

We reserve the right to limit quantities. Not all sale items available at all participating stores. Starting and ending dates may vary by store. Not responsible for graphic or typographical errors.



Now Proudly Offering Certified Angus Beef

Carstensen's Meat and Grocery

Family Owned, Family Trusted



LIKE US!
Carstensen's Meat and Grocery

We Accept Visa, Mastercard, Discover, WIC & EBT

GROCERY • FRESH MEAT • BAKERY • PRODUCE • DAIRY • BROASTED CHICKEN

201 Market Street, Lake Park, IA • Telephone: 712-832-3620

Store Hours: Monday - Saturday 7:30 am - 8:00 pm / Sunday 10:00 am - 7:00 pm

PRICES EFFECTIVE WEDNESDAY, MARCH 11 THROUGH TUESDAY, MARCH 17, 2026

Happy St. Patrick's Day



Best Choice Red or Gold Potatoes
5 Lb.
2/\$4

Boitthouse Fresh Whole Carrots
2 Lb.
\$1.99

Crisp Green Cabbage
49¢ Lb.

Dole Classic Romaine 9 Oz., Greener Selection 11 Oz. or Classic Spinach 8 Oz.
2/\$4

Imported Green, Red or Black Seedless Grapes
\$2.49 Lb.

Premium Fuji, Pink Lady, Granny Smith or Red Delicious Apples
\$1.29 Lb.

Taylor Farms Vegetables
10-12 Oz. Selected Varieties
\$2.99

Extra Large Green Bell Peppers or Large Slicing Cucumbers
99¢ Ea.

California Cara Cara or Raspberry Oranges
3 Lb.
\$3.99

Imported Peaches, Nectarines or Plums
\$2.99 Lb.

PRICE DROP
Bar 5 Franks
16 Oz. Selected Varieties
\$1.69

CORN DOGS
15 Oz. Selected Varieties
\$5.99

Smithfield Fully Cooked Pork Sausage Patties or Links
15 Oz.
\$3.99

Rainbow Bell Peppers
3 Ct.
\$3.99

Always Save Yellow, White or Red Onions
2 Lb.
\$1.49

Lent Specials!

Frozen Cod Fillets
\$6.49 Lb.

Sea Best Tilapia Fillets
16 Oz.
\$4.49

Gorton's Breaded Seafood
9-24.5 Oz. Selected Varieties
\$4.99

Best Choice Cooked Tail-off Shrimp
5.2-7.0 Ct., 12 Oz.
\$5.49

Bone-In Chops
Product of the USA
\$3.99 Lb.

Corned Beef Points
Flats \$5.99 Lb.
\$4.99 Lb.

Fresh Boneless Skinless Chicken Breast Tenderloins
Product of the USA
\$3.59 Lb.

Fresh Boneless Beef New York Strip Steaks
\$13.99 Lb.

Farmland Ham
16 Oz. Diced, Cubed, Sliced or Steaks
\$4.99

Curly's Pulled Pork or Chicken
12-16 Oz. Selected Varieties
\$4.99

Oscar Mayer Family Size Deli Fresh Lunchmeat
15-16 Oz. Selected Varieties
\$6.49

Armour Summer Sausage
20 Oz.
\$4.99

Fresh Boneless Beef Arm Roast
Product of the USA
\$5.99 Lb.

Fresh 85% Lean Ground Round Value Pack
Product of the USA
\$5.99 Lb.

Florida's Natural Orange Juice
5.2 Oz. Selected Varieties
2/\$7

Arby's Red Robin, Checkers, Idaho or Sonic Potatoes
22.08 Oz. or Nathan's, Red Robin or Checkers Onion Rings 15.16 Oz.
\$4.49

Juicy Juice
64 Oz. Selected Varieties
2/\$6

Ice Mountain Natural Spring Water
24 Pack 16.9 Oz. Bottles
\$4.99

Bacon Wrapped Beef Tenderloin Steak
\$21.99 Lb.

Sunny D
64 Oz. Selected Varieties
99¢

Juicy Juice 100% Juice
64 Oz. Bottles. Selected Varieties
\$3.69

Pace Picante Sauce or Salsa
24 Oz. Selected Varieties
\$3.49

DELI & BAKERY

Kretschmar Black Forest Ham
\$6.99 Lb.

Mrs. Gerry's Potato or Macaroni Salad or Coleslaw
2.5-3 Lb. Selected Varieties
\$6.99

Rotella's Italian Bakery Marble Rye Bread
16 Oz.
\$1.79

Items shown may not be available at all stores. Some brands shown will be substituted with regionally available brands.

