

Visit Us At Our Website At: www.kandrmarket.com We Accept Mastercard, Visa, Discover and Food Stamps

Open Monday-Friday 6:00 am to 8:00 pm Saturday 7:00 am to 6:00 pm Sunday 8:00 am to 6:00 pm

#2219

15971 State Highway 47 Marthasville, MO 63357 Phone: 636.433.2584 We reserve the right to limit quantities and correct printing errors. Not all items available at all stores.



Sun Drop Products

Blue Ribbon

Classics

Ice Cream

\$**5**99

Dr Pepper or 7-Up Products

Rice or Pasta Sides

Knorr

Coke Products

4/\$4

Bird Dog Whiskey

Liquid Laundry

Detergent 136.4-139.2 Oz.

Xtra

\$499

GROCERY specials Spend LESS! 0





























































799 9-Lives Cat Food

HOME, HEALTH & beauty





\$499 St. Ive

























DAIRY & FROZEN



Chobani Greek Yogurt

\$399



Jell-O Girl Scouts Pudding

\$199



Red Baron Pizza 15.77-23.45 Oz.

\$399



Lean Cuisine Entrées 6-11.5 Oz.

4/\$10



Bibigo Meals 9-10 Oz.

\$399



Vital Pursuit Entrées 6-6-3 Oz.

\$399



Best Choice Superior Selections Fruit

\$**7**99















\$399



\$249

Coca:Cola

Powerade Sports Drink

4/\$5





www.SpringerMTN.com Social - SMFchicken

SPV_2219_PG4_090325_K

FAMILY

Start the Day Together for a Stronger Family

at family meals improve family functioning. This is defined as family co , expressiveness, and problem-salving.



Best Choice Coffee Single Serve Cups

\$1499

Kellogg's Cereal



Oldham's or Tennessee Pride Sausage

\$_149



BELGIAN BELGIAN

> **Best Choice** Belgian Waffles

2/\$7 Log Cabin Syrup

Maxwell House Wake Up Roast Ground

Coffee

HO

\$1499



Simple Steps to a **Better Grilled Cheese**

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.

Lunchtime Classic -**Grilled Cheese Please!**



Kraft American Singles

49

Campbell's Chicken Noodle or **Tomato Soup**

ORIGINA Add butter with a pinch of salt and pepper

BIG DIPPER





Best Choice Corn Chips

2/\$4

Oscar Mayer **Lunch Meat**

Lunchables Grilled Cheesies 5.71-6.2 Oz.



Discover the Magic of Méals Together!





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 d eating behavior among children



Home Bake Sides 15.5-22.2 Oz

\$499

Home Bake \$999







PictSweet Farms Vegetables

2/\$6 **Best Choice Aluminum Foil**

Best Choice Instant Light Charcoal

\$349











Kibbles 'N Bits Dog Food

\$649



Rachael Ray Nutrish Soup Bones **Dog Treats**

\$279





Selected Varieties **Yoplait** Yogurt 4-6 Oz.

When you buy 10 or 10's 6.00



Pillsbury Grands!

Selected Varieties

Crescents, Filled Crescents, Cookie Dough, Pizza Crust, Cinni Stix. Cornbread Swirls or Bread 8-16.8 Oz.



When you buy 5 or \$3.49 ICING







Selected Varieties

Nature Valley, Fiber One, Mott's or **General Mills** Bars, Biscuits or **Brownies** 5-8 Ct.

When you buy 2 or 2/\$5.00





Selected Varieties

Post Cereal 18-25 Oz. \$349 WHEN YOU BUY 2 OR \$4.49





Totino's Pizza Rolls or

Snack Bites 19.5-24.8 Oz.

WHEN YOU BUY 5 OR \$3.99



Patties, Grillers,

Selected Varieties

MorningStar

Farms Burgers,

Nuggets, Crumbles, Links or Strips 5.25-12 Oz.

Morning



Selected Varieties

Betty Crocker Premium Brownie, Dessert Bar, Cookie, Cornbread or Muffin Mix

\$499
WHEN YOU BRY 5
OR 12.99

9.3-19.1 Oz.