

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 Printing Errors. All items may not be available. #294

Fresh Flavors of Spring.

PRICES GOOD APRIL 2026

WED 22	THU 23	FRI 24	SAT 25	SUN 26	MON 27	TUE 28
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\$2.49 Lb.
Chicken Breast
Frozen Boneless Skinless



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



2/\$3
Strawberries
1 Lb.

\$1.99
Dole Classic Caesar
10 Oz.



\$5.99 Lb.
80% Lean Ground Beef Patties
Fresh



99¢ Ea.
Colored Peppers



\$1.49
Best Choice Pasta Sauce
24 Oz.
Selected Varieties



49¢
Best Choice Yogurt
6 Oz.
Selected Varieties



\$2.99
Jack's Pizza
13.8-15.8 Oz.
Selected Varieties



\$1.99
Pillsbury Crescents, Grands Biscuits or Cinnamon Rolls
8-16.3 Oz.
Selected Varieties



\$2.99
Best Choice Drinking Water
405.6 Oz.



\$5.99
Best Choice Bath Tissue
12 Mega Rolls or Paper Towels
6 Double Roll
Selected Varieties



\$2.99
Blue Ribbon Classics Ice Cream
48 Oz.
Selected Varieties



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



\$2.99
Green Giant Gold or Red Potatoes
5 Lb. Bag
Selected Varieties



\$2.49 Lb.
Country Style Bone-In Ribs for BBQ



\$7.99 Lb.
Boneless Beef Patio Steak

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
Gold or Red Potatoes**
5 Lb. Bag

\$2⁹⁹



**Cotton Candy
Grapes**

\$3⁹⁹
Lb.



\$2⁴⁹
**Sweet Pop
Tomatoes**
10 Oz.



\$3⁴⁹
**Sunkist
Navel Oranges**
3 Lb.



\$3⁹⁹ Ea.
Cantaloupes



2/\$5
**Blackberries or
Raspberries**
6 Oz.

Floral

At Participating Stores



\$7⁹⁹
**Blooming
Spring**
2 Inch



\$2⁹⁹
Lb.
Black Plums



\$1²⁹
Lb.
**Vidalia
Onions**



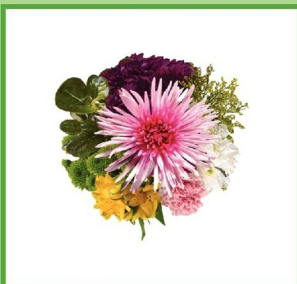
\$4⁹⁹
Corn
4 Pack



99¢ Ea.
**English
Cucumbers**



\$2⁴⁹
Lb.
**Honeycrisp
Apples**



\$9⁹⁹
**Delightful Day
Bouquet**



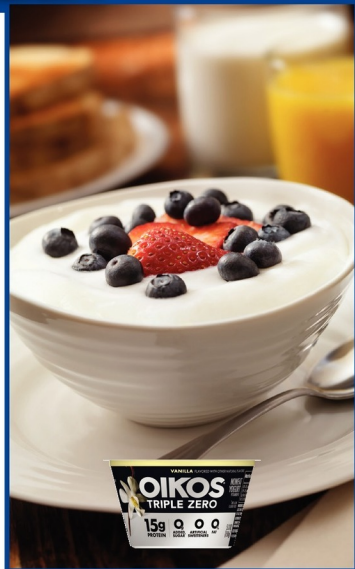
\$12⁹⁹
**Admin Appreciation
Bouquet**

Dairy & Frozen

Enjoy Spend LESS!
MORE



\$3⁷⁹
**Kraft
String Ums, Exp Pair or
Cracker Barrel
Cheese Sticks**
7.5-12 Oz.
Selected Varieties



10/\$12
**Dannon or
Too Good
Yogurt**
4.5-5.3 Oz.
Selected Varieties



\$3⁹⁹
**Healthy Choice or
P.F. Chang's Bowls or
Healthy Choice Meals**
9-12 Oz.
Selected Varieties



