

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 any errors. All items may not be available. #294

BRACKET READY BUYS

PRICES GOOD MARCH - APRIL 2025

WED	THU	FRI	SAT	SUN	MON	TUE
26	27	28	29	30	31	1



\$1.99
Lb.

**Pork Steak
Fresh Bone-In
Value Pack**



\$3.99

**Farmland
Bacon
12-96 Oz.
Selected Varieties**



\$1.49

**Strawberries
1 Lb.**



\$2.99
Lb.

**Chicken
Breast
Frozen
Boneless Skinless**



\$1.49
Lb.

**Extra Large
Assorted
Colored
Grapes**

\$3.99

**Sunkist
Mandarins
3 Lb. Bag**



\$1.99

**Best Choice
Shredded or Chunk
Cheese
6-8 Oz.
Selected Varieties**



\$2.99

**Blue Bunny
Premium
Ice Cream
46-48 Oz.
Selected Varieties**



\$3.99

**Best Choice
Charcoal
9 Lb.
Selected Varieties**



\$3.99

**Frito-Lay
Cheetos or Funyuns
5.2-10 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



Colored Peppers

2/\$3



Dole Premium Kits
11.3-13.3 Oz.

\$3.99



\$3.99
Little Potato Company
Potatoes
24 Oz.



\$1.49 Lb.
Premium
Gala Apples



\$2.99 Ea.
Broccoli
Bunch



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

Floral

At Participating Stores



\$4.99
Assorted Bulbs
4 Inch



\$3.49
Whole White
Mushrooms
16 Oz.



99¢ Lb.
Vine Ripe
Tomatoes



\$2.99 Lb.
Asparagus



\$1.99 Lb.
Imported
Bartlett Pears



\$7.99
Mini Calla Lily
Bouquet

\$12.99
Royal Rhapsody
Bouquet

Dairy



\$2.99
Country Crock
Spread
10.5-16.9 Oz.
Selected Varieties



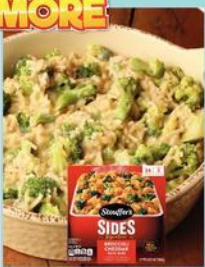
\$2.49
Velveeta
Shredded Cheese
8 Oz.
Selected Varieties

Frozen

Enjoy **SPEND LESS!**
MORE



\$2.99
Devour
Entrees
9-12 Oz.
Selected Varieties



\$4.99
Stouffer's
Sides
24 Oz.
Selected Varieties

2/\$3
Pillsbury
Grand!s, Crescents,
Cinnamon Rolls
or Flaky Biscuits
5-10 Ct.
Selected Varieties

\$2.99
Best Choice
Big & Flaky
Crescent Rolls
12 Oz.

\$2.99
88
Almond Milk
64 Oz.
Selected Varieties



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



\$4.49
Louisa
Tosted Pasta
Dishes
14-22 Oz.
Selected Varieties



\$2.99
Stouffer's
Cheesy Broccoli
16 Oz.



\$2.39
Best Choice
Garlic Bread 16 Oz. or
Texas Toast, Dinner
Rolls or Breadsticks
6-8 Ct.
Selected Varieties

\$2.99
Turkey Hill
Sweet Tea or
Lemonade
128 Oz.
Selected Varieties

\$5.99
Dannon
On the Border or
Too Good Greek
Yogurt
32 Oz.



\$2.49
New York's
Garlic Texas Toast
or Bread Sticks
6-8 Ct.



\$3.49
Halo Top
Ice Cream
16 Oz.
Selected Varieties



\$3.49
Halo Top
Ice Cream Bars
4 Ct.
Selected Varieties



\$1.99
Best Choice
Vegetables
10-30 Oz.
Selected Varieties



\$2.99
Kelllogg's
Eggo Pancakes or
French Toast Sticks
12-40 Ct.
Selected Varieties

Seafood

\$3.49 Lb.
Pollock
Fillets
Individually Quick Frozen



\$6.99
Aqua Star
Raw Shrimp
1 Lb. 26-30 Ct.



