

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

Happy St. Patrick's Day

PRICES GOOD MARCH 2026						
WED	THU	FRI	SAT	SUN	MON	TUE
11	12	13	14	15	16	17



\$4⁹⁹
Lb.
Corned Beef
Brisket Points



\$2⁹⁹
Hillshire Farms
Smoked Sausage
13-14 Oz.
Selected Varieties



\$1⁶⁹
Lb.
Extra Large
Seedless
Red Grapes



\$1⁹⁹
Lb.
Assorted
Pork Chops
Fresh Bone-In

3/\$2
Avocados



59¢
Lb.
Green
Cabbage



\$2⁴⁹
Best Choice
Cheese Slices
8 Oz.
Selected Varieties



\$3⁹⁹
Blue Bunny
Ice Cream Sandwiches,
Mini Cones or
Mini Bars
6-9 Ct.
Selected Varieties



\$3⁹⁹
Red Baron
Pizza
15.77-23.45 Oz.
Selected Varieties



\$2⁶⁹
New York
Texas Toast or
Breadsticks
6-8 Ct.
Selected Varieties



\$5⁹⁹
Lb.
Boneless Beef
Arm Roast



\$6⁹⁹
Lb.
Boneless Beef
Charcoal Steak



\$2⁴⁹
Lb.
Bone In
Thick Cut
Pork Chops

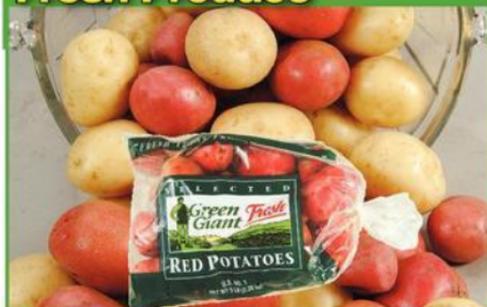


\$20⁹⁹
Miller Lite
or Coors Light
Beer
24 Pack 12 Oz. Cans
Selected Varieties

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

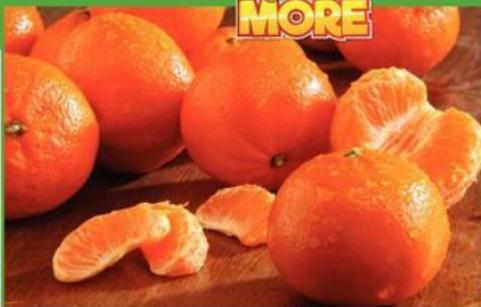
Fresh Produce

Enjoy Spend LESS!
MORE



**Green Giant
Red or Gold Potatoes**
5 Lb. Bag

\$2⁹⁹



**Sunkist
Clementines**
3 Lb. Bag

\$5⁹⁹



\$2⁴⁹
Lb.
Honeycrisp
Apples



5/\$4
Sunkist
Jumbo
Navel Oranges



2/\$5
Taylor Farms
Vegetables
10-12 Oz. Pkg.
Selected Varieties

Floral



\$3⁹⁹
10 Stem
Daffodil Bunch



\$3⁴⁹
Strawberries
1Lb.



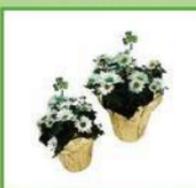
2/\$1
Sunkist
Large Lemons



2/\$3
Extra Large
Red Peppers



\$1⁹⁹
Lb.
Tomatoes
On The Vine



\$7⁹⁹
St. Patty's
Mum
\$13⁹⁹
End Of The Rainbow
Bouquet

Dairy & Frozen

Enjoy Spend LESS!
MORE



\$4⁹⁹
Kerrygold
Butter
8 Oz.
Selected Varieties



2/\$5
Velveeta
Shredded Cheese
8 Oz.
Selected Varieties



\$1⁷⁹
Michelina's
Frozen Entrees
13-14 Oz.
Selected Varieties



\$4⁴⁹
Grown In Idaho,
Checkers, Arby's, Red Robin,
Sonic, Paw Patrol or
Nathan Potatoes or Onion Rings
16-28 Oz. Selected Varieties

\$2⁷⁹
Kerrygold
Garlic Herb or
Cinnamon Sugar Butter
8.5 Oz.
Selected Varieties

\$6⁹⁹
Kraft
Natural Shredded or
Chunk Cheese
24 Oz.
Selected Varieties

\$3²⁹
Best Choice
Deluxe
American Slices
16 Oz.

