

68375 N Main St Iron River, WI 54847

715-372-4264

Full Service **FOODS** Since 1914

Family Friendly Customer Owned

www.ironriverfoods.com

PRSRT STD ECRWSS EDDM U.S. POSTAGE PAID PERMIT NO. 44

LIBERTY,MO Residential Customer

DISCOVER

7 DAYS A WEEK! Monday-Saturday 8:00 am to 7:00 pm Sunday 8:00 am to 3:00 pm

#7146





September 1 - September 7, 2025

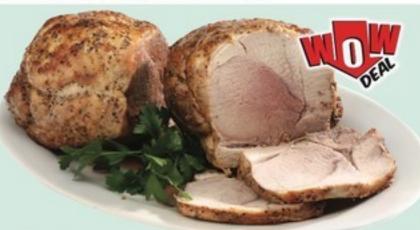
MON TUE WED THU FRI SAT SUN

Prices Effective Wednesday, September 3 Through Tuesday, September 9, 2025



FRESH 85% Lean Ground Beef Family Pack Product of USA





SLICED BAC

FRESH **Boneless Pork Sirloin Roast** Product of USA



FRESH Boneless Beef Sirloin Steak Product of USA



Tenderloins Product of USA **Covered Wagon** Bacon

10 Lb.

SLICED BACON

PRODUCE



Midwest Grown FRESH Sweet Corn



FRESH **Roma Tomatoes**



FRESH

Avocados



Harvest Cuts 7 Layer Bean Dip or **Taco Tray**

1 Lb.

Wow items



Blue Ribbon Classics Frozen **Dairy Dessert** 128 Oz. Selected Varieties



Blue Bunny Load'D Sundaes 5.5 Oz., Selected Varieties



Best Choice Premium **Paper Towels** 6 Giant Rolls or Soft & Strong **Bath Tissue** 12 Mega Rolls

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 printing errors, set limits and/or refuse sales to commercial/wholesale customers."

GROCERY



Best Choice Peanut Butter 40 Oz., Selected Varieties

\$5⁴⁹



Mac & Cheese or Velveeta Shells & Cheese Cups 2.05-2.39 Oz.

5/\$5



Ben's Original Ready Rice 6-8.8 Oz., Selected Varieties

\$249 Ea.



Honey



Honey



StarKist Tuna Pouch 2.6-3 Oz., Selected Varieties

99¢



Best Choice Onion Soup & Dip Mix

99¢



Cheese or Velveeta Shells & Cheese Dinners

3 Ct.

\$749 Ea.



Best Choice Vegetables 8-8.5 Oz., Selected Varieties

79¢



Best Choice Tomato Ketchup

949



Pompeian Olive Oil 16 Oz., Selected Varieties

\$799



Best Choice Mayonnaise 15 Oz.

\$349 Ea.



Fruit Flavored Snacks 10 Ct., Selected Varieties

\$299

ITALIAN NIGHT



Rana
Family Size
Tortellini
or Ravioli
20 Oz.,
Selected Varieties



Best Choice Pasta Sauce 24 Oz., Selected Varieties

\$179 Ea.



Best Choice Grated Parmesan Cheese 8 Oz.

\$299 Ea.



Red Baron Pizza 15.77-23.45 Oz., Selected Varieties \$299



Ea.

Best Choice Texas Toast With Garlic 22.5 Oz.

\$399

SLIDER



Best Choice Bread Crumbs 8-15 Oz., Selected Varieties

\$**1**89



Totino's Pizza Rolls or Snack Bites 50 Ct., Selected Varieties

\$299 Ea. WHEN YOU BUY 5

HOUSEHOLD, HEALTH & PET

Hefty Storage or

12-48 Ct. or

Freezer Bags

Sandwich Bags



Xtra Liquid Laundry Detergent 136.4-139.2 Oz., Selected Varieties

PANTENE

CLEAN

\$649

PANTENE



Hefty

Best Choice Cotton Swabs 300 Ct.



\$**1**49



Scotch-Brite
Scrub Sponges
3 Ct.,
Selected Varieties



Meow Mix Cat Food 14.2.16 Lb., \$1 799

Selected Varieties



Best Choice Slow Cooker Liners 4Ct

\$259 Ea.



