

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**

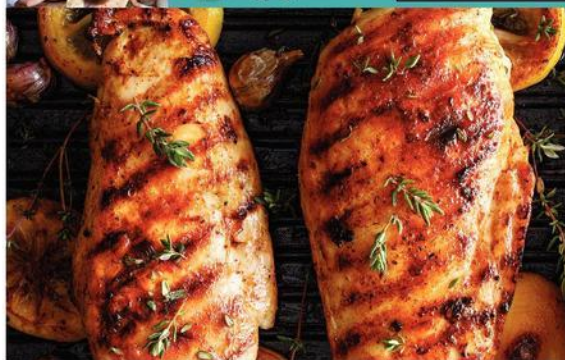
We reserve the right to limit & substitute similar items and to correct any pricing errors. All items may not be available.

#294

PRICES GOOD SEPTEMBER 2025							
WED	THU	FRI	SAT	SUN	MON	TUE	
24	25	26	27	28	29	30	



Family Meals
Help Keep Us Connected!



\$2⁹⁹
Lb.
Chicken Breast
Frozen Boneless Skinless



\$1⁹⁹
Lb.
Pork Chops
Fresh Boneless Value Pack



\$2⁹⁹
Dole Chopped Kits
9-12 Oz. Selected Varieties



\$3⁴⁹
Lb.
Pork Back Ribs
Frozen



\$1⁹⁹
Green Giant Gold or Red Potatoes
5 Lb.



99¢
Green Giant Corn, Green Beans or Peas
14.5-15.25 Oz. Selected Varieties



4/\$5
Kraft Mac & Cheese Dinner
5.5-7.3 Oz. Selected Varieties



\$2⁴⁹
Prego Pasta Sauce
22-24 Oz. Selected Varieties



\$10⁹⁹
Folgers or Bustello Ground Coffee
22-25.9 Oz. Selected Varieties



\$1⁹⁹
American Beauty Pasta
24 Oz. Selected Varieties



\$1⁹⁹
Lb.
New Crop Honeycrisp Apples



\$5⁹⁹
Ea.
Carving Pumpkins



\$20⁹⁹
Miller Lite Beer
12 Oz. Cans 24 Pack



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

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

Fresh Produce



**Field Wrapped
Broccoli or
Cauliflower**

2/\$5



**Honeycrisp
Apples**

**\$1.99
Lb.**



**99¢
Ea.**
English
Cucumbers



2/\$3
Jumbo
Colored Peppers



\$1.99
Lettuce
Head



**\$1.49
Lb.**
Beefsteak
Tomatoes



Floral
At Participating Stores

\$5.99
Assorted
Bloomers



\$2.99
Mandarin
Oranges
2 Lb.



**\$5.99
Ea.**
Jack-O-Lantern
Pumpkins



\$3.99
Happy Apples
Caramel Apples
3 Pack



\$13.99
Sunny Side Up
Bouquet
\$7.99
Garden
Mums

Dairy & Frozen



\$2.99
Velveeta
Slices
12 Oz.
Selected Varieties



\$3.39
Hiland
Almond Original
64 Oz.
Selected Varieties



\$3.49
Devour
Big Bowl Entrées
14 Oz.
Selected Varieties



\$3.49
T.G.I. Friday
Appetizers
8-11 Oz.
Selected Varieties



\$3.29
Imperial
Spread
48 Oz.



\$17.99
Always Save
Shredded Cheese
5 Lb.
Selected Varieties



99¢
Cracker Barrel
Cheese Bites
1.58 Oz.



2/\$5
Borden
Shredded, Chunk
or Sliced Cheese
9-12 Oz.
Selected Varieties



5/\$5
Breakstone
Doubles
Cottage Cheese
4.7 Oz.
Selected Varieties



\$3.99
Dannon,
Activia or Danimals
Squeeze Yogurt
16-21.2 Oz.
Selected Varieties



\$3.99
Too Good
Yogurt Pouch
4 CL
Selected Varieties



2/\$5
Pure Leaf
Tea
89 Oz.
Selected Varieties



\$4.99
Best Choice
Waffles
29.6 Oz.
Selected Varieties



\$8.99
Totino's
Pizza Rolls 48.8 Oz. or
Old El Paso
Taco Bites or
Stuffed Nachos 13-17 Oz.
Selected Varieties



