

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 in some cases for larger items. All items may not be available.

#294

PRICES GOOD JANUARY 2026							
WED	THU	FRI	SAT	SUN	MON	TUE	
21	22	23	24	25	26	27	

Feel Good
FOODS!

\$1⁹⁹
Lb.
Pork Steak
Fresh Bone-In Value Pack

\$2⁹⁹
Lb.
Chicken Breast
Frozen Boneless Skinless

\$2⁹⁹
Cara Cara Oranges
3 Lb. Bag

2/\$5
Strawberries
1 Lb.

\$5⁹⁹
Lb.
Shoulder Arm Roast
Fresh Boneless Beef

\$2⁴⁹
Lb.
Extra Large Green or Red Grapes



\$2⁴⁹
Best Choice Cereal
10.5-20 Oz.
Selected Varieties



\$3²⁹
Quaker Quick or Old Fashioned Oats
38 Oz.
Selected Varieties



2/\$3
Campbell's Condensed Soup
10.5-11.5 Oz.
Selected Varieties



2/\$5
Marie Callender's Pot Pie
10 Oz.
Selected Varieties



\$3⁹⁹
Simply Orange Juice
46 Oz. or Simply 100 Grapefruit or Apple Juice or Cran Cocktail 52 Oz.
Selected Varieties



\$3⁴⁹
Best Choice Drinking Water
16.9 Oz. Bottles 24 Pack



99¢
Lb.
Roma Tomatoes



\$6⁴⁹
Lb.
Boneless Beef Charcoal Steak



\$1⁴⁹
Lb.
Whole Chicken Fryers
Frozen



\$2⁴⁹
Country Style for BBQ
Bone-In

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

Fresh Cut Meat



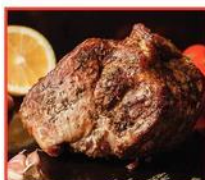
\$6⁴⁹
Lb.
Charcoal
Steak
Fresh Boneless Beef
Value Pack



\$6⁹⁹
Lb.
Patio
Steak
Fresh Boneless Beef



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



\$1⁷⁹
Lb.
Pork
Butt
Whole Bone-In
2Pc Sold In C.O.V. Bag



\$2⁴⁹
Lb.
Country Style
Ribs For BBQ
Fresh Bone-In Pork



\$1⁴⁹
Lb.
Chicken
Whole Fryer
Frozen



\$4⁹⁹
Sugardale
Bacon
16 Oz.
Selected Varieties

\$3⁹⁹
Oscar Mayer
Sandwich Meat 16 Oz.
Deli Fresh Shaved or
Carving Board
6-9 Oz. Selected Varieties

2/\$3
Oscar Mayer
Dunkables
21-2.9 Oz.
Selected Varieties

\$3⁹⁹
Bob Evans
Sausage
12-16 Oz.
Selected Varieties

\$1⁷⁹
Sugardale
Hot Dogs
16 Oz.

\$9⁹⁹
Bar S
Jumbo Jumbos
5 Lb.

\$3⁹⁹
Johnsonville
Breakfast Sausage
Patties and Links
9-8-12 Oz.
Selected Varieties

\$4⁹⁹
Johnsonville
Summer Sausage
12 Oz.
Selected Varieties

\$4⁹⁹
Paradise Kitchens
Chicken Items
22-24 Oz.
Selected Varieties

\$5⁹⁹
Lb.
Kentucky Legend
Quarter Sliced
Ham Items

Seafood

\$2⁴⁹
Trans Ocean
Crab Flakes
9 Oz.
Selected Varieties

\$18⁹⁹
See Best
Argentine
Red Shrimp
2 Lb. 16-20 Cl.

\$7⁹⁹
AquaStar
Cooked
Shrimp
1 Lb. \$1-60 Cl.

\$8⁹⁹
Lb.
Cod
Fillets
10P

\$1⁹⁹
Lb.
Catfish
Nuggets
10P

Deli & Bakery



\$6⁴⁹
Lb.
Kretschmar
Black Forest
Ham



\$7⁹⁹
Cookies and
Cream
8 Inch Cake
18.5 Oz.

