWAY
MARCH 5 - 25, 2025

9 GRAND PRIZE WINNERS
Each winner will receive a

Each winner will receive a **\$500 VISA GIFT CARD** towards the purchase of a new freezer

Get on Prize Total of 14,300

Register for your chance to Win!
Scan QR Code
www.frozenfoodgiveaway.com

Seafood

\$6.99
Best Choice Raw Shrimp
16 Oz. 21-30 Ct.

\$7.99
AquaStar Cooked Shrimp
16 Oz. 51-60 Ct.

\$3.49
Pullock Fillets
10P

\$4.49
Cod LoIn Fillets
10P

\$6.99
Catfish Fillets
10P

\$4.99
AquaStar Crab Items
16 Oz. Selected Varieties

\$2.99
Seafarer Breaded Fish
16-22 Oz.

\$4.49
Fishery Bay Breaded Fish
16-22 Oz. Selected Varieties

KCG3

KCG3_BASE_PG2_031225

Grocery

Enjoy Spend LESS!
MORE



Frito-Lay Party Size Lay's and Others
8.125-16.75 Oz.
Selected Varieties

\$4.99

Keebler Sandwich Crackers
8 Ct.
Selected Varieties

\$2.99

Nabisco Newtons
10 Oz. or
belVita
5-8 Ct.
Selected Varieties

\$3.49

2/\$4



Frito-Lay Value Line
3.25-9.11 Oz.
Selected Varieties

\$3.99

Annie's Graham Crackers or Grahams
7.25 Oz.
Selected Varieties



\$2.99

Kellogg's Cereal
8.8-12 Oz.
Selected Varieties



\$2.99

Kellogg's Nutri-Grain Bars or Rice Krispies Treats
4.8 Ct.
Selected Varieties



\$3.99



Quaker Instant Grits
8.8 Oz.

\$2.79

Mott's Applesauce
6 Ct.
Selected Varieties



2/\$3

Annie's Microwave Macaroni and Cheese Dinners
8 Oz. or Cups 2.01 Oz.
Selected Varieties



\$2.79

Idahoan Potatoes
23.6-8 Oz. or Cups 2 Ct.
Selected Varieties



\$5.49

Idahoan Potatoes
4 Ct.
Selected Varieties



\$1.29

Red Gold Sloppy Joe Sauce
15 Oz.

4/\$5

Campbell's SpaghettiOs
15.6-15.8 Oz.
Selected Varieties



4/\$5

Bush's Best Beans
15-16 Oz.
Selected Varieties



\$2.49

Heinz Gravy
12 Oz.
Selected Varieties



\$4.99

Hidden Valley Ranch Salad Dressing
20-24 Oz.
Selected Varieties



2/\$4

Swanson Broth or Stock
32 Oz.
Selected Varieties



\$1.79

Zatarain's Shrimp or Fish Fry
10.5-12 Oz.
Selected Varieties



\$1.99

Old Orchard Juice
64 Oz.
Selected Varieties



\$2.49

Capri Sun Juice
64 Oz.
Selected Varieties



\$2.99

Kool-Aid, Crystal Light, Mio or Tang Drink Enhancer
1.62 Oz.
Selected Varieties



\$4.99

VG Energy Drink
6 Ct.
Selected Varieties



\$2.69

Hawaiian Punch
6.4 Ct.
Selected Varieties



\$3.79

Mott's Juice
6 Ct.
Selected Varieties



\$7.49

Green Mountain, Donut Shop, Krispie Creme, Tostitos, McCafe K-Cups or Swiss Miss Hot Cocoa
10 Ct.
Selected Varieties



\$5.99

Folgers Instant Coffee
8 Oz.



\$6.99

Folgers Instant Decaffeinated Coffee
8 Oz.



\$12.99

Viva Paper Towels
8 Roll



\$12.99

Cottonelle Bath Tissue
12 Ct. Mega Roll



\$14.99

Kingsford Pellets
25 Lb.
Selected Varieties



OLDE EL PASO

2/\$6

Old El Paso Stand and Stuff Tortillas, Shells, Pockets, Dinner or Flavor Kits, Taco Kits, Sauces or Enchilada Sauce
8-12 Ct. or 6.25-19 Oz.
Selected Varieties

79¢

Old El Paso Taco Seasoning Mix
2.5-1.1 Oz.
Selected Varieties

2/\$3

Old El Paso Refried Beans 16 Oz. Green Chiles 4 Oz. or Enchilada Sauce 10 Oz.
Selected Varieties

2/\$4

Old El Paso Taco, Tortilla or Tostitos & Shells
8-12 Ct.
Selected Varieties

Best Choice

40th Anniversary

Celebrating 40 Years of Quality and Value

\$4.49

Best Choice Quick Oats
42 Oz.