\$3.99
Blue Bunny
Ice Cream
Novelties
6-9 CL
Selected Varieties



\$3.49
Baskin Robbins
Ice Cream or
Sherbet
14 Oz.
Selected Varieties



\$3.99
Lunchable
Cheeses
5.71-6.2 Oz.
Selected Varieties



\$3.49
Life Cuisine
Vital Pursuit
Entrées
6-6.5 Oz.
Selected Varieties



\$3.39
Halo Ice
Cream
Pops
Selected Varieties



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

Seafood



\$2.99
Aquamar
Seafarer
Crab Items
16 Oz.
Selected Varieties

KCG3



\$19.99
Sea Best
Argentine
Red Shrimp
2 Lb. 16-30 CL



\$8.99
AquaStar
Cooked Shrimp
1 Lb. 26-30 CL



**\$7.99
Lb.**
Cod
Loins
KOP



\$3.49
Pollock
Fillets
KOP

KCG3_BASE_PG02_092425

Grocery



Frito Lay
Cheetos or Fritos
6.5-10 Oz.
Ruffles 5.5-8.5 Oz.
Doritos or Simply
5.25-15 Oz.
Selected Varieties

\$3.49
Frito Lay
Can Dip
8.5-9 Oz.
Selected Varieties



Keebler
Toasteds or
Carr's Crackers
4.25-8.7 Oz.
Selected Varieties

\$3.99



Quaker
Cereal Bars
5-8 Ct.
Selected Varieties

\$2.99



4/\$5
Snack Pack
Gelatin or
Pudding
3 Ct.
Selected Varieties



\$3.99
Nabisco
Snack Crackers
3.5-8.5 Oz.
Selected Varieties



\$3.49
Keebler
Club or
Town House
Crackers or Graham's
9-10 Oz.
Selected Varieties



\$1.99
Franks,
Staubes or
Lawry's Seasoned
Coating Mix
5 Oz.
Selected Varieties



\$1.99
Hormel
Compleats
15-18 Oz.
Selected Varieties



\$3.39
Kraft
Mayo
12-15 Oz.
Selected Varieties



4/\$5
Chef Boyardee
Pasta
7.5-15 Oz.
Selected Varieties



\$1.69
Wolf
Chili With
Beans
15 Oz.
Selected Varieties



\$2.29
Wolf
Chili
15 Oz.



2/\$3
Campbell's
Red & White
Soup
10.5-15.5 Oz.
Selected Varieties

\$1.59

Green Giant
Potatoes or
Young Sweet Peas
15 Oz.
Selected Varieties



\$1.19
Green Giant
Carrots,
Peas & Carrots,
Sliced Beets or
Whole or
Italian Green Beans
14.5-15 Oz.
Selected Varieties



\$2.09
Green Giant
Mixed Vegetables
15 Oz.



2/\$5

Dolly Parton
Sweet Cornbread Mix or
Buttermilk Biscuit Mix
16 Oz.
Selected Varieties



\$2.49

Capri Sun
64 Oz.
Selected Varieties



2/\$5

Ozarka
Spring Water
12 Oz. Bottles 12 Pack
16.9 Oz. Bottles 6 Pack
8 Oz. Bottles 12 Pack or
Spark Water 23.7 Oz. Bottles 6 Pack
Selected Varieties



2/\$7

Ozarka
Spring Water
16.9 Oz. Bottles 12 pack



\$10.99

Scott
Bath Tissue
12 Rolls



Always Save

\$8.99

Always Save
Vegetable Oil
128 Oz.



