

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

New Year 2026

PRICES GOOD DECEMBER 2025 - JANUARY 2026

WED	THU	FRI	SAT	SUN	MON	TUE
31	1	2	3	4	5	6



\$2⁹⁹

Lb.
Chicken
Breast
Frozen Boneless Skinless



\$5⁹⁹

Lb.
Bottom Round
Roast
Fresh Boneless Beef



\$2⁹⁹

Lb.
Imported
Cherries

\$2⁹⁹

Sunkist
Navels
3 Lb.



\$8⁹⁹

Aquastar
Cooked Shrimp
1 Lb. 26-30 Ct.



\$1⁶⁹

Lb.
Honeycrisp
Apples



3/\$9

Jack's
Pizza
13.8/15.8 Oz.
Selected Varieties



BUY 2
SAVE \$2

2/\$6
- \$2⁰⁰

2/\$4
General Mills
Cereal
8.9-12 Oz.
Selected Varieties
MUST BUY 2



3/\$5

Progresso
Soup
18-19 Oz.
Selected Varieties



99¢

Best Choice
Pasta
16 Oz.
Selected Varieties



2/\$4

Ragù
Pasta Sauce
16-24 Oz.
Selected Varieties



99¢

Best Choice
Soda or Mixers
2 Liter
Selected Varieties



2/\$6

Niagara
Water
16.9 Oz. Bottles 24 Pack



\$13⁹⁹

Coke
Products
12 Oz. Cans 24 Pack
Selected Varieties



\$1⁷⁹

Lb.
Pork Butt
Bone-In
2 Piece C.O.V.



\$3⁹⁹

King's Hawaiian
Rolls
12 Ct.
Selected Varieties

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

KCG3

KCG3_294_P01_123125_K

Fresh Produce

Enjoy MORE Spend LESS!



Strawberries
1 Lb.

\$2.99



Dole
Garden Salad 12 Oz. or
Coleslaw 14 Oz. or
Shredded Lettuce 8 Oz.

2/\$3



\$3.99
Avocados
2 Lb. Bag



2/\$4
Blackberries
6 Oz.



\$2.99
Mini
Sweet Peppers
1 Lb.



2/\$5
Sweet Pop
Tomatoes
10 Oz.

Floral

At Participating Stores



\$4.99
Rainbow Daisy
Bouquet
5 Stem



69¢
Lb.
Green Cabbage



2/\$5
Sliced and Whole
Baby Bella Mushrooms
8 Oz.



\$3.99
Melissa's
Dutch Potatoes
24 Oz.



\$3.49
Jackson
Sweet Potato Chips
5 Oz.



\$9.99
Ring In The New Year
Bouquet
\$13.99
Assorted
Blooming

Dairy & Frozen

Enjoy MORE Spend LESS!



\$3.79
Kraft
String Ums, Exp Pair Cheese
Sticks or Cracker Barrel Sticks
7.5-12 Oz. Selected Varieties



2/\$3
Pillsbury
Grands or Flaky Layer Biscuits,
Cinnamon Rolls or Crescents
4-12 Oz. Selected Varieties



\$3.49
Red Baron
Pizza
8.8-11.72 Oz.
Selected Varieties



2/\$7
Totino's
Pizza Rolls
24.46-24.8 Oz.
Selected Varieties

\$6.99
Kraft
Natural Shredded
or Chunk Cheese
24 Oz.
Selected Varieties



\$4.49
Kraft
Singles
14.3-16 Oz.
Selected Varieties



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



\$8.99
Old El Paso
Stuffed Nachos or
Taco Bites
13-17 Oz.
Selected Varieties



2/\$5
On the Border
Tortilla Bites
7 Oz.
Selected Varieties



\$5.99
Rana
Ravioli or
Tortellini
20 Oz.
Selected Varieties



\$2.59
Dairy
Sour Cream
14 Oz. or
Dip 16 Oz.
Selected Varieties



\$3.99
Red Diamond
Sweet Tea
Gallon
Selected Varieties



2/\$5
Lean Cuisine
Entrées
6-11.5 Oz.
Selected Varieties



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



Best Choice

\$2.99
Best Choice
Grated Parmesan
Cheese
8 Oz.
Selected Varieties



\$5.99
Best Choice
Cheese Spread
2 Lb.
Selected Varieties



\$1.29
Best Choice
Quartered Margarine
16 Oz.