Grocery

Enjoy Spend LESS!
MORE



Jif
Peanut Butter
15-16 Oz. or 8 Ct.
Selected Varieties

\$1⁹⁹

Nabisco
Family Size Ritz 17.8-20.5 Oz.
Honey Maid
Grahams 19.2-25.06 Oz. or
Nilla Wafers 15 Oz.
Selected Varieties

\$4⁹⁹

Hershey's
Candy
7.37-10.8 Oz.
Selected Varieties

\$5⁴⁹

\$3⁷⁹

Starburst or
Skittles Jelly Beans
10-14 Oz.
Selected Varieties



\$4⁹⁹

M&M's, Snickers, Twix or
Dove Easter Candy
7.44-10.48 Oz.
Selected Varieties



2/\$3

Kraft
Easy Mac or Velveeta
Shells & Cheese Cups
2.05-2.39 Oz.
Selected Varieties



3/\$5

Best Choice
Potatoes
4.6-5 Oz.
Selected Varieties



3/\$5

Best Choice
Pasta Sauce
24 Oz.
Selected Varieties



\$1⁹⁹

Best Choice
Tomatoes
28 Oz.
Selected Varieties



\$2⁹⁹

Ragu 24 Oz. or
Bertolli Pasta Sauce
15-24 Oz.
Selected Varieties



\$3⁴⁹

Ragú 45 Oz. or
Bertolli Pasta Sauce
16.9 Oz.
Selected Varieties



\$2⁹⁹

Diamond
Snack Walnuts
4 Oz.
Selected Varieties



\$7⁹⁹

Mott's
Applesauce
12 Ct.
Selected Varieties



\$1⁹⁹

Best Choice
Coating Mix
2 Ct.
Selected Varieties



\$5⁹⁹

King Arthur
Flour
5 Lb.
Selected Varieties



\$4⁹⁹

Best Choice
Coffee K-Cups
12 Ct.
Selected Varieties



\$2²⁹

Best Choice
Tea Bags
20-24 Ct.
Selected Varieties



\$4⁹⁹

Clamato
Juice
64 Oz.
Selected Varieties



\$3⁴⁹

Best Choice
Drinking Water
16.9 Oz. Bottles 24 Pack



\$9⁹⁹

Best Choice
Premium
Paper Towels
12 Rolls



\$15⁴⁹

Kibbles 'n Bits
Dog Food
16 Lb.
Selected Varieties



\$2⁴⁹

Rachael Ray
Nutrish Dog Food
13 Oz.
Selected Varieties



\$16⁹⁹

Tidy Cat
Cat Litter
35 Lb.
Selected Varieties



\$3⁴⁹

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



2/\$3

Best Choice
Heavy Duty Cutlery
48 Ct.
Selected Varieties



Pillsbury!



\$1⁷⁹

Pillsbury
Frosting
15.6-16 Oz.
Selected Varieties



\$1⁷⁹

Pillsbury
Brownie Mix
18.4 Oz.
Selected Varieties



2/\$3

Pillsbury
Cake Mix
15.25 Oz.
Selected Varieties



\$2⁷⁹

Pillsbury
Cookie Mix
17.5 Oz.
Selected Varieties

Home & Health

Enjoy Spend LESS!
MORE



\$3⁹⁹

Arm & Hammer
Liquid Laundry Detergent
32.5-33 Oz. or
5 In 1 Pods 14 Ct.
Selected Varieties



\$9⁹⁹

Dawn
Dish Soap or
Powerwash Dish Spray
38-70 Oz.
Selected Varieties



\$2³⁹

Brillo
Steel Wool Pads
10 Ct.
Selected Varieties



\$2⁵⁹

Best Choice
Ibuprofen
50 Ct.
Selected Varieties

Fresh Cut Meat

Enjoy Spend LESS!
MORE



\$4⁹⁹
Lb.
Shoulder
Arm Roast
Fresh Boneless Beef



\$5⁴⁹
Lb.
Charcoal
Steak
Fresh Boneless Beef
Value Pack



\$5⁹⁹
Lb.
Patio
Steak
Fresh Boneless Beef
Value Pack



\$13⁹⁹
Lb.
Ribeye
Steak
Fresh Boneless Beef
Value Pack



\$3⁹⁹
Lb.
80% Lean
Ground Beef
Value Pack



\$1⁷⁹
Lb.
Whole
Bone-In Pork Butt
Sold in C.O.V.