\$1.19

Always Save
Big Rolls
Paper Towels
1 Roll



\$1.19

Always Save
Bath Tissue
4 Rolls



Home & Health

Enjoy Spend LESS! MORE



\$5.99
Crest
Toothpaste
3.5-16.9 Oz.
Selected Varieties



\$5.99
Oral B
Toothbrush
1 Ct.
Selected Varieties



\$5.49
Glide
Dental Floss 43.7 Yd. or
Oral B Floss 109.2 Yd.
Selected Varieties



\$9.99
Glad
Trash Bags
34-40 Ct.
Selected Varieties



\$6.99
Puffs
Facial Tissue
4 Ct.
Selected Varieties

Fresh Cut Meat

Enjoy **Spends LESS!**
MORE



\$6⁴⁹
Lb.
Shoulder Arm
Roast
Fresh Boneless Beef



\$6⁹⁹
Lb.
Charcoal
Steak
Fresh Boneless Beef
Value Pack



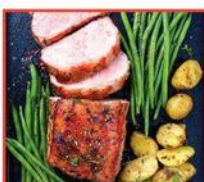
\$7⁴⁹
Lb.
Stew
Meat
Fresh Boneless Beef



\$5⁹⁹
Lb.
80% Lean
Ground Beef
Patties



\$11⁹⁹
Lb.
KC Strip
Steak
Fresh Boneless Beef
Value Pack



\$17⁹⁹
Lb.
Pork
Loin
Whole Boneless
Sold In C.O.V Bag



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



\$1⁵⁹
Lb.
Chicken
Thighs
Frozen Bone-In

\$3⁹⁹
Smithfield
Primefresh
Lunchmeat
7-8 Oz.
Selected Varieties



\$3⁹⁹
Kentucky Legend
Bacon
16 Oz.
Selected Varieties



\$1⁷⁹
Sugardale
Hot Dogs
16 Oz.



\$2⁴⁹
Earl Campbell
Sausage Loop
Items
12-13 Oz.
Selected Varieties



\$3⁴⁹
Bob Evans
Sausage
12-16 Oz.
Selected Varieties



\$9⁹⁹
Bar S
Jumbo
8 Lb.



\$3⁴⁹
Johnsonville
Primefresh
Ropes
12-13.9 Oz.
Selected Varieties



\$7⁹⁹
Cooked Perfect
Meatballs
16-10/16 Oz.
Selected Varieties



\$7⁹⁹
Oscar Mayer
Sub Kit
28 Oz.
Selected Varieties



\$7⁴⁹
Oscar Mayer
Basic Lunchables
16-12.5 Oz.
Selected Varieties



\$1⁹⁹
Oscar Mayer
P3 Protein
Packs
2-3.3 Oz.
Selected Varieties



2/\$5
Oscar Mayer
Fun Pack
Lunchables
8.9-10.7 Oz.
Selected Varieties



\$3⁹⁹
Wampler's
Taco Meat
Items
16 Oz.
Selected Varieties



\$4⁹⁹
Ea.
Paradise Kitchens
Chicken Items
Selected Varieties



\$3⁹⁹
Foster Farms
Small Corndogs
13.3-16 Oz.
Selected Varieties



\$2⁹⁹
Farmland
Braunswieger
12 Oz.



\$7⁹⁹
Johnsonville
Summer Sausage
20 Oz.
Selected Varieties



\$5⁴⁹
Lb.
Kentucky Legend
Quarter Sliced
Ham Items



Deli & Bakery



\$5⁹⁹
Lb.
Kretschmar
Ham Off The
Bone
Selected Varieties



\$4⁹⁹
Danish Coffee
Cake Strips
14 Oz.
Selected Varieties

\$9⁹⁹
Ea.
8 Piece
Golden
Fried Chicken
2 Breast 2 Wings 2
Thighs 2 Legs

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

\$2⁴⁹
Toufayan
Mini Bagels
18 Oz.
Selected Varieties

\$4⁴⁹
Olsen's
Slice Loaf
Cakes
16 Oz.
Selected Varieties

\$5⁹⁹
Lb.
Kretschmar
Provolone or
Colby Cheese
Selected Varieties

\$7⁹⁹
Lb.
Kretschmar
Mesquite or
Cajun
Turkey Breast
Selected Varieties

99¢
Cloverhill
Pastries
4-4.25 Oz.
Selected Varieties

\$2⁴⁹
Ozark Hearth
Texas Toast
20 Oz.

\$2⁴⁹
Stonefire
Mini Naan
Bread
7.05-7.31 Oz.
Selected Varieties



\$2⁹⁹
Sabra
Hummus
10 Oz.
Selected Varieties



\$2⁹⁹
White
Dinner Rolls
12 Ct.