At Participating Stores

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

\$2⁹⁹
Reser's
Premium
Potato Salad
16 Oz.
Selected Varieties

\$4⁴⁹
37 St.
Danish
14 Oz.
Selected Varieties

\$3⁹⁹
2 Bite
Cinnamon Rolls
or Brownie
Bites
10.5-12 Oz.
Selected Varieties

\$5⁹⁹
Lb.
Kretschmar
Provolone
Cheese

\$8⁹⁹
Lb.
Kretschmar
Turkey Breast
Cajun or Mesquite

\$1⁹⁹
Clyde's
Donut Holes
7.5-12 Oz.
Selected Varieties

\$3⁴⁹
Sweet P's
Decadent Mini
Croissants
4.5 Oz.
Selected Varieties

\$5⁴⁹
Market Wrap
Sandwiches
7.9-8.4 Oz.
Selected Varieties

\$3⁴⁹
Lb.
Rotelli
Italian Pasta
Salad

\$3⁹⁹
King's Hawaiian
Dinner Rolls
12 Oz.
Selected Varieties

\$2⁴⁹
Ozark Hearth
Texas Toast
20 Oz.



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



\$4⁹⁹
Coke
Products
16.9 Oz. Bottles 8 Pack
Selected Varieties

\$14⁴⁹
Seagram's
Vodka
1.75 Liter
Selected Varieties



\$42⁹⁹
Jack Daniel's
Whiskey
1.75 Liter
Selected Varieties



\$17⁹⁹
RumChata
750 ML
Selected Varieties



\$2⁹⁹
Coke
Products
2 Liter
Selected Varieties



2/\$3
Body Armor
16 Oz.
Selected Varieties



\$6⁹⁹
Powerade
20 Oz. Bottles 8 Pack
Selected Varieties

\$8⁴⁹
XXL
Wines
750 ML
Selected Varieties



\$7⁹⁹
Robert Mondavi Wines
750 ML
Selected Varieties



\$11⁹⁹
Coppola Diamond
Wines
750 ML
Selected Varieties



\$15⁹⁹
Quirk
Seltzer
12 Oz. Cans 12 Pack
Selected Varieties



\$10⁹⁹
Cutwater
Cocktails
12 Oz. Cans 4 Pack
Selected Varieties



\$8⁹⁹
Blue Moon or
Leinenkugel
Craft Beers
12 Oz. Cans or Bottles 8 Pack
Selected Varieties

Dollar Days!

Prices Effective **JANUARY 21-27, 2026**



\$1

**Best Choice
Mac & Cheese**
7.25 Oz.
Selected Varieties



\$1

**StarKist
Tuna or
Chicken Pouch**
2.6-3 Oz.
Selected Varieties



\$1

**Libby's
Vienna Sausage**
4.6 Oz.
Selected Varieties



99¢

**Best Choice
Pinto Beans**
16 Oz.



\$1

**Best Choice
Canned Beans**
15-15.5 Oz.
Selected Varieties



\$1⁰⁰

**Best Choice
Seltzer, Tonic or
Sparkling Water**
23.7-33.8 Oz.
Selected Varieties



79¢

**Pure Wonder
By Best Choice
Cat Food**
3 Oz.
Selected Varieties



\$1

**Banquet
Fruit Pie**
7 Oz.
Selected Varieties



\$1

**Michelin's
Frozen Entrees**
4.5-8.5 Oz.
Selected Varieties



\$1⁹⁹

**Best Choice
BBQ Sauce**
18 Oz.
Selected Varieties



\$1⁹⁹

**Best Choice
Salad Dressing**
16 Oz.
Selected Varieties



\$1⁹⁹

**Best Choice
Hearty or
Chunky Soup**
18.6-19 Oz.
Selected Varieties



\$1⁸⁹

**Kool-Aid
Bursts**
6 Pk.
Selected Varieties



\$1⁶⁹

**Pure Wonder
By Best Choice
Canned Dog Food**
13.2 Oz.
Selected Varieties



2/\$3

**Pillsbury
Grands Biscuits or
Cinnamon Rolls 5 Ct. or
Flaky Layer Biscuits 10 Ct. or
Crescents 4 Ct.**
Selected Varieties



