

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 way for any errors. All items may not be available.

#294



Spring BIG BUYS

PRICES GOOD MAY 2025

WED 14	THU 15	FRI 16	SAT 17	SUN 18	MON 19	TUE 20
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\$2.99

**Always Save
Bacon
12 Oz.**



\$1.99

**Lb.
Pork
Chop
Fresh Boneless
Value Pack**



\$1.99

**Lb.
Imported
Honeycrisp
Apples**

2/\$4

**Broccoli
Bunch
Cauliflower
Head**



\$1.49

**Lb.
Chicken
Whole Fryers
Frozen**



\$2.99

**Sunkist
Navel Oranges
3 Lb. Bag**



\$5.99

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



\$2.98

**Tide
Simply Liquid
Laundry Detergent
31-32 Oz.
Selected Varieties**



\$5.99

**Blue Ribbon
Classics
Ice Cream
128 Oz.
Selected Varieties**



3/\$10

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



\$2.49

**Prego
Pasta Sauce
21.5-24 Oz.
Selected Varieties**



\$2.99

**Frito-Lay
Lay's Regular, Kettle
or Baked Potato Chips
or Poppables Snacks
5-8 Oz.
Selected Varieties**



\$3.99

**Lb.
80% Lean
Ground Beef
Value Pack**



\$2.99

**Lb.
St. Louis
Pork Back Ribs
Frozen**



\$1.49

**Lettuce
Head**



\$2.99

**Fresh
Strawberries
1 Lb.**

WE RESERVE THE RIGHT TO LIMIT QUANTITIES AND TO ESTABLISH MINIMUM PURCHASE REQUIREMENTS. NOT ALL VARIETIES AVAILABLE.

Fresh Produce

Enjoy Spend LESS!
MORE



Lettuce
Head

\$1.49



Vidalia
Onions
3 Lb. Bag

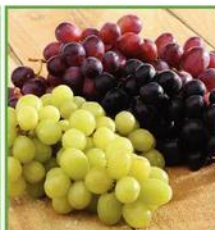
\$2.99



\$2.99
Strawberries
1 Lb.



89¢ Ea.
English
Cucumbers



\$2.99 Lb.
Red, Green or Black
Seedless Grapes

Floral

At Participating Stores



\$8.99
Blooms To Go
Bouquet



99¢ Lb.
Beefsteak
Tomatoes



\$2.99
Baking
Potatoes
4 Pack



\$3.99
Dole
Premium Salad Kits
6-12 Oz. Selected Varieties



3/\$2
Lemons
or Limes



\$10.99
Raspberry Chocolate
Bouquet

\$11.99
Patriotic Mum
6 In

Dairy & Frozen

Enjoy Spend LESS!
MORE



\$4.49
Parkay
Soft Spread
41 Oz.
Selected Varieties



\$3.49
Cracker Barrel
Shredded, Chunk, Sliced or
Cracker Cuts Cheese
7-8 Oz. Selected Varieties



\$5.49
Alexia
Potatoes
16-20 Oz.
Selected Varieties



4/\$12
Stouffer's
Entrées
8.375-12.75 Oz.
Selected Varieties

\$2.49
Velveeta
Shredded Cheese
8 Oz.
Selected Varieties



\$4.49
Kraft
Singles
16 Oz.
Selected Varieties



2/\$7
Stouffer's
Large Entrées
6-6-20 Oz.
Selected Varieties



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



\$3.99
Kraft
Shredded or
Grated Parmesan
Cheese
5 Oz.
Selected Varieties



\$5.49
Kraft
Philadelphia
Cream Cheese
2 Ct.
Selected Varieties



\$4.49
Dunkin'
Liquid Coffee
Creamer
32 Oz.
Selected Varieties



\$2.49
Bagel Bites
7 Oz.
Selected Varieties



\$2.99
Eggo
Waffles
10 Ct.
Selected Varieties



\$4.49
International Delight
Iced Coffee 64 Oz. or
Cold Foam 14 Oz.
Selected Varieties