\$3⁷⁹
Kraft
String Uns.
Exp Pair Cheese Sticks or
Cracker Barrel Cheese Sticks
15-17 Oz.
Selected Varieties

\$4⁴⁹
Kraft
Singles
16.3-16 Oz.
Selected Varieties

\$3⁷⁹
Kraft
Shredded or
Grated Parmesan
Cheese
8.5 Oz. Selected Varieties

\$3⁷⁹
Best Choice
Cream Cheese
2 Ct. 16 Oz.

\$3⁹⁹
Dannon
Lite, Activia, Oikos
Yogurt 4 Ct. or
Danimals
Squeeze 14 Oz.
Selected Varieties

2/\$7
International Delight
Liquid Co Fee
Creamer
32 Oz.
Selected Varieties

\$3⁴⁹
Hungry Man
Frozen Entrees
14.5-16 Oz.
Selected Varieties

2/\$6
Healthy Choice
Simply Steamers
9-10 Oz.
Selected Varieties

\$4⁴⁹
Hot Pockets
4 Ct.
Selected Varieties

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

\$1⁹⁹
Turkey Hill
Tea or
Lemonade
64 Oz.
Selected Varieties

2/\$6
Reddi Whip
Real Cream
Topping
6.5 Oz.
Selected Varieties

\$3⁴⁹
Famous Grahams
Firm Rich French Toast
Sticks
12 Oz.
Selected Varieties

\$2⁹⁹
Best Choice
French Toast or
French Toast Sticks
16 Oz.
Selected Varieties

\$4⁹⁹
Hole
Churros
8-8.8 Oz.
Selected Varieties

Grocery

Enjoy Spend LESS!
MORE



Frito Lay
Simply 4.5-8.5 Oz. or
Tostitos 9-14.4 Oz.
Selected Varieties

\$3.49

Hershey's
Easter Candy
1.2-2.1 Oz.
Selected Varieties

4/\$5

Keelbler
Club or Town House
Crackers or Grahams
9-15 Oz. or
Toasted or Carr's
Crackers 4.25-8.7 Oz.
Selected Varieties **\$3.99**

\$2.99
Frito Lay
Road Gold
10-16 Oz.
Selected Varieties



\$2.19
Hi-Chew
Fruit Mix
2.83-5.53 Oz.
Selected Varieties



\$1.99
Pringles
Potato Crisps
4.9-9.37 Oz.
Selected Varieties



\$4.49
Nabisco
Nilla Wafers or
Honey Grahams
11-14.4 Oz.
Selected Varieties



\$3.49
Onville Redenbacher
Popcorn
6-10 Oz.
Selected Varieties



\$6.99
Pure Protein
Bars
4 Ct.
Selected Varieties



2/\$4
Rubar
Nutritional
Snack Bar
1.75-2.1 Oz.
Selected Varieties



\$3.49
Quaker
Chewy Bars
5.4 Ct.
Selected Varieties



\$1.99
French's
Mustard
20 Oz.
Selected Varieties



\$2.99
Sweet Baby Ray's
Sauces or Marinades
16-18.5 Oz.
Dipping Sauce 14 Oz. or
Sweet Baby Ray's
BBQ Sauce 16-28 Oz.
Selected Varieties



89¢
McCormick
Taco Seasoning
Mix
1-1.25 Oz.
Selected Varieties



\$4.89
Hidden Valley
Ranch Salad
Dressing
20 Oz.
Selected Varieties



\$5.29
Hidden Valley
Ranch Salad
Dressing
24 Oz.
Selected Varieties



\$4.29
Kraft
Miracle Whip
or Aioli
12-18 Oz.
Selected Varieties



\$3.49
Cholula
Sauce
8 Oz.
Selected Varieties



\$2.99
Pace
Salsa or
Picante Sauce
24 Oz.
Selected Varieties



\$2.99
Kraft
Easy Mac or
Velveta
Shells & Cheese
Bowls
3.5-6 Oz.
Selected Varieties



\$2.49
Best Choice
Egg Noodles
16 Oz.
Selected Varieties



99¢
Red Gold
Tomatoes With
Green Chiles
10 Oz.
Selected Varieties



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



2/\$3
Best Choice
Potatoes
4-5 Oz.
Selected Varieties



2/\$6
Bertolli
Pasta Sauce
15-24 Oz.
Selected Varieties



2/\$4
American Beauty
Protein Pasta
14.5 Oz.
Selected Varieties



2/\$5
Swanson
Chunk White
Chicken
4.5 Oz.
Selected Varieties



\$3.99
Kellogg's
PopTarts,
PopTart Bites or
Crunchy Poppers
9-12 Ct.
Selected Varieties



