

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 you for a change. All items may not be available. #294

Spring into SAVINGS!

PRICES GOOD MARCH 2025						
WED	THU	FRI	SAT	SUN	MON	TUE
19	20	21	22	23	24	25



\$1⁹⁹ Lb.
Center Cut Pork Chops
Fresh Bone-In Value Pack



\$2⁹⁹ Lb.
Baby Back Pork Ribs
Frozen



99¢ Lb.
Green Grapes

2/\$5
Broccoli
Bunch
Cauliflower
Head



\$2⁴⁹ Lb.
Chicken Tenderloins
Frozen Value Pack



\$1⁴⁹ Lb.
Asparagus

					
89¢	2/\$6 \$2⁰⁰	\$3⁴⁹	99¢	\$1⁹⁹	\$4⁹⁹
Chicken of the Sea Chunk Light Tuna 5 Oz. Selected Varieties	General Mills Cereal 9-10.8 Oz. Selected Varieties MUST BUY 2	Marie Callender's Pot Pies 15 Oz. or Entrées 10.5-14 Oz. Selected Varieties	Best Choice Steamable Vegetables 12 Oz. Selected Varieties	Progresso or Old El Paso Soup 19-19 Oz. Selected Varieties	Best Choice Bath Tissue 6 Roll 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 **Spends LESS!**
MORE



Bi-Color Corn
4 Ct. Tray Pack

\$3⁹⁹



Colored Peppers

99¢ Ea.



\$1⁴⁹
Lb.
Tomatoes On the Vine



\$3⁹⁹
Marzetti Dips
12 Oz.
Selected Varieties



\$4⁹⁹
Clementines
3 Lb.



\$3⁴⁹
The Little Potato Company Potatoes
24 Oz. Selected Varieties

Floral

At Participating Stores



\$4⁹⁹
DIY Bouquet



\$1⁹⁹
Medium Yellow Onions
3 Lb.



\$2⁹⁹
Sunkist Bagged Lemons
2 Lb.



\$2⁹⁹
Strawberries
1 Lb.



3/\$5
Avocados



\$9⁹⁹
Bloomers

\$11⁹⁹
Garden Delight Bouquet

Dairy



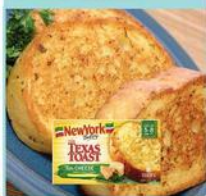
\$6⁹⁹
Kraft Natural Shredded or Chunk Cheese
24 Oz. Selected Varieties



\$2⁵⁹
Hiland or Prairie Farms Sour Cream or Dip
16 Oz. Selected Varieties

Frozen

Enjoy **Spends LESS!**
MORE



\$2⁹⁹
New York Garlic Toast, Cheese Sticks, Garlic Knots 5-8 Ct. or Ciabatta Bread 10 Oz. Selected Varieties



2/\$8
TombStone or DiGiorno Pizza
19.1-21.1 Oz. Selected Varieties

\$4⁴⁹
Kraft Singles
12-16 Oz.
Selected Varieties

\$3⁴⁹
Cracker Barrel Shredded, Chunk, Sliced or Cracker Cuts Cheese
7-8 Oz.
Selected Varieties

\$3⁴⁹
Mr. Dell's Hash Browns
24-33 Oz.
Selected Varieties

\$4⁹⁹
Reames Egg Noodles
24 Oz.
Selected Varieties

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

\$6⁴⁹
International Delight Liquid Coffee Creamer
64 Oz.
Selected Varieties

\$6⁹⁹
Beds Eye Voletti Skillets or Chef Boyardee Entrées
40-42 Oz.
Selected Varieties

\$2⁹⁹
Stouffer's Sides or Entrées
8.375-12.6 Oz.
Selected Varieties

\$3⁴⁹
Pillsbury Cookies, Grand® or Filled Crescents, Pull-A-Part, Pizzas Crust, Cinni Slix, French Bread or Cornbread Swirls
8-16.8 Oz. Selected Varieties

2/\$6
Dannon Activia or YoCrunch Yogurt or Danimals Drink
16-16.8 Oz.
Selected Varieties

\$3⁴⁹
Stouffer's Family Size Entrées
6.4-20 Oz.
Selected Varieties

\$5⁴⁹
Alexia Potatoes
30 Oz. Selected Varieties

\$4⁴⁹
International Delight Iced Coffee
64 Oz.
Selected Varieties

5/\$5
Dannon or Too Good Greek or Remix Yogurt
4.8-5.3 Oz.
Selected Varieties

\$4⁴⁹
Alexia Potatoes
16 Oz.
Selected Varieties

\$3⁷⁹
Schubert's Rolls
10 Ct.

