

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 AEMX**

We reserve the right to limit & substitute similar items and to contact any Third-Party Entity. All items may not be available. #294

SPRING into Savings

PRICES GOOD MARCH 2026

WED	THU	FRI	SAT	SUN	MON	TUE
18	19	20	21	22	23	24



\$9⁹⁹
Lb.
**Top Sirloin
Steak**
Fresh Boneless Beef
Value Pack



\$2⁹⁹
Lb.
**Chicken
Thighs**
Frozen Boneless Skinless



\$1⁶⁹
Strawberries
1 Lb.



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



99¢
**Green Giant
Red Potatoes**
3 Lb. Bag

2/\$4
**Dole
Salad Blends**
5-12 Oz.
Selected Varieties



\$3⁹⁹
**Red Baron
Pizza**
8.8/11.2 Oz.
Selected Varieties



\$1⁴⁹
**Best Choice
Shredded or
Chunk Cheese**
6-8 Oz.
Selected Varieties



\$2⁹⁹
**Eggland's Best
Grade A
Large Eggs**
Dozen



\$3⁴⁹
**Simply
Juice**
46-52 Oz.
Selected Varieties



\$4⁹⁹
**Best Choice
Ice Cream**
4 Oz.
Selected Varieties



\$5⁹⁹
Lb.
**Bottom Round
Roast**
Boneless Beef



\$2⁴⁹
Lb.
**Country Style
Ribs for BBQ**
Boneless



\$2⁴⁹
Lb.
**Pork
Spareribs**
Frozen
C.O.V.



\$1⁹⁹
Lb.
**7-Up
Products**
2 Liter
4 Oz.
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