\$2.99

Best Choice Syrup
24 Oz.
Selected Varieties

4/\$5

Best Choice Rice or Pasta & Sauce
4.8-5.8 Oz.
Selected Varieties

4/\$5

Best Choice Dinner Mix
5.2-6.8 Oz.
Selected Varieties

69¢

Best Choice Tuna
5 Oz.
Selected Varieties

\$1.29

Best Choice Mustard
14 Oz.

\$2.29

Best Choice Ketchup
32 Oz.
Selected Varieties

\$3.49

Best Choice Whipped Dressing or Mayonnaise
15 Oz.

\$2.49

Best Choice Designer Paper Plates
24-48 Ct.
Selected Varieties

Home & Health

Enjoy Spend LESS!
MORE

\$8.49

Herbal Essences Shampoo or Conditioner
13.5 Oz.
Selected Varieties

\$3.99

Clorox Liquid Bleach
69.43 Oz.
Selected Varieties

POWER UP WITH SPRING CLEANING SUPERHEROES

GET A \$10 REWARD WHEN YOU SPEND 120 ON P&G PRODUCTS*

Visit PGLocalValues.com for details and to claim your reward

\$12.99

Dawn Platinum Dish Soap
74.3 Oz.

\$10.99

Tide Simply Liquid Laundry Detergent
108-117 Oz. or Pods 43 Ct.
Selected Varieties

\$10.99

Downy Liquid Fabric Enhancer 44 Oz. or Downy Liquid Fabric Softener 111 Oz.
Selected Varieties

Fresh Cut Meat

Enjoy **Spends LESS!**
MORE



\$5.99 Lb.
Cook's Mixed Corned Beef



\$2.49
Frank's Kraut 32 Oz.



\$5.49 Lb.
Shoulder Arm Roast
Fresh Boneless Beef



\$5.99 Lb.
Charcoal Steaks
Fresh Boneless Beef Value Pack



\$6.49 Lb.
Patio Steak
Fresh Boneless Beef



\$12.99 Lb.
KC Strip Steak
Fresh Boneless Beef Value Pack



\$2.99 Lb.
Ground Pork
Fresh Value Pack



\$1.79 Lb.
Pork Butt
Whole Bone-In 2 Piece
Sold in COV Bag



\$2.49 Lb.
Country Style Ribs For BBQ
Fresh Bone-In Pork



\$4.99
Farmland Bacon
12-16 Oz.
Selected Varieties

\$1.99
Sugardale Hot Dogs
16 Oz.
Selected Varieties



\$3.99
Bob Evans Sausage
8-12 Oz.
Selected Varieties



\$4.99
Zatarain's Smoked Sausage
14 Oz.
Selected Varieties



\$3.49
Oscar Mayer Uploaded Lunchables
10.9-15.9 Oz.
Selected Varieties



\$3.99
Smithfield Prime Fresh Lunchmeat
7.8 Oz.
Selected Varieties



4/5
Oscar Mayer Value Pack Lunchables
1.3-1.9 Oz.
Selected Varieties



\$3.99
Oscar Mayer Turkey Bacon
12 Oz.



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



\$3.49
Johnsonville Breakfast Sausage Links or Patties
13 Oz.
Selected Varieties



\$3.49
Frick's Diced or Cubed Ham
12 Oz.



\$3.99
Foster Farms Corn Dog
13.3-16 Oz.
Selected Varieties



\$4.99
Paradise Kitchens or Tiantang Chicken Items
1.5 Lb.



\$3.49
Wampler's Taco Meat
16 Oz.
Selected Varieties



\$9.99
Foster Farms Wings
16-22 Oz.
Selected Varieties



\$7.99
Foster Farms Breaded Chicken
20-24 Oz.
Selected Varieties



\$5.49 Lb.
Kentucky Legend Quarter Sliced Ham
Selected Varieties



Deli & Bakery

\$10.99 Lb.
Kretschmar Corned Beef or Pastrami

\$6.99
Cookies and Cream Chocolate Single Layer Cake
8 Inch

\$3.99
Seasoned Baked Chicken Legs
8 Ct.
Selected Varieties

\$4.99
James Skinner Fruit Sweet Rolls
6 Ct.

\$1.99
Toufayan Pita Bread
12 Ct.
Selected Varieties

\$7.99 Lb.
Kretschmar Swiss Cheese

\$6.49 Lb.
Kretschmar Black Forest Ham

\$4.99
Iced Brownies
13 Oz.
Selected Varieties

\$4.99
Apple or Cherry Turnovers
4 Ct.

\$4.99 Lb.
Pistachio Pineapple Salad

\$3.99
Zarda BBQ Baked Beans
1 Lb.
Selected Varieties

\$3.99
Round Pumpernickel Bread
16 Oz.

\$3.49
Rotella's Wheat or White Hoagies
4 Ct.

