

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 in contact with the local store. All items may not be available. #294



PRICES GOOD APRIL 2025

WED	THU	FRI	SAT	SUN	MON	TUE
23	24	25	26	27	28	29



\$12⁹⁹
80% Lean
Ground Beef
Sold in 3 Lb. Chub



\$1⁷⁹
Lb.
Center Cut
Pork Chops
Fresh Bone-In
Value Pack



99¢ Ea.
Colored
Peppers



\$6⁹⁹
Wright
Stack Pack
Bacon
24 Oz.
Selected Varieties



\$1⁹⁹
Lb.
Red
Grapes

2/\$5
Strawberries
1 Lb. or
Blueberries
6 Oz.



2/\$3
Best Choice
Shredded or
Chunk Cheese
6-8 Oz.
Selected Varieties



3/\$10
Jack's
Pizza
13.8-15.8 Oz.
Selected Varieties



\$3⁹⁹
Turkey Hill
Ice Cream
1.44 Qt.
Selected Varieties



\$6⁹⁹
Angel Soft
Bath Tissue
6-8 Mega 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



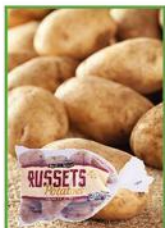
Dole
Salad Blends
5-12 Oz.
Selected Varieties

\$2⁹⁹



Vidalia Onions
3 Lb. Bag

\$3⁹⁹



\$1⁹⁹
Best Choice
Russet Potatoes
5 Lb. Bag



\$1⁹⁹
Mini
Cucumbers
14 Oz.



\$3⁴⁹
Whole White
Mushrooms
16 Oz.



\$2⁹⁹
Ea.
Cantaloupes

Floral

At Participating Stores



\$6⁹⁹
Spring Mums
4.5 In



\$10⁹⁹
Pastel Posies
Bouquet



\$13⁹⁹
Admin Day
Bouquet



\$19⁹⁹
Ferns



\$3⁹⁹
Sunkist Navel
or Cara Cara Oranges
3 Lb. Bag



\$3⁹⁹
Lb.
Cotton Candy
Grapes



99¢
Lb.
Tomatoes
on the Vine



2/\$4
Joyba
Bubble Tea
12 Oz.
Selected Varieties

Administrative
Professional
Day

Dairy



\$3⁴⁹

I Can't Believe It's Not Butter®
or Brummel/Brown Spread
15-16 Oz. or ICBINB Spray 9 Oz.
Selected Varieties



2/\$4

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

Frozen

Enjoy **Spends LESS!**
MORE



\$6⁹⁹

Red Baron
Stuffed Crust or
Loaded Pizza
22.83-28.79 Oz., Selected Varieties



\$3⁴⁹

Bibigo
Entrées or
Soup
9-10 Oz., Selected Varieties



\$4⁴⁹
Best Choice
Spread
45 Oz.
Selected Varieties



\$2⁴⁹
Silk
Almond Milk
98-64 Oz.
Selected Varieties



\$6⁹⁹
Totino's
Pizza Rolls
100 Oz.
Selected Varieties



\$3⁹⁹
Healthy Choice Bowls
9-10 Oz.
Selected Varieties



4/\$12
Lean Cuisine Entrées
6-10.88 Oz.
Selected Varieties



\$4⁴⁹
Birds Eye
Voila Entrées
21 Oz.
Selected Varieties



\$2⁹⁹
Almond
Breeze
\$2.64 Oz.
Selected Varieties



8/\$10
Chobani
Yogurt
4.5-6.7 Oz.
Selected Varieties



\$1⁹⁹
Hiland or
Prairie Farms
Lemonade
Half Gallon
Selected Varieties



\$3⁹⁹
P.F. Chang's
Bowls
11 Oz.
Selected Varieties



\$4⁴⁹
La Choy
Meals
18 Oz.
Selected Varieties



\$7⁹⁹
Old El Paso
Stuffed Nachos or
Taco Bites
13-17 Oz.
Selected Varieties



\$2⁹⁹
Eggo
Pancakes or
French Toast
Sticks
12-40 Oz.
Selected Varieties



\$3⁹⁹
Best Choice
Ice Cream
Novelties
12-16 Oz.
Selected Varieties

Seafood

\$3⁹⁹
Fisher Boy
Quick Stick
16 Oz.