9-Lives Cat Food



Pantene

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DAIRY



Simply **Fruit Juice** 46-52 Oz., Selected Varieties



Yoplait Yogurt 4-6 Oz.,

Selected Varieties

WHEN YOU BUY 10



David's Deli Bagels 14.2-14.25 Oz. or **English Muffins** Selected Varieties



Best Choice Burrito Size Flour Tortillas



Kraft Shredded, Chunk or **Crumbles Cheese** 5-8 Oz.,

Selected Varieties



Best Choice Superior Selections Cheese Crumbles 4 Oz., Selected Varieties

89



Chobani Yogurt Selected Varieties



Blue Bonnet Vegetable Oil Spread 16 Oz. 4 Sticks, Selected Varieties

Ea.

FROZEN



Best Choice Frozen Vegetables 16 Oz.,

Selected Varieties



José Olé Mini Tacos

16.2 Oz. or

Taquitos

20-22.5 Oz., Selected Varieties



Farm Rich French Toast Sticks 12 Oz.,

Selected Varieties



Best Choice 100% **Orange Juice** Frozen Concentrate 12 Oz.,

Selected Varieties



Best Choice Superior Selections Frozen Fruit

48 Oz., Selected Varieties

Q49



Best Choice Superior Selections Blueberries 32 Oz.



Lean Cuisine Entrées 6-11.5 Oz., Selected Varieties



Bibigo Meals or Dumplings 9-10 Oz., Selected Varieties

Ea.

FAMILY MOVIE NIGHT SNACKS



Lay's **Baked Snacks** or Doritos 6-15 Oz., Selected Varieties



Pretzels or Munchies Snack Mix 8-16 Oz., Selected Varieties



Nabisco Oreo Sandwich Cookies 10.68-18.71 Oz. Selected Varieties



Nature Valley, Fiber One or **General Mills** Bars

4-8 Ct.,



Pringles **Party Stack Potato Crisps** 6.84-7.16 Oz., Selected Varieties

12 Ct.,



Snack Stack **Potato Crisps** Selected Varieties



Popcorn

Selected Varieties

3 Ct.,



Grahams Crackers 9-12.7 Oz., Selected Varieties

QUALITY MEATS

















Oscar Mayer Fun Pack Lunchables 8.9-10.7 Oz., Selected Varieties **74**9





John Morrell Braunschweiger 16 Oz.



Oscar Mayer Turkey Bacon 12 Oz.

Ea.



Best Choice Fresh Bratwurst 16 Oz., Selected Varieties Ea.

PRODUCE























Fall Winds Bouquet



BAKERY



Izzio Multigrain or Sourdough Bread 24 Oz. Selected Varieties

Ea.



Brothers Assorted **Donuts** 10 Oz.



Del Duca Sliced Meat **Hretschmar** Kretschmar **Deli Sliced** Provolone Cheese



Kretschmar Kretschmar **Deli Sliced Turkey Breast** Selected Varieties



Olson's Sliced Creme Cake \$399 Ea.

ORIGINAL









Macaroni Salad

Coleslaw

DDITIONAL SPECIALS

Toufayan

Plain Bagels



Coke Products 6 Pack 16.9 Oz. Bottles. Selected Varieties





Coke Products 12 Pack 12 Oz. Cans. Selected Varieties



Old Dutch Puffcorn 7-9 Oz., Selected Varieties



7-Up **Products** 6 Pack 16.9 Oz. Bottles, Selected Varieties



New England Brown Bread 24 Oz.

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46 Ct. Selected Va

Start the Day Together for a Stronger Family

Studies show that family meals improve family functioning. This is defined as family connectedness, communication, expressiveness, and problem-solving.

Family meals deepen and intensify family connections and make for healthler, more enduring families. In short, family meals fuel stronger families.







Morningstar Farms Meats 5.2540.5 Oz



When You Buy 5

or \$2.99 Each

Log Cabin Syrup

Best Choice **Belgian Waffles**



Post Family Size Cereal 18-25-Oz.

3⁴⁹ € When You Buy 2 or \$4.49 Each



Kellogg's Cereal

2/\$6



Best Choice Coffee K Cups 36 Ct.or Maxwell House Wake Up Roast **Ground Coffee** Selected Varieties

\$1499



Lunchtime Classic -Grilled Cheese Please!



Singles American Twin Pack Selected Varieties

Campbell's Tomato or Chicken Noodle Soup

Simple Steps to a **Better Grilled Cheese**

Add butter with a pinch of salt and pepper to your pan. Add your favorite dried herbs like Thyme or Rosemary to the pan or directly to the bread.

Veggies/Fruit

Fresh produce such as tomatoes, avocado, figs, apples, pears, peaches, peppers, caramelized onions, or basil adds a unique flavor boost to your grilled cheese.