\$3.49
Best Choice
Cookie Dough
16.5 Oz.
Selected Varieties



2/\$5
Best Choice
Garlic Breadsticks,
Dinner Rolls or
Texas Toast 8 & 16 Oz.
Selected Varieties



\$10.99
Best Choice
Superior Frozen
Fruit Blend
48 Oz. Selected Varieties



\$1.19
Best Choice
Chopped Onions
12 Oz.



\$1.19
Best Choice
Season Blend or
Chopped Spinach
10 Oz. Selected Varieties



\$3.49
Best Choice
Ice Cream
48 Oz.
Selected Varieties



Save on Our Brands

Seafood

\$4.99
Mojito
Sushi Items
8 Oz.
Selected Varieties



\$10.99
Best Choice
Tilapia Fillets
32 Oz.



\$2.49
Trans Ocean
Crab Meat
8 Oz.
Selected Varieties



\$7.99
Best Choice
Seal Fillets
32 Oz.



Grocery

Enjoy Spend LESS!
MORE

**Frito Lay
Party Size
and Others**
8.125-18 Oz.
Selected Varieties

\$4⁴⁹

**Nabisco
Family Size
Snack Crackers**
12-14 Oz. or
Easy Cheese 8 oz.
Selected Varieties

\$4⁹⁹

**Nabisco
Oreo Cookies**
10.68-18.71 Oz.
Selected Varieties

\$4⁹⁹

\$3⁴⁹
Frito Lay
Simply and
Sunchips
5.25-8.5 Oz.
Selected Varieties



\$5⁴⁹
Frito Lay
Rold Gold
Selects
16 Oz.
Selected Varieties



\$3⁴⁹
Cheez-It
Snack Crackers
5.75-12.4 Oz.
Selected Varieties



\$2⁹⁹
Keebler
Zesta or
Krispy Saline
Crackers 11-16 Oz. or
Zesta Soup & Oyster
Crackers 7.5 Oz.
Selected Varieties



\$6⁹⁹
Fatty
Sticks
1 Oz.
Selected Varieties



\$1⁷⁹
Pringles
Potato Crisps
4.9-5.57 Oz.
Selected Varieties



\$2⁹⁹
Pringles
Mingies
Potato Crisps
5.5 Oz.
Selected Varieties



\$1⁹⁹
Act II
Popcorn
3 Cl.
Selected Varieties



\$6⁹⁹
Planters
Cashews
8 Oz.
Selected Varieties



\$5⁹⁹
Planters
Mixed Nuts
10-10.3 Oz.
Selected Varieties



2/\$6
Kellogg's
Cereal
9.6-16.1 Oz.
Selected Varieties



\$6⁹⁹
Seattle's Best
Ground Coffee
12 Oz.
Selected Varieties



\$1⁴⁹
Kraft
Mac & Cheese
Dinner
7.25-11 Oz.
Selected Varieties



2/\$3
Kraft
Easy Mac or
Velveeta
Shells & Cheese
Cups
1.2-39 Oz.
Selected Varieties



\$1⁴⁹
Healthy Choice
Soup
3 Cl.
Selected Varieties



\$1⁷⁹
Wolf
Chili
With Beans
16 Oz.
Selected Varieties



\$2²⁹
Wolf
Chili
No Beans
15 Oz.
Selected Varieties



\$3²⁹
Kraft
Mayo
12-15 Oz.
Selected Varieties



\$1⁹⁹
Stubbs,
Frank's or
Lawry's
Seasoning Mix
9 Oz.
Selected Varieties



99¢
McCormick
Seasoning Mix
1.25-2.5 Oz.
Selected Varieties



2/\$6
Niagara
Water
24 Fl.



\$3⁹⁹
Milk Bone
Dog Treats
4.5-24 Oz.
Selected Varieties



\$5⁷⁹
Meow Mix
Cat Food
3-3.15 Lb.
Selected Varieties



\$11⁹⁹
Bounty
Paper Towel
6 Double Rolls,
4 1/2-16 Rolls or
Charmin
Bath Tissue
6 Mega XL Rolls
Selected Varieties



Best Choice.

Save on Our Brands

2/\$5
Best Choice
Kettle Chips
3 Oz.
Selected Varieties



2/\$4
Best Choice
Corn Chips
3 Oz.
Selected Varieties



2/\$4
Best Choice
Potato Chips
7.5-8 Oz.
Selected Varieties



3/\$5
Best Choice
Popcorn
3 Cl.
Selected Varieties



2/\$4
Best Choice
Hot Cocoa Mix
8 Cl.
Selected Varieties



2/\$6
Best Choice
Toaster Pastries
12 Cl.
Selected Varieties



2/\$5
Best Choice
Instant Oatmeal
9-10 Cl.
Selected Varieties



\$3²⁹
Best Choice
Hot Cocoa Mix
22.23 Oz.