\$6⁴⁹
Blue Ribbon Classics Ice Cream
128 Oz.
Selected Varieties

\$4⁴⁹
Wells Bunny Trolli Pops
10 Ct.
Selected Varieties

\$6⁴⁹
Blue Ribbon Classics Ice Cream
128 Oz.
Selected Varieties

\$4⁴⁹
Wells Bunny Trolli Pops
10 Ct.
Selected Varieties

FREEZER GIVEAWAY MARCH 5 - 25, 2025
9 GRAND PRIZE WINNERS
Each winner will receive a **\$500 VISA GIFT CARD** towards the purchase of a new freezer.
Register for your chance to WIN!
Scan QR Code
www.frozenfoodgiveaway.com

Seafood

\$2⁴⁹
Trans-Ocean Imitation Crab Meat
8 Oz.
Selected Varieties
KCG3

\$6⁹⁹
Best Choice Raw Shrimp
16 Oz. 21-30 Ct.

\$7⁹⁹
Aqua Star Cooked Shrimp
1 Lb.

\$1⁹⁹
Pollock Fillets
Individually Quick Frozen

Grocery

Enjoy Spend LESS!
MORE



Frito-Lay
Lay's Potato Chips,
Kettle Cooked Chips or
Poppables
Potato Snacks 4.75-8 Oz. or
Tostitos
Tortilla Chips **\$3.49**
9-13 Oz.
Selected Varieties

Nabisco
Family Size
Oreo or
Nutter Butter
Cookies **\$4.49**
10.68-20 Oz.
Selected Varieties

Chex Mix,
Bugles or
Garden of
Eatin's **2/5 \$6**
7-8.6 Oz. **-\$2.00**
Selected Varieties **2/5 \$4**
MUST BUY 2

\$5.99
Frito-Lay
Multipacks
8-10 Cl.
Selected Varieties



2/5 \$5
Frito Lay
Minis or
Lay's Slax
Potato Crisps
3.625-5.5 Oz.
Selected Varieties



\$3.49
Cheez-It
Snack Crackers
8.75-12.4 Oz.
Selected Varieties



\$3.49
Nabisco
Chips Ahoy!
Cookies
7-13 Oz.
Selected Varieties



\$2.99
Kellogg's
Zesta or
Sunshine Krispy
Saltine Crackers
16 Oz.



\$3.49
Nabisco
Ritz Crackers,
Toasted Chips or
Crisp & Thins
7-16 Oz.
Selected Varieties



\$4.99
Hershey's
Easter Candy
7.6-10.8 Oz.
Selected Varieties



2/5 \$5
Kellogg's
Special K
Pastry Crisps
12 Cl.
Selected Varieties



\$10.99
Clif
Z Bars
12 Cl.
Selected Varieties



\$5.99
Cascadian Farms
Snacks
9.2-11 Oz.
Selected Varieties



\$2.99
Quaker Instant
Oatmeal
6-10 Cl.
Selected Varieties



4/5 \$5
Snack Pack
Juicy Gels or
Pudding Cups
4 Cl.
Selected Varieties



2/5 \$3
Betty Crocker
Potatoes
4 Oz.
Selected Varieties



\$1.19
Kraft
Mac & Cheese
Dinners
15-23 Oz.
Selected Varieties



3/5 \$4
Barilla
Pasta
7-16 Oz.
Selected Varieties



3/5 \$4
Hunt's
Pasta Sauce
24 Oz.
Selected Varieties



\$1.99
Red Gold
Tomatoes
28 Oz.
Selected Varieties



\$3.49
Buffalo
Wild Wings
Sauce
12 Cl.
Selected Varieties



\$4.29
Kraft
Miracle Whip
12-15 Oz.
Selected Varieties



\$2.79
Kroger
Mustard
12 Oz.
Selected Varieties



\$4.99
Folgers
Ground Coffee
8.8 Oz. or
K-Cups 16 Cl.
Selected Varieties



\$3.49
Best Choice
Drinking Water
24 Pack, 3 Liter Bottles



\$3.29
Hawaiian Punch
129 Oz.
Selected Varieties



\$3.49
Campbell's
Tomato Juice 64 Oz. or
V8
Vegetable Juice
46 Oz.
Selected Varieties