\$3.99
Life or
Cap'n Crunch
Cereal
15-18 Oz.
Selected Varieties



\$2.19
Clearly Canadian
Sparkling Water
11 Oz.
Selected Varieties



\$4.99
Ozarka
Water
16.9 Oz. Bottles 24 Pack
Selected Varieties



2/\$3
Capri Sun
12 Oz.
Selected Varieties



2/\$7
Juicy Juice
64 Oz.
Selected Varieties



2/\$6
Juicy Juice
8 Ct.
Selected Varieties



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



\$3.99
V8
Juice
48 Oz.
Selected Varieties



99¢
Cascade
Ice Sparkling
Drink
12.2 Oz.
Selected Varieties



\$3.19
Rachael Ray
Nutrish
Soup Bone
6.5 Oz.
Selected Varieties



\$23.99
Rachael Ray
Nutrish
Dog Food
16 Lb.
Selected Varieties



\$6.79
Kibbles 'N Bits
Dog Food
3.5 Lb.
Selected Varieties



\$17.99
Glad
Trash Bags
80 Ct.
Selected Varieties



\$2.99
Glad
Zip Sandwich Bags
100 Ct. or
Flex 16 Seal
Storage Bags
35-100 Ct.
Selected Varieties



\$1.79
Glad
Zip Quart or
Gallon Storage or
Freezer Bags
15-25 Ct.
Selected Varieties



\$5.49
Best Choice
Facial Tissue
3 Ct.
Selected Varieties



\$6.99
Cottonelle
Clean Cloths 188 Ct. or
Viva
Paper Towels
2 Triple Rolls
Selected Varieties



\$6.99
Scott
Bath Tissue
12 Mega Rolls
Selected Varieties



\$6.99
Scott
Paper Towels
6 Double Rolls
Selected Varieties



\$9.99
Kingsford
Pellets
20 Lb.
Selected Varieties



\$10.99
Kingsford or
Match Light
Charcoal Briquets
12-16 Lb.
Selected Varieties



EVERY NIGHT IS TACO NIGHT!

\$1.79
Taco Bell
Sauce
7.5 Oz.
Selected Varieties



89¢
Taco Bell
Taco Seasoning
Mix
1-1.4 Oz.
Selected Varieties



\$3.29
Taco Bell
Con Queso
15 Oz.
Selected Varieties



\$2.99
Taco Bell
Dinner Kit
8.85-14.8 Oz.
Selected Varieties



\$6.99
Taco Bell
Dinner or
Craving Kit
12.8-22.8 Oz.
Selected Varieties



\$3.99
Taco Bell
Dip
15-15.7 Oz.
Selected Varieties



\$2.49
Taco Bell
Taco Shells
12 Ct.
Selected Varieties



\$2.99
Taco Bell
Flavored
Taco Shells
12 Ct.
Selected Varieties



\$1.99
Taco Bell
Baja, Spicy Ranchero,
Avocado Ranch or
Creamy Chipotle
Sauce 12 Oz.
Selected Varieties



Home & Health

Enjoy Spend LESS!
MORE

\$12.99
Persil
Liquid Laundry
Detergent
84 Oz.
Selected Varieties



\$6.99
Dollar Shave Club
Shave Cream
or Butter
6 Oz.
Selected Varieties



\$5.99
Dollar Shave Club
Shaving Gel
6.7 Oz.
Selected Varieties



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



\$5.99
Bounce
Intense Vibrant
Fresh Fabric
Refreshers Sheets
30 Ct.
Selected Varieties



\$4.99
Downy
Rinse 16 Oz.
Downy Unstopables
5 Oz. or
Gain Fireworks 5 Oz.
Selected Varieties



\$4.99
Downy
Liquid Fabric
Enhancer 44 Oz. or
Infusions 26 Oz.
Selected Varieties



\$5.99
Gain
Liquid Laundry
Detergent
48 Oz. or
Flings 16 Ct.
Selected Varieties



\$9.99
Cascade
Action Pacs
16-33 Ct.
Selected Varieties



Fresh Cut Meat

Enjoy **SPEND LESS!**
MORE



\$6.99
Lb.
Cooks
Corned Beef
Brisket Flats



\$3.99
Claussen
Sauerkraut or Pickles
20-32 Oz. Selected Varieties



\$5.99
Lb.
Shoulder Arm
Roast
Fresh Boneless Beef



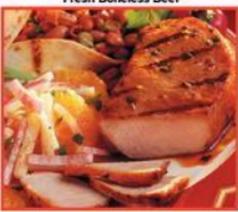
\$6.99
Lb.
Charcoal Steak
Fresh Boneless Beef
Value Pack



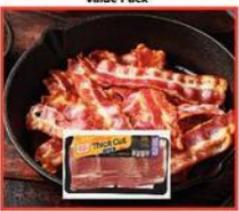
\$2.49
Lb.
Thick Cut
Cut Chops
Fresh Bone-In Pork



\$2.99
Lb.
Center Cut
Chops
Fresh Bone-In Pork



\$3.99
Ea.
Fresh
Marinated Pork Chops
12 Oz.