2/\$4
Best Choice
Mac & Cheese
Dinner
5.5-7.3 Oz.
Selected Varieties



\$4⁹⁹
Best Choice
Spanish Queen
Olives
10 Oz.



4/\$5
Best Choice
Marshmallows
10 Oz.
Selected Varieties



2/\$6
Best Choice
Fruit Cups
4 Cl.
Selected Varieties



\$2²⁹
Best Choice
Apple or
Grape Jelly
18 Oz.
Selected Varieties



89¢
Best Choice
Mac & Cheese
Dinner
5.5-7.3 Oz.
Selected Varieties



\$4⁹⁹
Best Choice
Spanish Queen
Olives
10 Oz.



\$2⁹⁹
Best Choice
Queso Dip
15 Oz. or
Salsa
24 Oz.
Selected Varieties



99¢
Best Choice
Mustard
8 Oz.



\$1⁴⁹
Best Choice
Ketchup
20 Oz.



59¢
Best Choice
Gravy or
Seasoning Mix
0.75-1.5 Oz.
Selected Varieties



\$2⁹⁹
Best Choice
Tomato Juice
64 Oz.



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



\$2⁴⁹
Best Choice
Plastic Wrap
200 Sq. Ft.



99¢
Best Choice
Baking Cups
90 Cl.
Selected Varieties



99¢
Best Choice
Coffee Filters
100 Cl.
Selected Varieties



\$3⁷⁹
Best Choice
Bleach
81 Cl.
Selected Varieties



Home & Health

Enjoy Spend LESS!
MORE

\$12⁹⁹
Cascade
Action Pacs
26-43 Cl.
Selected Varieties



\$9⁹⁹
Dawn
Ultra
Dish Soap
70 Oz.



\$9⁹⁹
Dawn
Powersuds or
Powerwash
Dish Spray
38-43 Oz.
Selected Varieties



\$2⁴⁹
Softsoap
Liquid
Hand Soap
11.25 Oz.
Selected Varieties



\$8⁴⁹
Batiste
Dry Shampoo
3.81 Oz.
Selected Varieties



Fresh Cut Meat

Enjoy **Spends LESS!**
MORE



\$6.49
Lb.
Bottom Round
Steak
Fresh Boneless Beef
Value Pack



\$6.99
Lb.
Stew
Meat
Fresh Boneless Beef



\$4.99
Lb.
80% Lean
Ground Beef
Sold In 10 Lb. Tube



\$9.99
Lb.
Top Sirloin
Steak
Fresh Boneless Beef
Value Pack



\$1.79
Lb.
Pork
Butt
Whole Bone-In
2Pc Sold In C.O.V. Bag



\$6.99
Cooked Perfect
Meatballs
18-26 Oz.
Selected Varieties



\$1.99
Lb.
Pork
Steak
Fresh Bone-In
Value Pack



\$3.49
Earl Campbell
Sausage Links
14 Oz.
Selected Varieties



\$2.49
Lb.
Country Style
Ribs For BBQ
Fresh Bone-In Pork



89¢
Buddi
Lunchmeat
2 Oz.
Selected Varieties



\$8.99
Kentucky Legend
Stack Pack Bacon
24 Oz.
Selected Varieties



\$7.99
Bar S
Corndogs
2.34 Lb.



4/\$5
Armour
Lunchmakers
2-2.9 Oz.
Selected Varieties



\$3.99
Smithfield
Primefresh
Lunchmeat
7-8 Oz.
Selected Varieties



\$3.99
Wampler's
Taco Meat
Items
16 Oz.
Selected Varieties



\$3.49
Smithfield
Diced and
Cubed Ham
8 Oz.
Selected Varieties



\$3.49
Sugardale
Sliced Pepperoni
8 Oz.

Deli & Bakery

At Participating Stores



\$8.99
Lb.
Kretschmar
Turkey Breast
Hickory Smoked,
Honey or
Smoked Peppered



\$4.49
37th Street
Danish
14 Oz.
Selected Varieties



\$9.99
Ea.
8 Piece Slow
Smoked or
Baked Chicken
2 Breast 2 Wings
2 Thighs 2 Legs



2/\$5
Reser's
Classic Salads
15-16 Oz.
Selected Varieties



\$4.49
Sweet P's
Mini Filled
Donuts and
Apple Fritters
9.31-12.48 Oz.
Selected Varieties



\$7.99
Cookies and
Cream
8 Inch Cake
18.5 Oz.