\$2.49
Pillsbury
Grand! Biscuits,
Crescents or
Cinnamon Rolls
8-16.3 Oz.
Selected Varieties



\$1.99
Jell-O
RTG Girl Scout
Cookie Pudding
7 Oz.
Selected Varieties



\$3.99
Oscar Mayer
Lunchable
Grilled Cheeses
5.75-6.2 Oz.
Selected Varieties



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



\$3.99
Dannon
Light & Co.
Oikos Triple Zero 4 Ct. or
Danimals Squeeze
Yogurt 14 Oz.
Selected Varieties



2/\$4
Pure Leaf
Tea
99 Oz.
Selected Varieties



\$2.59
Island
Hilland or
Prairie Farms
Sour Cream
or Dips
16 Oz.
Selected Varieties



\$3.99
Halo Top
Ice Cream
Novelties
4 Ct.
Selected Varieties



\$3.99
Halo Top
Ice Cream
16 Oz.
Selected Varieties



\$5.99
Blue Ribbon
Classics
Ice Cream Novelties
8-20 Ct.
Selected Varieties



Seafood

\$5.99
Trident
Seafood Breaded
Fish Items
19-24 Oz. Selected Varieties



\$3.49 Lb.
Pollock
Fillets
10F



\$6.99 Lb.
Cod
Loins
10F



\$4.99
Best Choice
Raw Shrimp
12 Oz. 41-50 Ct.



\$7.99
AquaStar
Cooked Shrimp
1 Lb. 26-30 Ct.



Grocery



Frito-Lay
Smartfood
5.25-8.5 Oz.
Fritos
9.2-9.25 Oz.
Selected Varieties

\$3.49



Nabisco
Family Size
Oreo
10.6-18.71 Oz.
Selected Varieties

\$4.49



Post
Cereal
11-6.6 Oz.
Selected Varieties
MUST BUY 3

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

\$3.99
Nabisco
Nilla Wafers or
Honey Grahams
8.5-14.4 Oz.
Selected Varieties



\$3.49
Keebler
Club or
Townhouse Crackers
7.5-13.8 Oz. or
Graham's 11-15 Oz.
Selected Varieties



\$3.99
Keebler
Toasted or
Crispy Crackers
4.25-8.7 Oz.
Selected Varieties



\$3.99
Jolly Time
Value Pack
Popcorn
6-10 Ct.
Selected Varieties



\$3.49
Nabisco
BeVita
5-8 Ct.
Selected Varieties



\$2.99
General Mills
Cereal
8.9-12 Oz.
Selected Varieties



\$3.49
Cap'n Crunch or
Life Cereal
10.3-13 Oz.
Selected Varieties



\$3.79
Ihug
Syrup
24 Oz.
Selected Varieties



\$3.49
Mott's
Applesauce
48 Oz.
Selected Varieties



\$7.49
Kraft
Deluxe
Mac & Cheese or
Velveeta
Shells & Cheese Dinners
3 Ct.
Selected Varieties