\$5.99
Oscar Mayer
Bacon
12-16 Oz.
Selected Varieties

\$4.99
El Monterey
Signature
Burritos
16 Oz.
Selected Varieties



79¢
Carl Buddig
Lunchmeat
3 Oz.
Selected Varieties



\$6.49
Oscar Mayer
Deli Fresh
Shaved Meats
16-16 Oz.
Selected Varieties



\$5.49
Oscar Mayer
Franks
16-16 Oz.
Selected Varieties



2/\$3
Oscar Mayer
Dunkables
2.5-3.9 Oz.
Selected Varieties



2/\$3
Banquet
Beef Sausage
Links
6-6 Oz.
Selected Varieties



\$3.99
Ea.
Old Folks
Sausage Rolls
16 Oz.
Selected Varieties



\$1.99
Old Folks
Sausage Gravy
Bag
8 Oz.



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



\$5.99
Bob Evans
Family Side
28-32 Oz.
Selected Varieties



\$3.49
Land O Frost
Deli Shaved
Meats
15-9 Oz.
Selected Varieties



\$6.99
Johnsonville
Fully Cooked
Breakfast Sausage
20 Oz.
Selected Varieties



\$1.49
Bar 5
Franks
12 Oz.
Selected Varieties



\$7.99
Ea.
Bar 5
Corndogs
2.34 Lb.



\$3.49
Lb.
Sugarale
Ham Steaks



Seafood

\$5.99
Sea Best
Shrimp Ring
10 Oz.



\$6.99
AquaStar
Raw Shrimp
1 Lb. 26-30 Cl.



\$3.99
Seafarer
Crab Meat
16 Oz.
Selected Varieties



\$3.49
Seabest
Hushpuppies
16 Oz.



Deli & Bakery

\$11.99
Lb.
Kretschmar
Corned Beef or
Pastrami
Selected Varieties



\$5.49
Sweet P's
Danish Coffee
Cakes
16 Oz.
Selected Varieties



\$5.99
Lb.
Golden Fried
Chicken
Tenders

\$7.99
Ea.
Reser's
Devil Egg
Potato Salad
3 Lb.

\$2.69
Ozark Hearth
Rye or
Potato Bread
20 Oz.
Selected Varieties

\$3.99
Olson's
Golden Pound
Cake
16 Oz.

\$7.99
Lb.
Kretschmar
Swiss Cheese

\$6.49
Lb.
Kretschmar
Brown Sugar
Ham

\$3.99
Cafe Valley
Triple Chocolate
or Lemon
Bundt Cake
16 Oz.