\$8.99
Blue Moon Beer
12 Oz. Cans or Bottles 6 Pack
Selected Varieties

\$20.99
Jameson Irish Whiskey
750 ML
Selected Varieties

\$8.49
On The Rocks Cocktails
375 ML
Selected Varieties

\$25.99
Bailey's Irish Cream
750 ML
Selected Varieties

\$6.99
Guinness Beer
4 Pack Selected Varieties
6 Pack \$7.99

\$6.49
Dark Horse Wine
750 ML
Selected Varieties

\$9.49
Barefoot Wine
1.5 Liter
Selected Varieties

\$7.49
Cupcake Wine
750 ML
Selected Varieties

\$13.49
Michelob Ultra Beer
12 Oz. Cans 12 Pack
Selected Varieties

\$6.49
Dark Horse Wine
750 ML
Selected Varieties

\$9.49
Barefoot Wine
1.5 Liter
Selected Varieties

\$7.49
Cupcake Wine
750 ML
Selected Varieties

SAINT Patrick's DAY **BUY 3 SAVE \$3**

SALE

reckitt®

Prices Effective **MARCH 12-18, 2025**



Lysol Kitchen Cleaner 22 Oz., All Purpose Cleaner 32 Oz. or Toilet Bowl Cleaner 2 Ct. Selected Varieties

~~\$3⁹⁹~~
~~-\$1⁰⁰~~
\$2⁹⁹
 Must Buy 3



Lysol Disinfectant Wipes 75-80 Ct. Selected Varieties

~~\$5⁴⁹~~
~~-\$1⁰⁰~~
\$4⁴⁹
 Must Buy 3



Lysol Disinfecting Spray 12.5 Oz. Selected Varieties

~~\$6⁹⁹~~
~~-\$1⁰⁰~~
\$5⁹⁹
 Must Buy 3



Lysol Air Sanitizing Spray 10 Oz. Selected Varieties

~~\$6⁹⁹~~
~~-\$1⁰⁰~~
\$5⁹⁹
 Must Buy 3



Lysol Laundry Sanitizer 41 Oz. Selected Varieties

~~\$6⁹⁹~~
~~-\$1⁰⁰~~
\$5⁹⁹
 Must Buy 3



Lysol Toilet Bowl Cleaner 24 Oz. Selected Varieties

~~\$2⁹⁹~~
~~-\$1⁰⁰~~
\$1⁹⁹
 Must Buy 3



Airwick Scented Oil, Essential or Freshmatic Refills 1-12 Ct. Selected Varieties

~~\$5⁹⁹~~
~~-\$1⁰⁰~~
\$4⁹⁹
 Must Buy 3



General Mills
Making Food People Love

**BUY 2
SAVE \$1**

Prices Effective
MARCH 12-18, 2025



2/~~\$6~~
-\$1.00
2/**\$5**

Must Buy 2
**Pillsbury
Grands! Biscuits,
Crescents or
Cinnamon Rolls**
3 Ct.
Selected Varieties



General Mills
Making Food People Love

**BUY 2
SAVE \$2**



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

Must Buy 2
**Yoplait
Go-Gurt**
3 Ct.
Selected Varieties



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

Must Buy 2
**General Mills
Cereal**
8.9-12 Oz.
Selected Varieties



**BUY 3
SAVE \$3**



3/~~\$10~~
-\$3.00
3/**\$7**

Must Buy 3
**Peter Pan
Peanut Butter**
16.3 Oz.
Selected Varieties



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

Must Buy 3
**Post
Cereal**
10-14.75 Oz.
Selected Varieties



**SLAM DUNK
SAVINGS**

Prices Effective
MARCH 12-18, 2025



2/**\$5**

**Best Choice
Sliced Cheese**
8 Oz.
Selected Varieties



\$6.49

**Kraft
American Singles**
24 Oz.



\$3.49

**Velveta
Queso Cheese Dip**
16 Oz.
Selected Varieties



\$1.99

**Pringles
Potato Crisps**
4.9-5.97 Oz.
Selected Varieties



\$3.49

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



\$3.49

**Nabisco
Snack Crackers**
3.5-8.5 Oz.
Selected Varieties



\$3.49

**Kellogg's
Club or Town House
Crackers or Grahams**
7.5-15 Oz.
Selected Varieties



\$5.99

**Planters
Cashews or Mixed Nuts**
8-10.3 Oz.
Selected Varieties



\$3.99

**Best Choice
Fries 24-32 Oz. or
Best Choice
Superior Selections
Sweet Julianne 20 Oz.**
Selected Varieties



\$4.99

**Farm Rich
Appetizers or Snacks**
15-25 Oz. Selected Varieties



3/**\$10**

**Tony's
Pizza**
18.56-20.6 Oz.
Selected Varieties