\$6⁹⁹
Coke
Products
12 Oz. Cans 12 Pack
Selected Varieties



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



\$2⁹⁹
Coke
Products
2 Liter
Selected Varieties



\$19⁹⁹
Malibu
Rum
175 Liter
Selected Varieties



\$16⁹⁹
1800
Ultimate
175 Liter
Selected Varieties



\$42⁹⁹
Jack Daniels
175 Liter
Selected Varieties



\$6²⁹
Dark Horse
Wines
750 ml
Selected Varieties



\$7⁹⁹
Menage A Trois
Wines
750 ml
Selected Varieties



\$8⁹⁹
Relax
Wine
750 ml
Selected Varieties



\$1⁴⁹
Body Armor
16 Oz.
Selected Varieties



99¢
Powerade
28 Oz.
Selected Varieties



\$2²⁹
Monster
Energy
16.9 Oz.
Selected Varieties



\$6⁹⁹
7-Up
Products
12 Oz. Bottles 6 Pack
Selected Varieties



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



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



\$20⁹⁹
Miller or Coors
Premium Beer
12 Oz. Cans 24 Pack
Selected Varieties



\$13⁴⁹
Yuengling
Flight
12 Oz. Cans or Bottles 12 Pack
Selected Varieties



\$14⁹⁹
Busch Family
Beer
12 Oz. Cans 18 Pack
Selected Varieties





Prices Effective
SEPTEMBER 24-30, 2025

2/\$5

Strawberries 16 Oz. or
Blueberries,
Blackberries or
Raspberries 6 Oz.



BREAKFAST BERRY PATCH

\$2.99
Ea.

Kandy
Cantaloupe



\$4.99

Oscar Mayer
Raw Bacon
12-16 Oz.
Selected Varieties



2/\$3

Banquet
Sausage
6-8 Oz.
Selected Varieties



2/\$4

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



\$2.99

Best Choice
Grade A
Large Eggs
Dozen



\$3.49

Coffee-Mate
Liquid Coffee
Creamer 28.5 Oz.
Cold Foam 14 Oz. or
Iced Coffee 28.5 Oz.
Selected Varieties



\$2.99

Eggo
Waffles 6 Ct. or
Pancakes or
Toaster Sticks 12-40 Ct.
Selected Varieties



\$3.49

General Mills
Cereal
11.5-16.8 Oz.
Selected Varieties



\$4.29

Pearl Milling Co.
Pancake Mix
32 Oz.
Selected Varieties



\$8.99

Treat Shop
Glazed Donuts
12 Ct.



2/\$3

Pillsbury
Grands or
Flaky Layer Biscuits,
Crescents or
Cinnamon Rolls
4-12 Oz. Selected Varieties



Prices Effective
SEPTEMBER 24-30, 2025

4/\$5

McCormick
Chili Seasoning Mix
1-1.25 Oz.
Selected Varieties



\$1.29

Always Save
Saltines or
Oyster Crackers
9-16 Oz.
Selected Varieties



\$1.99

Best Choice
Big Dip
Corn Chips
9.25 Oz.
Selected Varieties



\$1.99

Best Choice
Tomato Sauce
29 Oz.



99¢

Best Choice
Tomatoes or Beans
10-15.5 Oz.
Selected Varieties



**Savings For
Your Furry
Family**

\$7.99

Rachael Ray
Nutrish
Cat Food
3 Lb.
Selected Varieties



\$13.99

Gravy Train
Dog Food
14 Lb.
Selected Varieties



\$2.39

Rachael Ray
Nutrish
Dog Food
13 Oz.
Selected Varieties



Best Choice.

SALE

Prices Effective **SEPTEMBER 24-30, 2025**



\$3²⁹

**Best Choice
Deluxe American
Slices
16 Oz.**



\$2⁴⁹

**Best Choice
Frozen Potatoes
28-32 Oz.
Selected Varieties**



2/\$5

**Best Choice
Superior Selection
Ice Cream
Pint
Selected Varieties**



\$2⁹⁹

**Best Choice
Poppers or
Cheese Sticks
8 Oz.
Selected Varieties**



4/\$5

**Best Choice
Dinner Mix
5.2-16 Oz.
Selected Varieties**



\$2²⁹

**Best Choice
Egg Noodles
16 Oz.
Selected Varieties**



2/\$3

**Best Choice
Pieces & Stems
Mushrooms
4 Oz.**



\$1¹⁹

**Best Choice
Chunk Light
Tuna Pouch
2.6 Oz.**



\$2⁹⁹

**Best Choice
Tomato Juice
64 Oz.**



\$3²⁹

**Best Choice
Tea Bags
100 Ct.**



\$15⁹⁹

**Best Choice
Paper Towels
12 Rolls**



\$3⁹⁹

**Best Choice
Ibuprofen Tablets
200 Ct.
Selected Varieties**



79¢

**Best Choice
Dental Floss
100 Yd.
Selected Varieties**