\$2.99
Clamato
Juice
32 Oz.
Selected Varieties



\$3.99
IBC
Soda
4 Pack 12 Oz. Bottles
Selected Varieties



\$3.49
Capri Sun
100% Juice Box
10 Cl.
Selected Varieties



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



\$2.49
Juicy Juice
8 Cl.
Selected Varieties



\$2.99
Juicy Juice
64 Oz.
Selected Varieties



\$14.99
Charmin
Essentials
Bath Tissue
16 Cl. Mega Rolls
Selected Varieties



\$3.99
Milk-Bone
Dog Treats
or Snacks
4.23-24 Oz.
Selected Varieties



\$3.49
Best Choice
Plates, Bowls or
Tumblers
15-40 Cl.
Selected Varieties



EVERY NIGHT IS TACO NIGHT!

\$3.29
Taco Bell
Salsa Con Queso
16 Oz.
Selected Varieties



\$6.99
Taco Bell
Dinner or
Catering Kits
12.8-22.6 Oz.
Selected Varieties



\$2.99
Taco Bell
Dinner Kits
8.85-14.8 Oz.
Selected Varieties



\$3.99
Taco Bell
Dips
15-15.7 Oz.
Selected Varieties



\$1.79
Taco Bell
Sauce
7.5 Oz.
Selected Varieties



79¢
Taco Bell
Seasoning Mix
1.4 Oz.
Selected Varieties



\$2.49
Taco Bell
Taco Shells
12 Cl.



\$2.99
Taco Bell
Flavored
Taco Shells
12 Cl.
Selected Varieties



\$1.99
Taco Bell
Creamy Chipotle,
Avocado Ranch,
Baja or
Ranchero Sauce
12 Oz.



Home & Health

Enjoy Spend LESS!
MORE

\$2.99
Best Choice
Paper
Lawn & Leaf Bags
5 Cl.



\$6.99
Best Choice
Disinfectant Wipes
150 Cl.



\$2.99
Down
EZ Squeeze or
Platinum
Dish Soap
12.3-19 Oz.
Selected Varieties



\$2.99
XTRA
Liquid Laundry
Detergent
66.51-8 Oz.
Selected Varieties



Fresh Cut Meat

Enjoy **SPEND LESS!**
MORE



\$5.49 Lb.
Bottom Round
Roast
Fresh Boneless Beef

\$5.99 Lb.
Bottom Round
Steak
Fresh Beef
Value Pack

\$6.49 Lb.
Cube
Steak
Fresh Boneless Beef

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



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

\$2.49 Lb.
Thick Cut
Pork Chops
Fresh Bone-In

\$2.99 Lb.
Thin Cut
Breakfast Chops
Fresh Bone-In

\$1.49
Chicken
Thighs
Bone-In Frozen

\$7.49
Oscar Mayer
Basic Lunchables
16-17.5 Oz.
Selected Varieties

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

\$7.99
Farmland
Stack Pack Bacon
22-24 Oz. Selected Varieties

\$2.99
Smithfield
Diced or
Cubed Ham
8 Oz.

\$3.99
Oscar Mayer
Economy Well
Luncheon Meats
16 Oz. Selected Varieties

\$4.99
Kentucky Legend
Bacon
16 Oz. Selected Varieties

\$5.99
Gary's
Quick Steak
10.8 Oz. Selected Varieties

\$4.99
Curly's
Tubs
12-18 Oz. Selected Varieties

\$3.49 Lb.
Sugardale
Ham Steaks

\$2.99
Oscar Mayer
Franks
16 Oz.
Selected Varieties

\$3.49
Johnsonville
Grinds or Grillers
16 Oz. Selected Varieties

\$5.99
Yummy
Chicken Items
18-21 Oz. Selected Varieties

\$4.99
Supremo
Pork Chorizo
14 Oz. Selected Varieties

\$3.99
Purcell's
Old Folks
Sausage Rolls
16 Oz. Selected Varieties

\$2.49
Butterball
Ground Turkey Breast or
Breakfast Sausage
16 Oz.