\$4.99
Kraft
Mac & Cheese
Dinners
5 Ct.
Selected Varieties



4/\$5
Spaghetti-Os
Canned Pasta
15.4-15.8 Oz.
Selected Varieties



\$1.49
Jet-Puffed
Marshmallow
Creme
7 Oz.
Selected Varieties



\$4.49
Marzetti
Potato or
Southern Slaw
Dressing
16 Oz.
Selected Varieties



2/\$5
La Choy
Sweet & Sour
or Orange Sauce
14.4-14.8 Oz.
Selected Varieties



\$3.49
La Choy
Yum Yum Sauce
16 Oz.
Selected Varieties



\$3.49
P.F. Chang's
Saiad Dressing
16 Oz.
Selected Varieties



\$1.99
Heinz
Mustard
14 Oz.
Selected Varieties



4/\$5
Hunt's
Ketchup
20 Oz.
Selected Varieties



\$3.99
Kraft
Inspired Sauce
10 Oz.
Selected Varieties



4/\$5
KC Masterpiece
BBQ Sauce
18 Oz.
Selected Varieties



\$5.99
Hellmann's
Mayonnaise
30 Oz.
Selected Varieties



2/\$5
Wishbone or
Western
Saiad Dressing
15 Oz.
Selected Varieties



\$3.39
Allegro
Merlot
16-18 Oz.
Selected Varieties



\$3.49
Mount Olive
Pickles
24 Oz.
Selected Varieties



\$2.79
Weber
Seasonings
2.78-2.7 Oz.
Selected Varieties



\$3.49
Campbell's
Tomato Juice 64 Oz. or
VB Juice 48 Oz.
Selected Varieties



\$1.99
Kool-Aid
or Tang
Liquid Drink
Enhancer
1.82 Oz.
Selected Varieties



\$1.79
Kool-Aid
Bursts
8 Ct.
Selected Varieties



\$3.69
Mott's
Juice
8 Ct.
Selected Varieties



\$2.49
Hawaiian
Punch
6.8 Ct.
Selected Varieties



\$8.99
Starbucks
Instant Coffee 3.17 Oz.
Ground 11-12 Oz.
Cold Brew 32 Oz. or
K-Cups 10 Ct.
Selected Varieties



\$8.99
Maxwell House
Ground Coffee
3.35-3.78 Oz.
Selected Varieties



\$7.49
Gralia
Ground Coffee
12 Oz. or
Gralia or
Maxwell House
K-Cups 6-12 Ct.
Selected Varieties



\$17.99
Cottonelle
Bath Tissue
18 Mega Roll
Selected Varieties



\$5.49
Scott
Paper Towels
6 Roll or
Bath Tissue
8 Mega Roll or
13 Double Roll
Selected Varieties



Gerber Savings for You and Baby!

\$3.49
Gerber
Yogurt Melts
1 Oz.
Selected Varieties



2/\$6
Gerber
Teethers
17 Oz.
Selected Varieties



2/\$5
Gerber
Snacks
1.88 Oz.
Selected Varieties



2/\$4
Gerber
Mealtime Pasta
Baby Food
6 Oz.
Selected Varieties



2/\$5
Gerber
Mealtime
Baby Food
6.8 Oz.
Selected Varieties



\$28.99
Nature's Recipe
Dog Food
12 Lb.
Selected Varieties



10/\$10
Canine Carry Outs
Treats
2.8-4.5 Oz.
Selected Varieties



\$6.49
Kibbles N Bits
Dog Food
3.5 Lb.
Selected Varieties



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



\$2.99
Gain
EZ Squeeze
Dish Soap
24.3 Oz.
Selected Varieties



\$3.99
Bounce
Fabric Sheets
40 Ct.

Home & Health



\$4.99
St. Ives
Facial Scrub
6 Oz.
Selected Varieties
KCG3



\$4.99
Dove
Bar Soap
2 Ct.
Selected Varieties



\$4.59
Dove
Shampoo or
Conditioner
12 Oz.
Selected Varieties



\$3.89
St. Ives
Body Wash
16 Oz.
Selected Varieties



\$2.99
Afta
Deodorant
2.6 Oz.
Selected Varieties



KCG3_BASE_PG3_051425

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



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



\$12⁹⁹ Lb.
KC Strip Steak
Fresh Boneless Beef Value Pack



\$1⁷⁹ Lb.
Pork Loin
Whole Boneless
Sold In C.O.V Bag



\$2⁴⁹ Lb.
Country Style Ribs For BBQ
Fresh Boneless Pork



\$2⁹⁹ Lb.
St. Louis Style Ribs
Frozen Pork



\$1⁹⁹
Best Choice Lunchmeat
8 Oz.
Selected Varieties



\$4⁹⁹
Sugardale Bacon
16 Oz.
Selected Varieties

2/\$4
Oscar Mayer Basic Lunchables
2.25-4 Oz.
Selected Varieties



2/\$5
Oscar Mayer Snack Plates
3.3 Oz.
Selected Varieties



\$4⁹⁹
Oscar Mayer Jumbo Angus Hot Dogs or Turkey Franks
14-16 Oz.
Selected Varieties