\$2⁹⁹
Lb.
Swal
Filets
10P



\$3⁹⁹
Lb.
Tilapia
Filets
10P



\$1⁹⁹
Lb.
Cattfish
Nuggets
10P



\$6⁹⁹
Lb.
AquaStar
Raw Shrimp
1 Lb. 26-30 CL



\$7⁹⁹
Lb.
AquaStar
Cooked Shrimp
1 Lb. 11-40 CL



Grocery

Enjoy Spend LESS!
MORE



Frito Lay
Lay's Potato Chips
or Kettle Chips
7.75-8 Oz. or
Rold Gold
Pretzels 10-16 Oz. or
Selected Varieties

\$3.49



Nabisco
Premium Saltines
or Soup/Oyster
Crackers
9-16 Oz.
Selected Varieties

\$3.49



Nabisco
Newtons
10 Oz.
Selected Varieties

\$3.49

\$2.99
 Keebler
Sandwich
Crackers
5 Ct.
Selected Varieties



\$3.99
 Nabisco
Oreo Cookies
or Cakesters
7.9-20 Oz.
Selected Varieties



\$3.49
 Nabisco
Ritz Sandwich
Crackers or
Teddy Grahams
8 Ct.
Selected Varieties



\$1.49
 Cif
Bars
2.4 Oz.
Selected Varieties



\$2.49
 Kellogg's
Rice Krispies
Treats
7-8 Ct.
Selected Varieties



5/\$5
 Hershey's
Standard Size
Candy
1.3-3 Oz.
Selected Varieties



\$2.99
 General Mills
Cereal
9-10.8 Oz.
Selected Varieties



\$5.99
 Quaker
Oats
42 Oz.
Selected Varieties



\$3.98
 Kraft
Easy Mac,
Deliwie
Mac & Cheese or
Velveta
Shells & Cheese Cups
4 Ct. Selected Varieties



\$5.69
 Kraft
Spirals
Mac & Cheese
Dinners
4 Ct.
Selected Varieties



\$1.69
 Cheez-It
Mac'n Cheese
5.6-9 Oz.
Selected Varieties



2/\$7
 Annie's
Macaroni/Cheese
Dinners
6-11.3 Oz.
Selected Varieties



\$1.99
 Ragu
Pasta Sauce
23.9-24 Oz.
Selected Varieties



4/\$5
 Hunts
Pasta Sauce
24 Ct.
Selected Varieties



4/\$5
 Red Gold
Tomatoes,
Tomato Sauce
or Puree
10-15 Oz.
Selected Varieties



\$2.49
 French's
Yellow Mustard
30 Oz. or
Worcestershire
Sauce 10 Oz.
Selected Varieties



\$1.99
 McCormick
Bacon Bits or
Salsad Toppings
3.75-4.4 Oz.
Selected Varieties



\$3.69
 2 Sisters'
Salsa
16 Oz.
Selected Varieties



\$2.69
 Peter Pan
Peanut Butter
16.3 Oz.
Selected Varieties



\$2.49
 Blue Diamond
Almond or
Coconut Milk
32 Oz.
Selected Varieties



\$5.99
 Seattle's Best
Ground Coffee
10 Oz. or
K-Cups 10 Ct.
Selected Varieties



\$6.99
 Dunkin'
Ground Coffee
10-12 Oz.
Cold Brew 31 Oz. or
K-Cups 10 Ct.
Selected Varieties



\$13.99
 Starbucks
Ground Coffee
18 Oz.
Selected Varieties



\$2.99
 Crystal Light,
Mix, Kool-Aid or
Tang Drink
Enhancer
16.2 Oz.
Selected Varieties



\$6.49
 Mott's
Apple Juice
128 Oz.
Selected Varieties



\$2.79
 Capri Sun or
Country Time
10 Ct.
Selected Varieties



\$8.49
 Charmin
Bath Tissue
6 Mega Roll
Selected Varieties



\$3.49
 Purina
Bury Bone
Dog Treat
Minis
6.5 Oz.
Selected Varieties



\$2.69
 Beneful
Dog Food
3 Ct.
Selected Varieties



\$21.19
 Fancy Feast
Canned
Cat Food
24 Ct.
Selected Varieties



EVERY NIGHT IS TACO NIGHT!