**Autumn Crisp
Green Grapes**

\$3⁴⁹ Lb. Red, Yellow or Orange
Colored Peppers

3/\$5



\$1²⁹

**Always Save
Onions**
2 Lb. Bag Selected Varieties



\$3⁹⁹

**Cara Cara
Navel Oranges**
3 Lb. Bag



\$1²⁹

**Lb.
Pink Lady or
Granny Smith
Apples**



2/\$5

**Sweet Pop
Tomatoes**
10 Oz.

Floral

At Participating Stores



\$4⁹⁹

**Blooming
4 Inch**



2/\$1

**Sunkist
Large Lemons**



\$1⁴⁹

**Lb.
Tomatoes
on the Vine**



99¢

**Ea.
English
Cucumbers**



\$2⁹⁹

**Ea.
Wrapped
Broccoli**



\$10⁹⁹

**March Madness
Bouquet**

\$12⁹⁹

**Farmer's Market
Bouquet**

Dairy & Frozen

Enjoy Spend LESS!
MORE



2/\$5

**Kraft
Natural Slices**
7-8 Oz.
Selected Varieties



4/\$5

**Oikos
Protein Yogurt**
5.3 Oz.
Selected Varieties



\$6⁹⁹

**Voila or
Chef Boyardee
Family Size Frozen Entrees**
40-42 Oz. Selected Varieties



\$1²⁹

**Best Choice
Frozen Vegetables**
16 Oz.
Selected Varieties



\$4⁴⁹

**Kraft
Deli Deluxe
American Slices**
12 Oz.



\$3²⁹

**Best Choice
String Cheese**
10 Oz.



\$6⁴⁹

**Kraft
Twin Pack
American Singles**
24 Oz.



\$4⁷⁹

**White Castle
Burger Bites**
Selected Varieties



\$7⁹⁹

**Best Choice
Pizza Bites**
48 Oz.
Selected Varieties



2/\$5

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



2/\$3

**Best Choice
Corn Tortilla
24 Oz. or
Flour Tortilla**
48 Oz.
Selected Varieties



\$2⁹⁹

**Kraft
Philadelphia
Cream Cheese**
8 Oz.
Selected Varieties



\$2⁴⁹

**Best Choice
Whipped
Dairy Topping**
4.8 Oz.
Selected Varieties



\$8⁹⁹

**White Castle
Chicken Rings**
20 Oz.



\$1⁹⁹

**Best Choice
Mini Corn
On The Cob**
6 Ct.



\$2⁹⁹

**Best Choice
Garlic Knots 8 ct.
Texas Toast 8 ct.
Breadsticks 5 ct. or
Garlic Bread 10.75 Oz.
Selected Varieties**



2/\$5

**Simply Aides or
Punch,
Minute Maid Zero
or Gold Peak Tea**
52 Oz.
Selected Varieties



2/\$8

**Silk
High Protein
Soy Milk**
48 Oz.
Selected Varieties



\$3⁹⁹

**Too Good
Liquid Coffee
Creamer**
28.4 Oz.
Selected Varieties



\$3⁶⁹

**Hiland or
Prairie Farms
Cottage Cheese**
24 Oz.
Selected Varieties



\$3²⁹

**Mr. Delf's
Hash Browns**
24.3 Oz.
Selected Varieties



\$2⁴⁹

**Best Choice
Whipped
Topping**
16 Oz.



\$4⁴⁹

**Dove
Buns 3 Ct. or
Minis 10 Ct.
Selected Varieties**

Grocery

Enjoy Spend LESS!
MORE



Frito Lay
Cheetos and Fritos
6.5-10 Oz.
or Tostitos Cantina
8-13 Oz. Selected Varieties
\$3.49

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

Kellogg's
Cereal
8.8-16 Oz.
Selected Varieties
2/\$6

\$4.49
Frito Lay
Doritos and
Santitas
8.5-13 Oz.
Selected Varieties



\$3.99
Frito Lay
Lay's and Kettle
4.75-8.82 Oz.
Selected Varieties



\$8.99
Pringles
Snack Stack or
Grab N Go
Potato Crisps
12.91-13.79 Oz.
Selected Varieties



\$2.49
Uncle Ray's
Chips
8-8.5 Oz.
Selected Varieties



\$3.99
Nabisco
Chips Ahoy!
Cookies
9.5-13 Oz.
Selected Varieties



2/\$3
Act II
Popcorn
3 Oz.
Selected Varieties



\$6.99
Planters
Cashews
8 Oz.
Selected Varieties



\$5.99
Planters
Mixed Nuts
10-10.3 Oz.
Selected Varieties



\$4.99
Planters
Duos
8 Oz.
Selected Varieties



\$3.49
Nabisco
Ritz Sandwich
Crackers 8 Oz. or
Teddy Grahams 10 Oz.
Selected Varieties



\$3.99
Cheez-It
Snack Crackers
6.5-12.4 Oz.
Selected Varieties



\$3.99
Nabisco
Belvita
8-8.8 Oz.
Selected Varieties



\$2.99
Keelbar
Sandwich
Crackers
8 Oz.
Selected Varieties



\$3.99
Nabisco
Premium or
Soup & Oyster
Crackers
9-16 Oz.
Selected Varieties



\$2.99
Velveeta
Cheesy Skillets
11.5-13.6 Oz.
Selected Varieties



\$6.99
Pompeian
Olive Oil
16 Oz.
Selected Varieties



\$3.49
Frank's
Sauce
12 Oz.
Selected Varieties



\$1.49
Knorr
Sides
4-5.8 Oz.
Selected Varieties



\$3.49
Kraft
Salad Dressing
16 Oz.
Selected Varieties



\$3.49
Kraft
Salad Dressing
24 Oz.
Selected Varieties



4/\$5
No Yolk
Sides
4.4 Oz.
Selected Varieties



\$1.99
No Yolk
Cups
2.64 Oz.
Selected Varieties



\$2.49
Heinz
Gravy
12 Oz.
Selected Varieties



2/\$7
Ragu
Pasta Sauce
45 Oz. or
Beetroot Pasta
Sauce 16.9 Oz.
Selected Varieties



\$2.19
Green Mountain,
McCafé, Krispy Kreme,
Donut Shop, Caribou or
New Man's Own Coffee
K Cups
22 Ct. Selected Varieties