\$3⁹⁹
Delimex Quesadillas
9 Oz.
Selected Varieties



\$3⁹⁹
Bob Evans Sausage Roll, Links or Patties
12-16 Oz.
Selected Varieties



\$4⁴⁹
Delimex Tacos or Taquitos
16.3-20 Oz.
Selected Varieties



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



\$5⁹⁹
Johnsonville Fully Cooked Breakfast Sausage
20 Oz.
Selected Varieties



\$3⁹⁹
Oscar Mayer Beef Franks
16 Oz.
Selected Varieties



\$4⁹⁹
Paradise Kitchens or Tiantang Chicken Items
24 Oz.
Selected Varieties



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



\$3⁹⁹
Oscar Mayer Luncheon Meats
16 Oz.
Selected Varieties



\$7⁴⁹
Nathan's Frozen Pretzel or Bagel Dogs
16 Oz.
Selected Varieties



\$5⁴⁹ Lb.
Kentucky Legend Quarter Sliced Ham



Deli & Bakery

\$8⁴⁹ Lb.
Kretschmar Turkey Breast
Off The Bone or Bacon Encrusted

\$3⁹⁹
Café Valley Cream Cakes
20 Oz.
Selected Varieties

\$5⁹⁹ Lb.
Golden Fried Chicken Tenders
Selected Varieties

\$3⁴⁹ Lb.
Rotelli Italian Pasta Salad or Spring Salad

\$4⁴⁹
Clyde's Fritters
6 Oz.
Selected Varieties

\$4⁴⁹
Angel Food Cake
8 Oz.

\$7⁹⁹ Lb.
Kretschmar Swiss Cheese

\$5⁹⁹ Lb.
Kretschmar Ham
Virginia Honey or Smoked

\$5⁹⁹
Filled Cannoli's
6.5-7.5 Oz.
Selected Varieties

99¢
Clover Hill Pastries
4-4.25 Oz.
Selected Varieties

\$2⁹⁹
Reese's Classic Sides
12-14 Oz.
Selected Varieties

\$2⁴⁹
Chicken and Waffle Sandwiches
4.6 Oz.
Selected Varieties

\$3⁹⁹
Brioche Hamburger Buns
7.5 Oz.

\$2⁵⁹
Ozark Hearth Wheat Berry Or Potato Bread
20 Oz.
Selected Varieties

\$6⁹⁹
7-up Products
12 Oz. Cans 12 Pack
Selected Varieties

\$6⁹⁹
7-up Products
12 Oz. Bottles 8 Pack
Selected Varieties

\$21⁹⁹
Bacardi Rum
1.75 Liter
Selected Varieties

\$32⁹⁹
Jose Cuervo Margarita
1.75 Liter
Selected Varieties

\$8⁹⁹
On The Rocks Cocktail
375 mL
Selected Varieties

\$4⁹⁹
Snapple Tea
16 Oz. Bottles 6 Pack
Selected Varieties

\$4⁹⁹
Coke Products
16.9 Oz. Bottles 6 Pack
Selected Varieties

\$10⁹⁹
Z Alexander Brown Wine
750 mL
Selected Varieties

\$17⁹⁹
Meiomi Wine
750 mL
Selected Varieties

\$14⁹⁹
Dos Equis Beer
12 Oz. Cans or Bottles 12 Pack
Selected Varieties

\$1⁴⁹
Body Armor
16 Oz.
Selected Varieties

\$6⁹⁹
Powerade
20 Oz. Bottles 8 Pack
Selected Varieties

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

\$16⁹⁹
Miller or Coors Beer
12 Oz. Cans 18 Pack
Selected Varieties

\$15⁹⁹
Twisted Tea Hard Seltzer
12 Oz. Cans 12 Pack
Selected Varieties



Prices Effective **MAY 14-20, 2025**

\$5⁹⁹
Ea.
Whole
Watermelons



\$3⁹⁹
Corn
4 Pack



\$2⁴⁹
Reser's
Classic Salads
15-16 Oz.
Selected Varieties



\$2⁴⁹
Rotella's
Brat Buns
6 Ct.