TACO BELL

- \$1.99** Taco Bell Avocado Ranch, Baja, Creamy Chipotle or Ranchero Sauce 12 Oz. Selected Varieties
- \$2.99** Taco Bell Flavored Shells 12 Ct. Selected Varieties
- 79¢** Taco Bell Seasoning Mix 1.4 Oz. Selected Varieties
- \$2.49** Taco Bell Taco Shells 12 Ct. Selected Varieties
- \$3.29** Taco Bell Con Queso 15 Oz. Selected Varieties
- \$2.99** Taco Bell Craving or Dinner Kit 8.95-14.8 Oz. Selected Varieties
- \$6.99** Taco Bell Craving or Dinner Kit 10.9-22.8 Oz. Selected Varieties
- \$1.79** Taco Bell Restaurant, Verde or Diablo Sauce 7.5 Oz. Selected Varieties

Best Choice Save on Our Brands

- \$1.99** Best Choice Chips 9.25 Oz. Selected Varieties
- \$2.29** Best Choice Toaster Pastries 8 Ct. Selected Varieties
- \$2.99** Best Choice or Best Choice Superior Selection Syrup 24 Oz. Selected Varieties
- \$2.99** Best Choice or Best Choice Superior Selection Pancake Mix 10.6-22 Oz. Selected Varieties
- 4/\$5** Best Choice Easy Skillets 5.2-8.8 Oz. Selected Varieties
- \$3.49** Best Choice Mayonnaise or Whipped Dressing 15 Ct. Selected Varieties
- \$1.99** Best Choice Tortillas 9 Ct. Selected Varieties
- \$1.19** Best Choice Enchilada Sauce 10 Oz. Selected Varieties
- 4/\$5** Best Choice Refried Beans 16 Oz. Selected Varieties
- \$2.99** Best Choice Cranberry Juice 64 Oz. Selected Varieties
- \$3.49** Best Choice Drinking Water 16.9 Oz. Bottles 28 Pack
- \$5.49** Best Choice Facial Tissue 3 Pack Selected Varieties

Home & Health

- \$3.99** Palmolive Liquid Dish Soap 23.5 Oz. Selected Varieties
- \$9.99** Pampers Easy-Ups or Ninjamas 11-22 Ct. Selected Varieties
- \$4.99** Degree Deodorant 3.6 Oz. Selected Varieties
- \$3.99** Dove Liquid Hand Soap 10.1-12 Oz. Selected Varieties
- \$4.99** Crest Ph Rinse, Glide or Ob Floss or Scope Mouthwash
- \$4.99** Aussie Miracle Curl Hair Products 5.7-8 Oz. Selected Varieties
- \$5.49** Dove Deodorant 3.6 Oz. Selected Varieties
- \$4.99** Head & Shoulders Shampoo or Conditioner 11.7 Oz. Selected Varieties

Fresh Cut Meat

Enjoy Spend LESS!
MORE



\$5.49 Lb.
Bottom Round Roast
Fresh Boneless Beef



\$5.99 Lb.
Bottom Round Steaks
Fresh Boneless Beef



\$6.49 Lb.
Cube Steaks
Fresh Boneless Beef



\$9.99 Lb.
Ground Beef Brisket Patties
Fresh



\$8.99 Lb.
Top Sirloin Steak
Fresh Boneless Beef Value Pack



\$1.99 Lb.
Thick Cut Pork Chops
Fresh Bone-In



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



\$2.99 Lb.
Chicken Wings
Frozen Value Pack



\$5.49
Oscar Mayer Hot Dogs or Turkey Franks
14-16 Oz., Selected Varieties



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



\$2.49
Buddy's Lunch Meat Tub
7-9 Oz. Selected Varieties



\$2.49
Farmland Rot or Links Sausage
8-12 Oz.



\$4.99
Smithfield Bacon
12 Oz. Selected Varieties



\$2.49
Earl Campbell Sausage Loops
12-13 Oz. Selected Varieties



2/\$5
Oscar Mayer Fun Pack Lunchables
8.5-12 Oz. Selected Varieties



\$3.99
Johnsonville Smoked Links or Ropes
12-14 Oz. Selected Varieties



\$1.99
Old Folks Country Sausage Gravy Bag
8 Oz.



\$2.49
Bob Evans Simply Mashed Potatoes
24 Oz. Selected Varieties



\$5.99
Armour Medium Bag Meatballs
25 Oz. Selected Varieties



\$2.99
Land O Frost Deli Shaved Meats
13.9 Oz. Selected Varieties



\$4.99
Frick's Sliced Ham or Turkey
12-16 Oz.



\$3.49 Lb.
Farmland Select Ham Cuts
16 Oz. Selected Varieties



\$2.99
Sugarale Sliced Pepperoni
12 Oz.



\$4.99
Sugarale Sliced Pepperoni
8 Oz.



\$3.49
Sugarale Sliced Pepperoni
8 Oz.

Deli & Bakery



\$6.49 Lb.
Kretschmar Black Forest Ham



\$4.49
Olson Sliced Loaf Cakes
16 Oz. Selected Varieties



\$4.99 Lb.
Boneless Wings
Selected Varieties



\$4.59 Lb.
Cowboy Caviar



\$3.99
Golden Pound Cake
16 Oz.