\$2.99
Kellogg's
Rice Krispies
Treats
7-8 Ct.
Selected Varieties



\$2.49
Libby's
Canned Fruit
14.5-16.25 Oz.
Selected Varieties



\$2.99
Nalgene
Water
16.9 Oz. Bottles 24 Pack



2/\$6
On the Border
RTD Protein
Shake
12 Oz.
Selected Varieties



\$2.49
Capri Sun
64 Oz.
Selected Varieties



\$3.99
Capri Sun
10 Ct.
Selected Varieties



2/\$1
Big Hugs
Juice
16 Oz.
Selected Varieties



\$9.99
Lil Hugs
Juice
8 Oz. Bottles 40 Pack



99¢
Rachael Ray
Nutrish
Cat Food
14 Oz.
Selected Varieties



\$2.39
Rachael Ray
Nutrish
Dog Food
13 Oz.
Selected Varieties



\$1.39
Gravy Train
Dog Food
13.2 Oz.
Selected Varieties



\$13.99
Gravy Train
Dog Food
14 Lb.
Selected Varieties



\$6.99
Puffs
Cube
Facial Tissue
4 Ct.
Selected Varieties



\$4.99
Sparkle
Paper Towels
4 Double Rolls or
Angel Soft
Bath Tissue
6-8 Mega Rolls
Selected Varieties



\$7.49
Angel Soft
Bath Tissue
6-8 Mega Rolls
Selected Varieties



Best Choice.

Spring SALE!

\$6.99
Best Choice
Superior Selections
Filled Pretzels
24 Oz.



\$4.49
Best Choice
Ketchup
64 Oz.



\$3.49
Best Choice
Salad Dressing
24 Oz.
Selected Varieties



\$2.79
Best Choice
Chunk or
Shredded Chicken
10 Oz.
Selected Varieties



4/\$5
Best Choice
Easy Skillet
Dinner Mix
5.3-8.8 Oz.
Selected Varieties



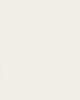
\$1.99
Best Choice
Gravy
12 Oz.
Selected Varieties



\$1.99
Best Choice
Soup
18.6-19 Oz.
Selected Varieties



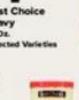
\$1.99
Best Choice
Tomato or
Tomato Sauce
28-29 Oz.
Selected Varieties



\$2.29
Best Choice
Toaster Pastries
8 Ct.
Selected Varieties



\$4.49
Best Choice
Quick or
Old Fashioned Oats
42 Oz.
Selected Varieties



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



2/\$3
Best Choice
Mandarin Oranges or
Tropical Fruit Salad
19 Oz.
Selected Varieties



\$2.99
Best Choice
No Bake
Cheesecake
11.2 Oz.



\$1.99
Best Choice
Pound Cake
Mix
16 Oz.



\$3.89
Best Choice
Mixers
164 Oz.
Selected Varieties



\$3.69
Best Choice
Grape or
Cranberry Juice
64 Oz.
Selected Varieties



\$5.49
Best Choice
Heavy Duty
Pliers
80 Ct.
Selected Varieties



\$5.99
Best Choice
Trash Bags
40 Ct.
Selected Varieties



\$1.99
Best Choice
Aluminum Foil
30 Sq.Ft.
Selected Varieties



\$3.99
Best Choice
Bath Tissue
8 Rolls
Selected Varieties



\$2.29
Best Choice
Rinse Aid
8.45 Oz.



\$6.99
Hello World
By Best Choice
Jumbo Training Pants
or Pajama Pants
11-25 Ct.
Selected Varieties



\$1.59
Hello World
By Best Choice
Travel Pack or
Kid Flushable
Wipes
40-43 Ct.
Selected Varieties



Home & Health

Enjoy Spend LESS!
MORE

\$12.99
Tide
Simply Liquid
Laundry Detergent
137-151 Oz.
Selected Varieties



\$9.99
Dawn
Ultra
Dish Soap
70 Oz.



\$9.99
Dawn
Powerwash
Dish Spray
43 Oz.
Selected Varieties



\$9.99
Dawn
Powerwash
Dish Spray
43 Oz.
Selected Varieties



\$9.99
Dawn
Powerwash
Dish Soap
19-38 Oz.
Selected Varieties



Fresh Cut Meat

Enjoy **Sp**end **LESS!**
MORE



\$5.99
Lb.
Bottom Round
Roast
Fresh Boneless Beef



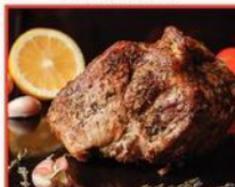
\$6.49
Lb.
Bottom Round
Steak
Fresh Boneless Beef
Value Pack



