



1206 7th Ave. • Belle Plaine, IA
Phone: 319.444.2624
Fax: 319.444.2535

Open

Mon-Fri 7:00 am - 9:00 pm
Sat-Sun 8:00 am - 9:00 pm

#8032

Prices Effective Wednesday, July 30 Through Tuesday, August 5, 2025

Back to School SAVINGS!



Fresh
Boneless
Skinless
Chicken Breasts

\$2.99
Lb.

Whole
Boneless
Pork Loin

\$2.49
Lb.

Best Choice
Fully Cooked
Microwave
Bacon
2.1 Oz.

2/\$5



Blueberries
Pint

2/\$3

Local Whole
Seedless
Watermelon

\$3.99
Ea.

Northwest
Cherries
\$2.99
Lb.

Cherries
Are A Good
Source Of
Potassium



Quaker
Instant
Oatmeal
6-10 Oz.
Selected Varieties

\$1.99



Pringles
Potato Crisps
4.9-5.57 Oz.
Selected Varieties

2/\$3



The Father's
Table
Cheesecake
16 Oz.
Strawberry, New York Style
or Variety Sampler

\$5.99
Ea.

July 30th
is National
Cheesecake
Day!

Manufacturer's Coupon Expires 08/31/2025

\$1.50 OFF ANY ONE
SPRINGER MOUNTAIN FARMS CHICKEN PRODUCT

www.Springer-MTFN.com
Social - SMFchicken



Pepsi Products
6 Pack 12 Oz. Bottles,
Selected Varieties

\$6.99



Pepsi Products
3 Pack 16.9 Oz. Bottles,
Selected Varieties

3/\$9.99

Due to supply uncertainty, some ad items may be out of stock. We are unable to provide rainchecks at this time. We apologize for any inconvenience. All items shown may not be available in all stores. Some regional differences may occur. We reserve the right to correct pricing errors, set limits and/or refuse sales to commercial/wholesale customers.

GROCERY Essentials!



WOW 2/\$4 Ragù 16-24 Oz. Selected Varieties	4/\$5 Prince, Mueller's or San Giorgio Pasta 12-16 Oz. Selected Varieties	2/\$7 Frito-Lay Simply Snacks 5.25-8.5 Oz. Selected Varieties	5/\$5 Kraft Original or Flavored Mac & Cheese Dinner 7.25 Oz. Selected Varieties
\$2.99 Kellogg's Pop-Tarts or Pop-Tarts Bites 9-12 Ct. Selected Varieties	\$14.99 Starbucks Breakfast Blend Ground Coffee 18 Oz.	\$3.99 Pearl Milling Co. Pancake Mix Selected Varieties	\$5.99 Folgers or Bustelo Ground Coffee 9.6 Oz. or K Cups 10 Ct. Selected Varieties
\$2.99 Kraft Deluxe Mac & Cheese or Velveeta Shells & Cheese Dinner 9.4-14 Oz. Selected Varieties	4/\$5 Bush's Best Beans or Peas 15-16 Oz. Selected Varieties	4/\$5 Chef Boyardee Canned or Microwave Pasta 7.5-15 Oz. Selected Varieties	\$3.99 Heinz Ketchup 29.5-38 Oz. Selected Varieties
2/\$7 Texas Roadhouse Sauce 12 Oz. Classic Steak or Gold	\$1.89 Hidden Valley Dip or Dressing Mix 4-11 Oz. Selected Varieties	\$3.49 Nabisco Ritz Crackers 8.6-13.7 Oz. Selected Varieties	\$3.49 Nabisco Snack Crackers 6.5-8.5 Oz. Selected Varieties
\$3.49 Nabisco Chips Ahoy! Cookies 9.5-13 Oz. Selected Varieties	\$4.49 Nabisco Family Size Oreo Cookies 10.69-18.71 Oz. Selected Varieties	\$3.49 Orville Redenbacher's Microwave Popcorn 6 Ct. Selected Varieties	\$8.99 Pringles Snack Stack Potato Crisps 18 Ct.
\$3.49 Vlasic Pickle Balls 6.5 Oz.	2/\$9 Frito-Lay Party Size Potato Chips, Cheetos, Tostitos, Frito-Lay or Smartfood 8.125-18 Oz. Selected Varieties	\$3.99 Frito-Lay SunChips 7 Oz. Selected Varieties	\$2.99 Kool Aid or Country Time On The Go Singles 10-12 Ct. Selected Varieties
2/\$5 Kool Aid Jammers 10 Ct. Selected Varieties	\$2.49 Capri Sun Strawberry Kiwi or Fruit Punch 64 Oz.	2/\$5 Niagara Water 24 Pack 16.9 Oz. Bottles	\$3.99 Shaq XL Gummies 12.27 Oz. Original or Sour

HOUSEHOLD ESSENTIALS & HEALTH & BEAUTY & PET

AT PARTICIPATING STORES

WOW \$2.99 Tide Simply Liquid Laundry Detergent 31-32 Ct. Selected Varieties	\$2.69 Glad Zip Sandwich Bags 100 Ct.	\$9.99 Glad Trash Bags 34-40 Ct. Selected Varieties	\$3.99 Pine-Sol Cleaner 20-24 Ct. Selected Varieties
\$4.79 Clorox Mold and Mildew Remover 32 Oz.	\$27.99 Bounty Select-A-Size Paper Towels 12 Double Roll	\$4.99 Flora Paper Towels 8 Double Roll or Bath Tissue 12 Double Roll or 8 Mega Roll Selected Varieties	\$26.99 Charmin Bath Tissue 16 Mega Roll, Soft or Strong \$3.49 Bounce or Gain Fabric Refresher Sheets 60 Ct.
\$7.99 Scoop Away Cat Litter 14 Lb.	\$11.49 Nature's Recipe Dog Food Chicken or Salmon	\$27.99 Pampers Diapers 44-104 Ct. Selected Varieties	\$2.59 Arm & Hammer Deodorant 2.6 Oz. Selected Varieties \$3.99 Carefree Feminine Panty Liners 36-40 Ct. Selected Varieties