\$9.99
Aunt Bessie's
Chicken Wings
32 Oz.

\$2.99
Armour
Pepperoni or Salami
4-5 Oz. Selected Varieties

Deli & Bakery

At Participating Stores

\$4.99 Lb.
Kretschmar
Virginia Honey
or Smoked Ham

\$4.99
Danish
Coffee Cake
14 Oz.
Selected Varieties

\$7.99 Ea.
Whole
Roasted or
Slow Smoked
Chicken

\$2.59
Reser's
Classic Salads
15-16 Oz.
Selected Varieties

\$8.99
Coconut
Double Layer
Cake
28 Oz.

\$3.99
Café Valley
Muffins
4 Ct.
Selected Varieties

\$5.99 Lb.
Kretschmar
Colby Jack
Cheese

\$6.49 Lb.
Kretschmar
Pickle Loaf

\$3.49
French
Twirls
4 Ct.
Selected Varieties

\$4.49
Angel
Food Cake
8 Oz.

\$3.99 Lb.
Beet and Onion
Salad

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

\$2.99
Rotella's
Brat Buns
6 Ct.

\$2.99
Rotella's
Italian Cookout
Bread
16 Oz.

\$19.99
Rumchata
Liquor
750 MI.
Selected Varieties

\$42.99
Jack Daniel's
Whiskey
1.75 Liter
Selected Varieties

\$16.99
Coors or
Miller Beer
12 Oz. Cans 18 Pack
Selected Varieties

\$16.99
Coors
LIGHT

\$10.99
Z.
Alexander Brown
Wine
750 MI.
Selected Varieties

\$8.99
Relax
Wine
750 MI.
Selected Varieties

\$20.99
Bud Family
Beer
12 Oz. Cans 24 Pack
Selected Varieties

\$20.99
Budweiser

\$20.99
Absolut Ocean
Cocktails
355 MI. Cans 12 Pack
Selected Varieties

\$7.99
Bogle
Wine
750 MI.
Selected Varieties

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

\$14.99
DOS EQUIS

EXCEL-LENT DEALS



Prices Effective
MARCH 19-25, 2025



\$4⁴⁹

**Fisher Boy
Breaded
Fish Sticks
or Fillets**
16-22 Oz.
Selected Varieties



\$5⁹⁹

**Gorton's
Seafood**
11-11.4 Oz.
Selected Varieties



\$2⁹⁹

Lb.
**Swai
Fillets**
IQF



\$4⁴⁹

Lb.
**Tilapia
Fillets**
IQF



\$3⁹⁹

**Chicken of the Sea
Pink Salmon**
14.75 Oz.



\$2⁴⁹

**Old Bay
Seasoning**
1.75-2.37 Oz.
Selected Varieties

Best Choice

40th Anniversary

Prices Effective
MARCH 19-25, 2025



\$3⁴⁹

**Best Choice
Superior Selections
Jelly Bird Eggs**
12 Oz.
Selected Varieties



\$2⁴⁹

**Best Choice
Toaster Pastries**
8 Ct.
Selected Varieties



89¢

**Best Choice
Vegetables**
14.5-15.25 Oz.
Selected Varieties



59¢

**Best Choice
Tomato Sauce**
8 Oz.
Selected Varieties



\$2⁴⁹

**Best Choice
Wide Egg Noodles**
16 Oz.
Selected Varieties



\$1⁶⁹

**Best Choice
Salt & Pepper
Shakers**
5 Oz.



\$6⁹⁹

**Best Choice
Ice Cream
Sandwiches**
24 Ct.



\$2⁴⁹

**Best Choice
Premium
Dinner Napkins**
100 Ct.



89¢

**Best Choice
Facial Tissue**
74 Ct.