\$6.99
Lb.
Cube
Steak
Fresh Boneless Beef



\$5.49
Lb.
80% Lean
Ground Beef
Value Pack



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



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



\$2.49
Lb.
Pork
Spareribs
Frozen



\$4.99
Sugardale
Bacon
16 Oz.
Selected Varieties

\$3.99
Land O' Frost
Bistro
6-8 Oz.
Selected Varieties



\$4.49
Johnsonville
Breakfast Patties
and Links
12 Oz. Selected Varieties



\$3.99
Oscar Mayer
Economy
Well Meats
16 Oz. Selected Varieties



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



2/\$5
Oscar Mayer
Snack Plates
3.3 Oz.
Selected Varieties



2/\$4
Oscar Mayer
P3 Protein
Packs
2.3.3 Oz. Selected Varieties



\$1.79
Sugardale
Hot Dogs
16 Oz.



\$2.99
Earl Campbell
Sausage Link
Items
14 Oz. Selected Varieties



\$8.99
Cooked Perfect
Meatballs
16-19.8 Oz.
Selected Varieties



\$4.99
Ea.
Paradise Kitchens
Chicken Items
Selected Varieties



\$5.99
Lb.
Kentucky Legend
Quarter Sliced
Ham Items



\$5.49
Johnsonville
Summer Sausage
12 Oz.
Selected Varieties



Seafood

\$17.99
Sea Best
Argentine
Red Shrimp
2 Lb. 16-20 CL



\$2.99
Lb.
Swal
Filets
TOP



\$9.99
Sea Best
Jumbo
Breaded Shrimp
1.5 Lb.



\$8.99
Best Choice
Cooked Shrimp
16 Oz. 41-50 CL



Deli & Bakery

\$8.49
Lb.
Kretschmar
Turkey Breast
Mesquite,
Oven Roasted or Cajun



\$5.49
Sweet P's
Chocolate or
Strawberry
Swiss Rolls
14.1 Oz.
Selected Varieties



\$5.99
Slow Smoked or
Baked Chicken
Leg Quarters
4 Ct.



\$4.49
Lb.
Cucumber and
Onion Salad



\$8.99
Treat Shop
Glazed Donuts
12 Ct.



\$3.49
Olson's
Angel Food
Bar
11 Oz.



\$6.49
Lb.
Kretschmar
Mild Cheddar
Cheese



\$6.99
Lb.
Kretschmar
Black Forest
Ham



\$5.49
Filled
Cannolis
6.5-7.5 Oz.
Selected Varieties



\$6.99
Cookies N Creme
Single Layer
Cake
18.5 Oz.



\$3.49
Zarda
BBQ Baked
Beans
16 Oz.
Selected Varieties



\$2.49
Chicken
Nuggets
12 Ct.



\$2.99
Ozark Hearth
Sandwich Rolls
24 Oz.



\$3.49
Rotella's
Sliced Vienna
Bread
17 Oz.



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



\$6.99
Pepsi
Products
12 Oz. Bottles 6 Pack
Selected Varieties



\$9.99
Seagrams
7 Crown
750 ML
Selected Varieties



\$13.49
Fireball
Whiskey
750 ML
Selected Varieties



\$41.99
Jack Daniel's
Whiskey
1.75 Liter
Selected Varieties



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



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



\$4.99
St. James
Wines
750 ML
Selected Varieties



\$15.99
Bota Box
Wines
3 Liter
Selected Varieties



\$7.99
Clos Du Bois
Wines
750 ML
Selected Varieties



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



\$3.99
Gatorade
12 Oz. Bottles 6 Pack
Selected Varieties



\$14.99
Dos Equis
Beer
12 Oz. Cans 12 Pack
Selected Varieties



\$12.99
Garage
Beer
12 Oz. Cans 12 Pack
Selected Varieties



\$12.99
Michelob Ultra
Beer
12 Oz. Cans and Bottles 12 Pack
Selected Varieties



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.

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

Participating Brands: Nestlé, CORNAGIA, Meryma, Blue Bunny, etc.