Deli Meat/Other Meats

Deli meat such as turkey, ham, roasted beef, and chicken breast are classic ways to elevate your grilled cheese. Don't forget bacon or prosciutto! Use sauce such as pesto or aioli to enhance the flavor of your grilled cheese.



Ruffles, **Funyuns or Sunchips** 5.25-8.5 Oz.

Selected Varieties



Oscar Mayer **Economy Well** Meats

16 Oz. Selected Varieties



Lunchables **Grilled Cheesies** 5.71-6.2 Oz.,

Selected Varieties









Nature's Recipe Dog Food 12 Lb., Selected Varieties

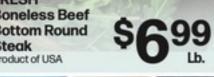
Kibbles n' Bits Dog Food 3.5 Lb., Selected Varieties

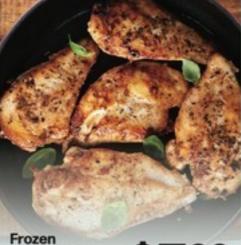
Rachael Ray **Nutrish Dog Bones or Treats** 6.3 Oz. Selected Varieties



Discover The Magic of **Making Meals Together!**







Chicken Leg Quarters



Aqua Star **Breaded Shrimp** Selected Varieties



FRESH Green Bell Peppers

Red Onions



Family meals help keep us connected!

September is National Family Meals Month and we're celebrating.

- · Enjoying meals together as a family is a great way to get stronger emotionally, physically, and mentally!
- · Family meals are associated with better weight management, improved physical health and improved mental health.
- · The communication and relationship skills learned at family meals prepare us to survive and thrive during life's ups and downs.
- · Eating family meals is good; spending more time around the table is even better. Extending mealtimes by just ten minutes can further improve diet quality and eating behavior among children.





PictSweet Vegetables 11-18 Oz. or Corn 4Ct.

Best Choice Steak Sauce

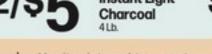


Best Choice Aluminum Foil

Aluminum Foil

Aluminum Foil

Best Choice Instant Light Charcoal



Tips For Killer Kebabs

1. Choosing the right meat and cutting it properly

- · Tender cuts are best for quicker cooking, such as beef sirloin, tenderloin, ribeye, or boneless chicken breasts or thighs.
- · Cut meat into equal-sized chunks (around 1 1/2 inches) for even cooking

2. The importance of the marinade

- Marinades tenderize and add flavor. Common marinade ingredients include: olive oil, soy sauce, Worcestershire sauce, Dijon mustard, lemon juice, garlic, and spices.
- · Marinade time: Marinate for at least 30 minutes, or overnight for tougher cuts of meat.
- · Experiment with different spice combinations like: cumin, turmeric, paprika, cardamom, oregano, and sumac for unique

3. Assembling the kebabs

- · Soak wooden skewers in water for at least 30 minutes to prevent burning.
- · Don't overcrowd the skewers. Leave a small space between ingredients for even cooking.
- · Separate ingredients strategically: Put ingredients with similar cooking times on the same skewer.
- · Use a variety of colors and textures. choosing vegetables that hold their shape well, such as: bell peppers, mushrooms, zucchini, onions, and tomatoes.

4. Grilling techniques

- · Preheat the grill to a medium-high or high
- · Oil the grill grates to prevent sticking.
- · Use a two-zone fire: Grill over direct heat for searing and indirect heat for finishing to avoid burning
- · Rotate frequently to cook all sides evenly.

- Monitor internal temperature: Use a meat thermometer to ensure meat is cooked to the desired doneness (e.g., 145°F for mediumrare beef, 165°F for chicken).
- · Don't be afraid to move kebabs to a cooler zone or the oven if they are browning too
- · Rest the kebabs: Allow the cooked kebabs to rest for a few minutes before serving to





Fuss-Free Meal Time!



Home Bake Main Meals 19.8-22.2 Oz., Selected Varieties



Home Bake Sides 15-22.2 Oz. Selected Varieties

Don't Forget Dessert



Betty Crocker Brownie, Dessert Bars, Cookie or Muffin Mix 9.3-191 Oz.

Selected Varieties Eq.

Best Choice Ice Cream Sandwiches or Bars

Selected Varietie



Pillsbury Cookies, Grands or Filled Crescents, Pull Aparts, Bread, Pizza Crust or Cinni Stix 8468 Oz.

Selected Varietie

When You Buy 5 or \$3.49 Each When You Buy 5 or \$2.99 Each UMW01_4PG UMW01_4PG_BASE_ISERTFR_090325