Lay's 4.75-9.62 Oz.,
Kettle Cooked 8 Oz.,
Poppables 5 Oz. or
Rold Gold
Pretzels 10-16 Oz.,
Selected Varieties
\$2.99

General Mills
Cereal
8.9-12 Oz.,
Selected Varieties
2/\$5

Chicken of the Sea
Alaskan
Pink Salmon
14.75 Oz.
\$3.99

Hidden Valley
Ranch
Dressing
8 Oz.,
Selected Varieties
\$4.99

Hormel
Mary Kitchen
Hash
14 Oz.,
Selected Varieties
\$2.99

Best Choice
Egg Noodles
16 Oz.,
Selected Varieties
\$2.29

Campbell's
Tomato Juice
64 Oz.,
Selected Varieties
\$3.49

Best Choice
Tomato Sauce
8 Oz.,
Selected Varieties
2/\$1

Campbell's
V8 Vegetable or
V8 Fusion Juice
46 Oz.,
Selected Varieties
\$3.99

Kellogg's
Club or
Graham
Crackers
11.15 Oz.,
Selected Varieties
\$3.99

Orville Redenbacher's
Microwave
Popcorn
9-10 Ct.,
Selected Varieties
\$3.49

Pringles
Potato Crisps
4.9-5.57 Oz.,
Selected Varieties
\$1.99

Tostitos
9-14.4 Oz. or
Simply Snacks
4.5-8.5 Oz.,
Selected Varieties
2/\$7



Lysol
Toilet Bowl
Cleaner
24 Oz.,
Selected Varieties
\$2.99

Downy or Gain
Fabric
Enhancer
26-44 Oz. Liquid,
Selected Varieties
\$5.49

Bounce,
Downy or
Gain Fabric
Refreshers Sheets
60-120 Ct.,
Selected Varieties
\$5.99

Friskies
Canned
Cat Food
5.5 Oz.,
Selected Varieties
89¢

FREEZER GIVEAWAY

Each winner will receive a **\$500 VISA GIFT CARD** towards the purchase of a new freezer.

ENTER FOR A CHANCE TO WIN! **9 GRAND PRIZE WINNERS**

MARCH 4 - 24, 2026

Grand Prize Total of \$4,500!

Register for your chance to WIN! Scan the QR Code or visit www.FROZENFOODGIVEAWAY.com

Reames
Homestyle
Egg Noodles
or Dumplings
12 Oz.,
Selected Varieties
\$3.49

New York
Bakery
Texas Toast
With Cheese 8 Ct. or
Ciabatta Rolls
With Cheese or
Garlic Knots 6 Ct.,
Selected Varieties
2/\$7

Marie Callender's
Pot Pie or
Entrée or
Healthy Choice
Simply Steamers
9-15 Oz.,
Selected Varieties
2/\$6

Blue Bunny
Premium
Dairy Dessert or
Frozen Yogurt
46-48 Oz.,
Selected Varieties
\$3.99

FROZEN DEALS

Red Baron
Pizza
17.82-23.45 Oz.,
Selected Varieties
\$3.99

Blue Bunny
Ice Cream
Novelties
8-9 Ct.,
Selected Varieties
\$3.99

Farm Rich
Appetizers
14-22 Oz.,
Selected Varieties
\$4.99

Hot Pockets
Hot Pockets
4 Ct.,
Selected Varieties
\$4.49

Pillsbury
Toaster Strudel,
Scrambles or
Donut Pastries
7.2-11.7 Oz. or
Mini Cinnels
Pull Apart Rolls
5.56 Oz.,
Selected Varieties
\$2.99

DAIRY DEALS

Simply Potatoes
20 Oz.,
Selected Varieties
\$2.49

Best Choice
Deli Sliced
Cheese
8 Oz.,
Selected Varieties
2/\$5

Reddi-Wip
Whipped
Topping
6.5 Oz.,
Selected Varieties
2/\$6

Kraft
String Cheese or
Expertly Paired
Cheese or
Cracker Barrel
Cheese Sticks
7.5-12 Oz.,
Selected Varieties
\$3.79

Kraft
American
Cheese
Singles
16 Oz.,
Selected Varieties
\$4.49

Ore-Ida
Just Crack An Egg
Scramble 2.25-3 Oz. or
Oscar Mayer
Scramblers 3 Oz.,
Selected Varieties
2/\$4

International
Delight
Coffee Creamer
5.5 Oz.,
Selected Varieties
\$3.69