Prices Effective
MARCH 18-24, 2026

3/\$10

Halo Top Ice Cream
16 Oz.
Selected Varieties

2/\$7

Sister Schubert's Hawaiian Rolls
8 Ct. or Dinner Rolls
10 Ct.
Selected Varieties

2/\$7

Stouffer's, Mings or Tapatio Entrees or Bowls
9-20 Oz.
Selected Varieties

4/\$12

Stouffer's Frozen Entrees
8.375-12.75 Oz.
Selected Varieties

2/\$8

Tombstone Pizza
19.3-21.5 Oz.
Selected Varieties

\$2.99

Eggo Waffles
9.8-10 Oz.
Selected Varieties

2/\$5

Edward's Pies
5.34-6.5 Oz.
Selected Varieties

SPRING into Savings

5 for \$5

Prices Effective
MARCH 18-24, 2026

5/\$5

Red Gold Tomato Sauce
15 Oz.
Selected Varieties

5/\$5

Best Choice Pasta
16 Oz.
Selected Varieties

5/\$5

Best Choice Soda or Mixers
2 Liter
Selected Varieties

5/\$5

Michelina's Frozen Entrees
4.5-8.5 Oz.
Selected Varieties

5/\$5

Best Choice Potatoes
4 Oz.
Selected Varieties

Hop into Sweetness

\$1.59

Easter Marshmallow Peeps
8-10 Ct.
Selected Varieties

\$3.79

Starburst or Skittles Easter Candy
10-14 Oz.
Selected Varieties

\$4.99

M&M's Easter Candy
7.44-10.53 Oz.
Selected Varieties

\$4.99

Dove Easter Candy
7.94-8.87 Oz.
Selected Varieties

Buy 3, Save \$3

Colgate®

Mix & Match

Prices Effective **MARCH 18-24, 2026**



Colgate
Optic White
Mint Mouthwash
16 Oz.
MUST BUY 3

~~\$4.99~~
~~-\$1.00~~
\$3.99



Colgate
Optic White
Toothpaste
3.2 Oz.
Selected Varieties
MUST BUY 3

~~\$5.99~~
~~-\$1.00~~
\$4.99



Colgate
Optic White
Advanced
Toothpaste
4.5 Oz.
Selected Varieties
MUST BUY 3

~~\$7.99~~
~~-\$1.00~~
\$6.99



Colgate
Adult Toothbrush
2 Ct.
Selected Varieties
MUST BUY 3

~~\$5.99~~
~~-\$1.00~~
\$4.99



Colgate
Advance Floss
2 Ct.
MUST BUY 3

~~\$8.29~~
~~-\$1.00~~
\$7.29



Colgate
Hp Adult
Toothbrush
Selected Varieties

~~\$3.99~~
~~-\$1.00~~
\$4.99



Colgate
Advance
Floss or
Toothbrush
Selected Varieties
MUST BUY 3

~~\$5.99~~
~~-\$1.00~~
\$4.99



Colgate
360 Toothbrush
Selected Varieties
MUST BUY 3

~~\$3.99~~
~~-\$1.00~~
\$2.99



Colgate
Optic White
Mint Mouthwash
32 Oz.
MUST BUY 3

~~\$6.99~~
~~-\$1.00~~
\$5.99



Colgate
Kids Mouthwash
16.9 Oz.
MUST BUY 3

~~\$3.49~~
~~-\$1.00~~
\$2.49



Colgate
Total
Mouthwash
or Gel
4.6-6 Oz.
Selected Varieties
MUST BUY 3

~~\$4.99~~
~~-\$1.00~~
\$3.99



Total
Mouthwash
33.8 Oz.
Selected Varieties
MUST BUY 3

~~\$4.99~~
~~-\$1.00~~
\$3.99



Irish Spring
Body Wash
20 Oz.
Selected Varieties
MUST BUY 3

~~\$4.99~~
~~-\$1.00~~
\$3.99



Irish Spring
Bar Soap
8 Ct. or
Body Wash
30 Oz.
Selected Varieties
MUST BUY 3

~~\$5.99~~
~~-\$1.00~~
\$4.99



Softsoap
Hand Soap
32-50 Oz. or
Body Wash
20 Oz.
Selected Varieties
MUST BUY 3

~~\$5.99~~
~~-\$1.00~~
\$4.99