\$3.49
Clyde's
Donut Holes
12 Oz.
Selected Varieties

\$4.49
Lb.
Pea N Cheese
Salad

\$14.99
Ea.
Hormel
Party Trays
1.75 Lb.
Selected Varieties

\$3.99
Rotella's
Wheat or
White Hoagie Buns
6 Cl.
Selected Varieties

89¢
J.J.'s
Snack Pies
4 Oz.
Selected Varieties

\$8.99
Coke
Products
15.9 Oz. Bottles 6 Pack
Selected Varieties



\$4.99
Coke
Products
16.9 Oz. Bottles 6 Pack
Selected Varieties

\$2.99
Coke
Products
2 Liter
Selected Varieties



\$20.99
Jameson
Irish Whiskey
750 ML
Selected Varieties



\$17.99
Tullamore
D.E.W.
750 ML
Selected Varieties



\$11.99
Smirnoff
Vodka
750 ML
Selected Varieties

\$6.99
Gold Peak
Tea
16.9 Oz. Bottles 6 Pack
Selected Varieties



\$1.49
Body Armor
16 Oz.
Selected Varieties

\$6.99
Powerade
20 Oz. Bottles 6 Pack
Selected Varieties



\$4.29
Sutter Home
Wines
750 ML
Selected Varieties



\$9.29
Stella Rosa
Wines
750 ML
Selected Varieties



\$8.59
Woodbridge
Wines
1.5 Liter
Selected Varieties

99¢
Powerade
28 Oz.
Selected Varieties

\$2.29
Monster
Energy
16.9-16 Oz.
Selected Varieties

\$4.49
Snapple
16 Oz. 6 Packs
Selected Varieties

\$7.99
7-Up
Products
12 Oz. Cans 12 Pack
Selected Varieties



\$14.99
Heineken
Beer
12 Oz. Cans or Bottles 12 Pack
Selected Varieties



\$20.99
Molson Coors
Beer
12 Oz. Cans 24 Pack
Selected Varieties



\$14.49
Kona & Golden Road
Beer
12 Oz. Cans 12 Pack
Selected Varieties

Lent Specials

Prices Effective
MARCH 11-17, 2026

\$3.49
Lb.

Swal Fillets
10P

\$9.99

Best Choice Cooked Shrimp
16 Oz. #150 Cl.

\$3.59

Louisiana Seasoned Fish Fry
22 Oz.

\$1.89

Best Choice Cocktail Sauce 12 Oz. or
Tartar Sauce 12 Oz.

Selected Varieties

Register for your chance to WIN!
Scan the QR Code or visit

FREEZER GIVEAWAY

ENTER FOR A CHANCE TO WIN!
9 GRAND PRIZE WINNERS
MARCH 4 - 24, 2026

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

\$3.99

Blue Bunny Premium Ice Cream
48-48 Oz.

Selected Varieties

\$2.99

Eggo Pancakes, Thick & Fluffy Waffles or French Toast Sticks
6-40 Cl.

Selected Varieties

2/\$7

Reames Egg Noodles or Dumplings
12 Oz.

Selected Varieties

2/\$7

New York Cheese Sticks, Texas Toast or Garlic Knots 5.8 Cl. or Ciabatta Bread 10 Oz.

Selected Varieties

2/\$6

Marie Callender's Entrées or Pot Pies
10.5-15 Oz.

Selected Varieties

FRIDAY 13TH SALE

ONE DAY SALE

Prices Effective
MARCH 13, 2026

\$2.88

Frito Lay Lay's or Kettle
4.75-6.62 Oz.

Selected Varieties

\$1.88

Hiland or Prairie Farms Sour Cream and Dips
16 Oz.

Selected Varieties

\$4.88

Farm Rich Appetizers
12-22 Oz.

Selected Varieties

\$2.88

Birds Eye Vegetables
10-17 Oz.

Selected Varieties

\$1.88

Best Choice Jumbo Biscuits
16 Oz.

Selected Varieties

\$1.88

Just Crack An Egg Scramblers or Oscar Mayer Scramblers
2.38-3 Oz.

Selected Varieties

\$1.88

Sunny Delight
64 Oz.

Selected Varieties

\$2.88

Best Choice Water
16.9 Oz. Bottles 24 Pack

\$6.88

Cottonelle Bath Tissue
6 Mega Rolls
Selected Varieties

98¢

Best Choice Russet Potatoes
5 Lb.

\$2.48

Dole Ultimate Caesar Kit
11.9 Oz.

Buy 3 Save \$3 Mix or Match



Prices Effective **MARCH 11-17, 2026**



~~\$2.99~~
~~-\$1.00~~

Lysol Toilet Bowl Cleaner
24 Oz.
Selected Varieties

\$1.99

Final Price When You Purchase 3 Participating Items



~~\$5.49~~
~~-\$1.00~~

Lysol Disinfecting Wipes
75-80 Ct.
Selected Varieties

\$4.49

Final Price When You Purchase 3 Participating Items



Lysol All Purpose Cleaner 32 Oz.
Kitchen Cleaner 22 Oz. or
Automatic Toilet Bowl Cleaner 2 Ct.
Selected Varieties

~~\$3.99~~
~~-\$1.00~~

\$2.99

Final Price When You Purchase 3 Participating Items



Lysol Laundry Sanitizer Cleaner
41 Oz.
Selected Varieties

~~\$7.49~~
~~-\$1.00~~

\$6.49

Final Price When You Purchase 3 Participating Items



~~\$3.69~~
~~-\$1.00~~

Lysol Multi Surface Cleaner
28 Oz.
Selected Varieties

\$2.69

Final Price When You Purchase 3 Participating Items



~~\$7.49~~
~~-\$1.00~~

Finish Powerball Dishwasher Tabs
21-32 Ct. or
Jet Dry Liquid 16 Oz.
Selected Varieties

\$6.49

Final Price When You Purchase 3 Participating Items