\$2⁴⁹
Lb.
Country Style Ribs
for BBQ
Fresh Bone-In



\$2⁷⁹
Lb.
Chicken
Wings
Frozen Bone-In



\$2⁴⁹
Lb.
Pork
Spare Ribs
Frozen



\$4⁹⁹
Land O' Frost
Premium Lunchmeat
9-16 Oz. Selected Varieties



\$2⁹⁹
Earl Campbell's
Sausage Loops
12-13 Oz. Selected Varieties



\$6⁴⁹
Oscar Mayer
Deli Fresh
Shaved Meats
15-16 Oz. Selected Varieties



\$2⁴⁹
Bob Evans
Simply
Mashed Potatoes
24 Oz. Selected Varieties



\$4⁹⁹
Johnsonville
Bratwurst or
Italian Sausage
16-19 Oz. Selected Varieties



\$3⁹⁹
Johnsonville
Smoked Sausage
Links or Ropes
12-14 Oz. Selected Varieties



4/\$5
Armour
LunchMakers
2-2.9 Oz. Selected Varieties



\$3⁴⁹
Armour
Small Bag
Meatballs
15-16 Oz. Selected Varieties



\$3⁴⁹
Smithfield
Boneless
Ham Steaks
8 Oz. Selected Varieties



\$5⁹⁹
Smithfield
Bone-In
Smoked Pork Chops
11.5-17 Oz. Selected Varieties



\$3⁴⁹
Supardale
Sliced Pepperoni
8 Oz.

Deli & Bakery

At Participating Stores

\$8⁴⁹
Lb.
Kretschmar
Mesquite,
Oven Roasted,
Pepper or Cajun
Turkey Breast



\$3⁴⁹
Shirley's
No Bake
Cookies
13.5 Oz.
Selected Varieties



\$6⁹⁹
Lb.
Golden
Fried
Chicken
Tenders

\$3⁹⁹
Mrs. Gerry's
Premium
Mashed Potatoes
or Macaroni
& Cheese
20 Oz.

\$3⁹⁹
Golden
Pound Cake
16 Oz.

\$4⁹⁹
Pillsbury
Cinnamon
Rolls
4 Ct.

\$6⁴⁹
Lb.
Kretschmar
Mild Cheddar
or Provolone
Cheese

\$6⁴⁹
Lb.
Kretschmar
Ham
Off The Bone

\$4⁴⁹
Two-Bite
Assorted
Mini Donuts
8 Oz.
Selected Varieties

\$4⁵⁹
Always Save
Cakes
17.6-19.4 Oz.
Selected Varieties

\$4⁹⁹
Lb.
Mandarin
Orange
Dessert Salad

\$3⁴⁹
Laughing Cow
Cheese
5.4 Oz.
Selected Varieties

\$2⁹⁹
Europastry
Garlic Knot
Rolls
6 Ct.

\$2⁹⁹
Ozark Hearth
Wheat Berry or
Multi Grain Bread
20 Ct.

\$48⁹⁹
Maker's Mark
Whisky
1.75 Liter



\$21⁹⁹
Bacardi
Rum
1.75 Liter



\$11⁹⁹
Smirnoff
Vodka
750 ML



\$4²⁹
Sutter Home
Wine
750 ML Selected Varieties



\$11⁹⁹
Kendall-Jackson
Wine
750 ML Selected Varieties



\$15⁹⁹
Bota Box
Wine
3 Liter Selected Varieties



\$20⁹⁹
Miller or Coors
Beer
12 Oz. Cans 24 Pack



\$13⁴⁹
Yuengling
Flight
12 Oz. Cans or Bottles 12 Pack



\$20⁹⁹
Busch Family
Beer
12 Oz. Cans 30 Pack



BUY 5 SAVE \$5

MIX OR MATCH

Prices Effective **MARCH 26 - APRIL 1, 2025**

\$7.99 - \$1.00	\$3.79 - \$1.00	\$3.79 - \$1.00	\$5.99 - \$1.00
\$6.99	\$2.79	\$2.79	\$4.99
Kraft Natural Shredded or Chunk Cheese 24 Oz. Selected Varieties	Daisy Sour Cream 24 Oz.	Daisy Cottage Cheese 24 Oz. Selected Varieties	Freschetta Pizza 22.07-30.88 Oz. Selected Varieties