\$5.99
Father's Table Cheesecakes
16 Oz. Selected Varieties



\$7.99 Lb.
Kretschmar Swiss Cheese



\$7.99 Lb.
Kretschmar Mesquite, Cajun or Pepper Turkey Breast



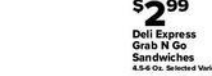
\$2.49
Toufayan Bagels
18-20 Oz. Selected Varieties



\$2.49
Rotella's Italian Sandwich Bread
17 Oz.



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



\$2.99
Deli Express Grab N Go Sandwiches
4.5-6 Oz. Selected Varieties



\$3.49
Rotella's White or Wheat Hoangie Bun
6 Ct.



\$17.99
Smirnoff Vodka
1.75 Liter Selected Varieties



\$19.99
Malibu Rum
1.75 Liter Selected Varieties



\$13.49
Yuengling Beer
12 Oz. Cans or Bottles 12 Pack Selected Varieties



\$7.49
Cupcake Wine
750 Ml. Selected Varieties



\$10.49
Joel Gott Wine
750 Ml. Selected Varieties



\$16.99
Natural Family Beer
12 Oz. Cans 30 Pack Selected Varieties



\$31.99
Knob Creek Whisky
750 Ml. Selected Varieties



\$7.99
Menage A Trois Wine
750 Ml. Selected Varieties



\$20.99
Miller or Coors Beer
12 Oz. Cans 24 Pack Selected Varieties

Buy 5 SAVE \$5



Mix & Match When You Buy 5 Participating Items
 Prices Effective
APRIL 23-29, 2025



~~\$6⁹⁹~~
~~-\$1⁰⁰~~

\$5⁹⁹

Coffee Mate
 Liquid Coffee
 Creamer
 64 Oz.
 Selected Varieties

~~\$5⁴⁹~~
~~-\$1⁰⁰~~

\$4⁴⁹

Keebler
 Family Size
 Snack Stack Club or
 Townhouse Crackers
 18.8-20.7 Oz. Selected Varieties



~~\$2⁷⁹~~
~~-\$1⁰⁰~~

\$1⁷⁹

Jell-O
 RTE Girl Scout
 Cookie Pudding
 7 Oz.
 Selected Varieties



~~\$3⁴⁹~~
~~-\$1⁰⁰~~

\$2⁴⁹

Malt-O-Meal
 Cereal
 23-30 Oz.
 Selected Varieties



~~\$5²⁹~~
~~-\$1⁰⁰~~

\$4²⁹

Heinz
 Ketchup
 32 Oz.



~~\$15⁹⁹~~
~~-\$1⁰⁰~~

\$14⁹⁹

Gain
 Liquid Laundry
 Detergent 144-154 Oz.
 Powdered 104-116 Oz. or
 Flings 60 ct.
 Selected Varieties



~~\$1⁹⁹~~
~~-\$1⁰⁰~~

99¢

Pillsbury Grands! or
 Flaky Layer Biscuits,
 Cinnamon Rolls
 or Crescents
 5-10 Ct., Selected Varieties



Buy 5 SAVE \$5



Mix & Match When You Buy 5 Participating Items
 Prices Effective
APRIL 23-29, 2025



~~\$3⁹⁹~~
~~-\$1⁰⁰~~

\$2⁹⁹

Halo Top Ice Cream
 1 Pint



~~\$3⁹⁹~~
~~-\$1⁰⁰~~

\$2⁹⁹

Halo Top Ice Cream Novelties
 4 Ct.
 Selected Varieties



~~\$5⁹⁹~~
~~-\$1⁰⁰~~

\$4⁹⁹

Freschetta Pizza
 26.11-30.88 Oz.
 Selected Varieties



~~\$3⁴⁹~~
~~-\$1⁰⁰~~

\$2⁴⁹

Nabisco Ritz Crisp or Crisp & Thins Snack Crackers
 7-13.7 Oz. Selected Varieties



~~\$5⁴⁹~~
~~-\$1⁰⁰~~

\$4⁴⁹

Cheez-It Family Size Snack Crackers
 9.6-21 Oz. Selected Varieties



~~\$3⁴⁹~~
~~-\$1⁰⁰~~

\$2⁴⁹

Chex Mix, Bugles, Gardettos or Old El Paso Fiesta Twists
 5.5-14.5 Oz. Selected Varieties



~~\$5⁴⁹~~
~~-\$1⁰⁰~~

\$4⁴⁹

Cascade Action Pacs
 9-16 Ct. Selected Varieties