\$5.99
Lb.
Kretschmar
Mild Cheddar
or Pepper Jack
Cheese
Selected Varieties



\$6.49
Lb.
Kretschmar
Black Forest
Ham



\$3.99
2 Bite
Cinnamon
Rolls or
Brownie Bites
10.5-12 Oz.
Selected Varieties



\$1.99
Toufayan
Pita Bread
12 Oz.
Selected Varieties



\$4.99
Sabra
Hummus
17 Oz.
Selected Varieties



\$5.49
Market Wrap
Sandwiches
7.9-8.4 Oz.
Selected Varieties



\$3.99
King's Hawaiian
Dinner Rolls
12 Ct.
Selected Varieties



\$2.99
Ozark Hearth
Wheatberry or
Sour Dough Bread
20 Oz.
Selected Varieties



\$3.99
Coke
Products
16.9 Oz. Bottles 6 Pack
Selected Varieties



\$13.99
Coke
Products
12 Oz. Cans 24 Pack
Selected Varieties



\$23.99
Captain Morgan
Rum
1.75 Liter Bottle



\$19.99
Jack Daniels
Whiskey
750 ML. Bottle
Selected Varieties



\$2.99
Coke
Products
2 Liter
Selected Varieties



\$1.49
Body Armor
16 Oz.
Selected Varieties



99¢
Powerade
28 Oz.
Selected Varieties



\$19.99
Mi Campo
Blanco Tequila
750 ML.



\$7.99
Pepsi
Products
12 Oz. Cans 12 Pack
Selected Varieties



\$6.99
Pepsi
Products
12 Oz. Bottles 8 Pack
Selected Varieties



\$9.49
Coppola Diamond
Wines
750 ML. Bottle
Selected Varieties



\$5.49
Andre
Sparkling Wines
750 ML. Bottle
Selected Varieties



\$4.99
Pepsi
Products
2.5 Oz. Mini Cans 10 Pack
Selected Varieties



\$6.99
Lipton
Iced Teas
16.9 Oz. Bottles 12 Pack
Selected Varieties



\$13.49
Yuengling
Lager
12 Oz. Cans 12 Pack
Selected Varieties



\$22.99
Michelob Ultra
Beer
12 Oz. Cans 24 Pack
Selected Varieties



\$2.99
Pepsi
Products
2 Liter
Selected Varieties



\$1.99
Gatorade
28 Oz.
Selected Varieties



\$16.99
Coors or
Miller Lite Beer
12 Oz. Cans 16 Pack
Selected Varieties



\$16.99
Coors or
Miller Lite Beer
12 Oz. Cans 16 Pack
Selected Varieties

SUPER SALE

3 Weeks of Locked In Low Prices

Hurry in for these Super Savings!
Prices good 12/31/25 through 1/20/26

\$7⁴⁹

**Best Choice
Chicken Breast
or Wings**

2.5 Lb.
Selected Varieties



**Bar S
Bologna**

12 Oz.
Selected Varieties

\$1⁵⁹



**Oldham
Sausage Rolls**

16 Oz.
Selected Varieties

\$3⁸⁸



**Banquet
Pot Pie**

7 Oz.
Selected Varieties

5/\$5



**Best Choice
Shredded or
Chunk Cheese**

16 Oz.
Selected Varieties

\$3⁷⁹

SUPER SALE

3 Weeks of Locked In Low Prices

Hurry in for these Super Savings!
Prices good 12/31/25 through 1/20/26



2/\$1

**Best Choice
Yogurt**
6 Oz.
Selected Varieties



3/\$5

**Best Choice
Texas Style
Biscuits**
12 Oz.
Selected Varieties



\$2⁹⁹

**Brummel & Brown
Spread and
I Still Can't
Believe It's
Not Butter**
8-15 Oz.
Selected Varieties



2/\$3

**Best Choice
Saltine Crackers**
16 Oz. or
**Soup &
Oyster Crackers**
9 Oz.
Selected Varieties



88¢

**Best Choice
Beans or
Blackeye Peas**
15-15.5 Oz.
Selected Varieties



4/\$4

**Best Choice
Tomatoes**
10-15 Oz.
Selected Varieties



88¢

**StarKist
Chunk Light Tuna**
5 Oz.
Selected Varieties



\$2⁴⁹

**Jif
Peanut Butter**
15-16 Oz.
Selected Varieties



\$3⁹⁹

**Best Choice
Bath Tissue**
8 Rolls
Selected Varieties



Why do we need protein?