\$1⁹⁹

**Turkey Hill
Tea or
Lemonade**
64 Oz.
Selected Varieties



\$2⁹⁹

**Keebler
Sandwich
Crackers**
8 Ct.
Selected Varieties



\$2⁹⁹

**Zesta or
Krispy Saltines**
7.5-16 Oz.
Selected Varieties



\$2⁹⁹

**Cap'n Crunch,
Life or Quaker
Oat Squares Cereal**
10.3-14.5 Oz.
Selected Varieties



\$2⁹⁹

**Best Choice
Toaster Pastries**
12 Ct.
Selected Varieties



\$2⁹⁹

**Jell-O
RTE Gelatin
or Pudding**
4 Ct.
Selected Varieties



\$2⁹⁹

**Velveeta
Cheese Slices**
12 Oz.
Selected Varieties



\$2⁹⁹

**Daisy
Dips or
Cottage Cheese**
16 Oz.
Selected Varieties



\$3

**Earl Campbell
Sausage Loops**
12-13 Oz.
Selected Varieties



\$3⁰⁰

**Lb.
Ground
Pork
Fresh**

**Everything
\$1 or Less**

**Everything
\$2 or Less**

**Everything
\$3 or Less**

Always
Save

Always
Save

Always
Save

Always
Save

Always
Save

Always
Save

Always
Save

Always
Save

Always
Save

Always
Save

LOOKING
FOR LOWER
COSTS?

Prices Effective **JANUARY 21-27, 2026**



\$3⁸⁵

Always Save
Sliced Bacon
12 Oz.
Selected Varieties



\$6⁹⁹

Always Save
French Fries
80 Oz.
Selected Varieties



\$5⁴⁵

Always Save
Corn On The Cob
16 Ct.



\$1¹⁵

Always Save
Pizza
5.2 Oz.
Selected Varieties



\$3⁹⁹

Always Save
Refrigerated
Orange Juice
64 Oz.



99¢

Always Save
Biscuits
7.5 Oz.
Selected Varieties



\$4⁴⁹

Always Save
Margarine
45 Oz.



\$4⁷⁵

Always Save
Cat Litter
20 Lb.



\$9⁶⁵

Always Save
Wild Bird Food
18 Lb.



\$12⁶⁹

Always Save
Chunk Dog Food
15 Lb.



\$1¹⁹

Always Save
Bath Tissue
4 Rolls



\$1²⁵

Always Save
Paper Towels
18 Big Roll



\$5⁸⁵

Always Save
9 Inch
Foam Plates
150 Ct.



\$1³⁹

Always Save
Skillet Dinners
8.6-5.8 Oz.
Selected Varieties



\$1⁴⁹

Always Save
Canned Fruit
15-15.25 Oz.
Selected Varieties



69¢

Always Save
Vegetables
14.5-15.25 Oz.
Selected Varieties



99¢

Always Save
Tomatoes
9-9.5 Oz.
Selected Varieties



49¢

Always Save
Tomato Sauce
8 Oz.



\$1⁵⁹

Always Save
Chili W & Beans
15 Oz.



69¢

Always Save
Chicken Noodle or
Tomato Soup
10.5-10.75 Oz.
Selected Varieties



\$1²⁹

Always Save
Canned Chunk
Chicken
5 Oz.



95¢

Always Save
Light Tuna
5 Oz.



\$1⁹⁹

Always Save
Ketchup
38 Oz.



\$1³⁹

Always Save
Hot Sauce
12 Oz.



\$3²⁹

Always Save
Mayonnaise or
Salad Dressing
30 Oz.
Selected Varieties



\$2²⁵

Always Save
Kosher Dill
Spears
24 Oz.



\$2³⁹

Always Save
Kosher Dills
32 Oz.



\$2³⁹

Always Save
Hamburger or
Kosher Dill Pickles
32 Oz.



\$2⁷⁹

Always Save
Cereal
19.4-26.8 Oz.
Selected Varieties



\$2³⁹

Always Save
Grape Jelly
32 Oz.



\$1⁹⁹

Always Save
Tea Bags
24-100 Ct.
Selected Varieties



\$3³⁵

Always Save
Potato Chips
12.5-13 Oz.
Selected Varieties



\$2⁸⁹

Always Save
Dry Roasted
Peanuts
16 Oz.



\$2⁴⁹

Always Save
All Purpose
Flour
5 Lb.



\$3⁶⁹

Always Save
Vegetable Oil
48 Oz.



\$1¹⁹

Always Save
Sodas
2 Liter
Selected Varieties



\$2⁰⁹

Always Save
Apple Juice
64 Oz.