\$3.99 - \$1.00	\$2.99 - \$1.00	\$3.99 - \$1.00	\$7.99 - \$1.00
\$2.99	\$1.99	\$2.99	\$6.99
Dannon Light Greek Yogurt 4 Pack. Selected Varieties	Pillsbury Toaster Strudel or Scrambles 7.2-11.7 Oz. Selected Varieties	Blue Bunny Ice Cream Cones, Bars or Sandwiches 6-9 Oz. Selected Varieties	Red Baron Pizza 22.83-28.79 Oz. Selected Varieties

\$4.99 - \$1.00	\$4.99 - \$1.00	\$3.99 - \$1.00	\$3.99 - \$1.00
\$3.99	\$3.99	\$2.99	\$2.99
Danimals Drink or Smoothie 32.2 Oz. Selected Varieties	Kellogg's Cereal 15.6-24 Oz. Selected Varieties	Kellogg's Pop-tarts 12 Oz. Selected Varieties	Nabisco Oreo, Cakesters or Fudge Covered Cookies 7.9-20 Oz. Selected Varieties

\$8.79 - \$1.00	\$5.29 - \$1.00	\$3.99 - \$1.00	\$5.49 - \$1.00
\$7.79	\$4.29	\$2.99	\$4.49
Kraft Deluxe Mac & Cheese or Velveeta Shells & Cheese Dinner 3 Pack	Heinz Ketchup 32 Oz.	Post Cereal 13.5-16 Oz. Selected Varieties	Cheez-It, Townhouse or Club Family Size Crackers 9.6-21 Oz. Selected Varieties

\$5.69 - \$1.00	\$1.99 - \$1.00	\$2.79 - \$1.00	\$9.49 - \$1.00
\$4.69	99¢	\$1.79	\$8.49
Kraft Mac & Cheese Spiral Dinner 22 Oz.	Puffs Plus Family Size Facial Tissue 124 Ct. Selected Varieties	Jell-O Girl Scout Cookie Pudding Cups 7 Oz. Selected Varieties	RXBAR Nutrition Bars 5 Ct. Selected Varieties

\$6.29 - \$1.00	\$2.99 - \$1.00	\$2.99 - \$1.00
\$5.29	\$1.99	\$1.99
Mott's Apple Juice 128 Oz.	Pillsbury Mini Cinnis Pull Apart Rolls 4 Ct. Selected Varieties	Pillsbury Cereal Waffles 12.7 Oz. Selected Varieties

LENTEN STOCK-UP

Prices Effective
MARCH 26 - APRIL 1, 2025

\$6⁴⁹
Lb.
Orca Bay
Keta Salmon
10 Oz.

\$4⁹⁹
Lb.
Catfish
Fillets
10F

\$6⁹⁹
Lb.
Cod
Fillets
10F

\$4⁹⁹
Best Choice
Cooked Salad
Shrimp
12 Oz.

\$2⁴⁹
Slap Ya Mama
Fish Fry
12 Oz.

BRACKET READY BUYS

Prices Effective
MARCH 26 - APRIL 1, 2025

\$2⁹⁹
Pace
Salsa or
Picante Sauce
24 Oz. or
Signature Sauce
10.5 Oz.
Selected Varieties

\$2⁴⁹
Bagel Bites
7 Oz.
Selected Varieties

\$3⁴⁹
Best Choice
Microwave
Popcorn
6 Ct. Selected Varieties

2/\$5
Oscar Mayer
Fun Pack
Lunchables
8.9-10.7 Oz.
Selected Varieties

\$1⁷⁹
Bar S
Jumbo
Meat Franks
16 Oz. Selected Varieties