QUALITY Meats & Seafood



99¢
Lb.
Fresh Chicken
Drumsticks



\$2.99
Lb.
Center Cut
Pork Chops
Boneless



\$4.99
Lb.
80% Lean
Ground Beef
Chub
Sold in 3 Lb. Roll



\$4.99
Lb.
Tilapia
Fillets
3-5 Oz. Frozen



\$4.99
Ea.
Mojito Sushi
6 Oz. Pkg.
California Classic Roll
or Spicy Crab Roll



2/\$5
Louis Kemp
Imitation
Crab Flakes
8 Oz. Pkg., Selected Varieties



\$6.49
Oscar Mayer
Deli Fresh
Shaved Meats
15-16 Oz.
Selected Varieties



\$4.99
Oscar Mayer
Angus Beef or
Turkey Franks
14-16 Oz.



2/\$3
Oscar Mayer
Dunkable
Lunchables
2-3 Oz.
Selected Varieties



2/\$4
Oscar Mayer
P3 Protein Packs
2-3 Oz.
Selected Varieties



\$5.99
Johnsonville
Brats or Italian
Sausage
19 Oz. Selected Varieties



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



\$5.99
Jimmy Dean
Breakfast Sandwiches,
Biscuit Roll Ups,
Burritos or Stuffed
Hash Browns
12-9-10-8 Oz. Selected Varieties



\$7.99
Best Choice
All Natural
Chicken Wing
Sections
2.5 Lb. Bag, Frozen



\$7.99
Tyson
Frozen Chicken
16-25.5 Oz.
Selected Varieties

DAIRY Favorites!



\$3.99
Coffeemate
Liquid Coffee
Creamer
20-32 Oz. or
Cold Foam
14 Oz. Selected Varieties



2/\$4
Sunny D
64 Oz.
Selected Varieties



\$2.99
Velveeta
Slices
12 Oz.
Selected Varieties



\$4.69
Blue Bonnet
Spread
45 Oz.
Original or With Calcium



2/\$5
Tropicana
Lemonades or
Refreshers
48 Oz. Selected Varieties



2/\$6
Silk
Almond Milk
64 Oz. Selected Varieties



\$4.99
Stok
Cold Brew
48 Oz.
Selected Varieties

FROZEN How Fresh Stays Fresh!



10/\$10
Michelin's
Entrées
4-5-8.5 Oz.
Selected Varieties



2/\$5
Bagel Bites
7 Oz.
Selected Varieties



\$2.99
Luigi's
Italian Ice
6 Ct.
Selected Varieties



2/\$6
Birds Eye
Vegetables
10-17 Oz.
Selected Varieties



\$6.99
Birds Eye
Volita or
Chef Boyardee
Family Size Meals
30-42 Oz.
Selected Varieties



\$3.99
Turkey Hill
Ice Cream
1.44 Oz.
Selected Varieties



2/\$7
Bibigo
Single Serve
Entrées
9-10 Oz.
Selected Varieties

FRESH PRODUCE *Everyday!*



\$4.99
Ea.

Honeydew
or Golden
Honeydew Melon

\$2.99
Lb.

California
Yellow or White
Peaches or
Nectarines

\$1.99
Lb.

California
Red or Black
Plums

79¢
Ea.

Mangos

\$3.99
Ea.

Dole Chopped
Salad Kit
10.6-12.25 Oz. Bag,
Selected Varieties

2/\$7

The Little Potato
Company
Microwave
Ready Potatoes
1 Lb. Tray, Selected Varieties

\$4.49
Ea.

Chick Fil A
Salad Dressing
12 Oz. Bottle,
Selected Varieties

2/\$7

Bolthouse Farms
Beverages
15.2 Oz. Bottle,
Selected Varieties

79¢
Lb.

Local Green
Cabbage

**Local
PRODUCE
Sale!**

\$1.49
Ea.

Michigan
Celery

79¢
Ea.

Local Slicing
Cucumbers

\$1.79
Lb.

Local Fresh
Green Beans

\$1.79
Lb.

Michigan
Zucchini or
Yellow Squash

DELI & BAKERY *Favorites!*



\$7.99
Lb.

Wilson
Roast Beef

\$4.49
Lb.

Gady Creek
Farms No Smoke
Provolone
Cheese

\$2.99
Ea.

Gonnella Pretzel
Sliced Sub Rolls
4 Ct. Pkg.

\$1.99
Lb.

Deli Fresh
Potato Salad

5/\$3.50

JJ's Bakery
Snack Pies
4 Oz. Birthday Cake,
Strawberry or Coconut Cream

\$3.99
Ea.

Olson's
Creme Cake
16 Oz. Pkg.,
Selected Varieties

\$6.99
Ea.

Hormel Gatherings
Deli Snack
Meat and Cheese
14 Oz. Tray, Selected Varieties

INNOVASIAN SPECIALS

\$4.99
Lb.

Innovasian Cuisine
Shanghai Style
Noodle With
Vegetables

\$7.99
Lb.

Innovasian Cuisine
Mongolian Beef
and Vegetable

\$5.49
Lb.

Innovasian Cuisine
Chicken Lo Mein

ADDITIONAL SPECIALS

THANK YOU *For*
SHOPPING *with us!*