\$3⁹⁹
Best Choice
Frosted Cookies
10 Ct.
Selected Varieties



\$3⁴⁹
Best Choice
Brats
16 Oz.
Selected Varieties



\$6⁹⁹
Best Choice
IQF Chicken Wings
or Tenderloins
2.5 Lb.



\$12⁹⁹
Best Choice
Frozen Beef Patties
3 Lb.



2/\$3
Best Choice
Jumbo Cake Cones
12 Ct.
Selected Varieties



\$1⁷⁹
Best Choice
Baked Beans
28 Oz.
Selected Varieties



\$1⁹⁹
Best Choice
Relish
10 Oz.
Selected Varieties



\$2²⁹
Best Choice
Pickles
16 Oz.
Selected Varieties



89¢
Best Choice
Heavy Duty Cutlery
24 Ct.
Selected Varieties



\$2⁴⁹
Best Choice
Party or
Translucent Cups
20 Ct.
Selected Varieties



\$3⁹⁹
Best Choice
Cups
40-50 Ct.
Selected Varieties



\$2⁴⁹
Best Choice
Designer Plates
24-48 Ct.
Selected Varieties



\$1⁶⁹
Best Choice
Aluminum Foil
30 Sq.Ft.



\$6⁹⁹
Best Choice
Instant Light Charcoal
12 Lb.



\$3⁴⁹
Best Choice
Drinking Water
16.9 Oz. Bottles 24 Pack

2025
CLASS OF

Best Choice
40th Anniversary

Celebrating 40 Years of Quality and Value

Best Choice
40th Anniversary



Prices Effective **MAY 14-20, 2025**

Best Choice
40th Anniversary

Best Choice
40th Anniversary

Best Choice
40th Anniversary

Best Choice
40th Anniversary

Best Choice
40th Anniversary



\$3⁹⁹

Best Choice
Shredded or
Chunk Cheese
16 Oz.
Selected Varieties



\$5⁹⁹

Best Choice
Cheese Spread
32 Oz.
Selected Varieties



\$3⁹⁹

Best Choice
Assorted Junior or
Independence Pops
20-24 Ct.
Selected Varieties



4/\$5

Best Choice
Dinners
5.2-6.8 Oz.
Selected Varieties



\$2⁴⁹

Best Choice
Toaster Pastry
8 Ct.
Selected Varieties



69¢

Best Choice
Pork & Beans
16 Oz.



4/\$4

Best Choice
Diced Tomatoes
10 Oz.
Selected Varieties



\$1²⁹

Best Choice
Bacon Bits
2 Oz.



\$2⁴⁹

Best Choice
Real Bacon Bits
3 Oz.



\$1³⁹

Best Choice
Marshmallows
10 Oz.
Selected Varieties



\$2⁹⁹

Best Choice
Jumbo Marshmallows
24 Oz.



89¢

Best Choice
Gelatine or
Pudding
3-3.4 Oz.
Selected Varieties



\$3⁴⁹

Best Choice
Dog Treats
1-2 Ct. or 4 Oz.



\$1⁶⁹

Best Choice
Coffee Filters
200 Ct.
Selected Varieties



99¢

Best Choice
Coffee Filters
100 Ct.
Selected Varieties



\$3⁹⁹

Best Choice
Epsom Salts
3 Lb.
Selected Varieties



\$1⁴⁹

Best Choice
Cotton Swabs
300 Ct.



\$6⁹⁹

Best Choice
Jumbo Training
Pants
18-25 Ct.
Selected Varieties