Proteins are building blocks in the body. They make up bones, cartilage, muscle, blood, skin, enzymes, hormones, and vitamins. They're essential for growth and development, repair and build cells and tissue such as muscle, and play an important role in body processes such as blood clotting, fluid balance, and the immune response.

*<https://www.health.harvard.edu/diet-and-foods/why-protein-matters-the-best-protein-sources-to-increase-a-healthy-diet>

How much protein do I need a day?

The Recommended Dietary Allowance (RDA) for protein is a modest 0.8 grams of protein per kilogram of body weight, or 0.36 grams per pound.

*<https://www.health.harvard.edu/diet-and-foods/why-protein-matters-the-best-protein-sources-to-increase-a-healthy-diet>

Get 30% of your calories from protein

Another method calculates protein intake based on your specific daily calorie goal. Wardlaw advises aiming for 30% protein, 30% fat, and 40% carbohydrates.

*<https://www.massgeneralbrigham.org/health/best-habits/articles/7-ways-muscle-protein-works-working-out>

Prices Effective
DECEMBER 31, 2025 - JANUARY 6, 2026



**Dannon
or Too Good
Greek Yogurt**
4 Ct. or
Danimals
14 Oz. Squeeze
Selected Varieties

\$3⁹⁹



**Breakstone
Doubles
Cottage Cheese**
4.7 Oz.
Selected Varieties

4/\$5



**Halo Top
Ice Cream**
16 Oz.
Selected Varieties

3/\$10



**Quaker
Protein,
Fruit Fusion or
Gluten Free
Instant Oatmeal**
6-8 Ct.
Selected Varieties

\$4⁹⁹



**Oscar Mayer
Turkey Bacon**
12 Oz.
Selected Varieties

\$3⁹⁹



**Best Choice
Shredded or
Chunk Cheese**
6-8 Oz.
Selected Varieties

\$1⁹⁹



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

2/\$4



Egg Beaters
15-16 Oz.
Selected Varieties

\$3⁴⁹



**Oscar Mayer
Deli Fresh
Shaved Meats**
16 Oz.
Selected Varieties

\$5⁹⁹



**Best Choice
Cottage Cheese**
16 Oz.
Selected Varieties

2/\$4



**Nature Valley
or Fiber One
Protein Bars**
5 Ct.
Selected Varieties

2/\$7



**Starkist
Tuna Pouches**
2.6-4.5 Oz.
Selected Varieties

4/\$5



**Best Choice
Shredded or
Chunk Chicken**
10 Oz.
Selected Varieties

\$2⁷⁹



**Barilla
Protein Plus,
Plant Protein and
Gluten Free
Pasta**
8-16 Oz.
Selected Varieties

2/\$4



**Eggo
Protein
Waffles or
Pancakes**
12.3-14.8 Oz.
Selected Varieties

\$4⁹⁹

**NEW
PROTEIN NEVER
TASTED THIS GOOD**



© 2025 Kellogg

**PROTEIN
POWER**

Stay Cozy, Stay Healthy



Stay Cozy, Stay Healthy



Stay Cozy, Stay Healthy

Stay Cozy, Stay Healthy



Prices Effective
DECEMBER 31, 2025 - JANUARY 6, 2026

\$8⁹⁹

**Vicks
Sinex
Decongestant Spray**
0.05 Oz.
Selected Varieties



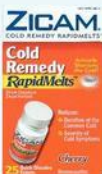
\$9⁹⁹

**Vicks
Formula 44
Cough and Congestion**
12 Oz.
Selected Varieties



\$4²⁹

**Benzedrex
Inhaler**
1 Ct.



\$9⁹⁹

**Zicam
Cold Remedies**
0.5-25 Oz.
Selected Varieties



\$2²⁹

**Ricola
Cough Drops**
19 Ct.
Selected Varieties



\$12⁹⁹

**DayQuil or
NyQuil Cough
Cold and Flu**
12-24 Oz.
Selected Varieties



\$8⁹⁹

**Afrin
No Drip
Nasal Spray**
15 ML.
Selected Varieties



\$4⁹⁹

**Chloraseptic
Spray**
6 Oz.
Selected Varieties



\$6⁹⁹

**Puffs
Facial Tissue**
4 Ct.
Selected Varieties