\$3⁴⁹
**Best Choice
Pizza Bites**
20 Oz.
Selected Varieties



\$3⁴⁹
**Eggland's
Best Extra
Large Eggs**
Dozen



\$5⁹⁹
**Best Choice
Cheese Spread**
32 Oz.
Selected Varieties



2/\$5
**Kraft
Natural Slices**
7-8 Oz.
Selected Varieties



2/\$6
**Dannon
Yogurt 32 Oz.
Activia 4 Ct.
YoCrunch 4 Ct. or
Animals Drink 6 Ct.**
Selected Varieties



2/\$3
**Tropicana
Orange Juice**
11 Oz.
Selected Varieties



\$4⁹⁹
**Starbucks or
Coffee-mate
Natural Bliss
Liquid Coffee Creamer**
24-32 Oz.
Selected Varieties



\$1⁹⁹
Sunny D
64 Oz.
Selected Varieties



\$2⁹⁹
**Turkey Hill
Lemonade or
Sweet Tea**
128 Oz.
Selected Varieties



\$2³⁹
**Hiland or
Prairie Farms
Sour Cream**
16 Oz.
Selected Varieties



2/\$6
**Birds Eye
Ultimate Vegetables**
11-17 Oz.
Selected Varieties



\$1⁹⁹
**Best Choice
Superior Selection
Edamame**
10-12 Oz.
Selected Varieties



\$2⁴⁹
**Best Choice
Waffles 10 Ct. or
Pancakes 12 Ct.**
Selected Varieties

Grocery

Enjoy Spend LESS!
MORE



\$3.99
Frito Lay Dairy and Salsa Dips
10-15.75 Oz.
Selected Varieties



Nabisco Family Size Oreo Cookies
10.68-18.71 Oz.
Selected Varieties



Idahoan Potatoes
1.5-4.1 Oz.
Selected Varieties

2/\$3

Frito Lay Tostitos Cantina
8-13 Oz.
Selected Varieties

\$3.49

\$4.99

\$3.49
Frito Lay Lay's, Kettle and Popcorners
1.5-9.62 Oz.
Selected Varieties



\$3.99
Frito Lay Cheetos and Sunchips
6.5-10 Oz.
Selected Varieties



2/\$4
Kellogg's Rx Bar
1.75-2.1 Oz.
Selected Varieties



\$3.99
Nabisco Ritz Crackers
8.8-13.7 Oz.
Selected Varieties



\$3.99
Nabisco Snack Crackers
3.5-8.5 Oz.
Selected Varieties



\$2.99
Valley Popcorn
6.5 Oz.
Selected Varieties



\$3.49
Ricos White Queso
15 Oz.
Selected Varieties



\$2.99
Ricos Cheese Sauce
15 Oz.
Selected Varieties



\$1.49
Cheetos Mac & Cheese Pasta Dinner
5.6-5.9 Oz.
Selected Varieties



\$2.99
Crystal Light Drink Mix 10-12 Qt.
On The Go Packets 9-10 Ct. or Country Time or Kool Aid
On The Go Singles 10-12 Ct.
Selected Varieties



\$6.29
9 Lives Plus Cat Food
3.15 Lb.



\$5.49
9-Lives Cat Food
2.5-3.15 Lb.
Selected Varieties



\$16.99
Kibbles 'N Bits Dog Food
16 Lb.
Selected Varieties



EVERY NIGHT IS TACO NIGHT!

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



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



\$6.99
Taco Bell Dinner or Craving Kit
12.8-22.6 Oz.
Selected Varieties



\$2.49
Taco Bell Taco Shells
12 Ct.



\$2.99
Taco Bell Taco Dinner Kits
8.85-14.8 Oz. or Flavored Taco Shells 12 Ct.
Selected Varieties



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



\$1.79
Taco Bell Restaurant Sauce, Salsa Verde or Diablo Sauce
7.5 Oz.
Selected Varieties



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



Best Choice

Save on Our Brands

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



2/\$3
Best Choice Candy
3-8.5 Oz.
Selected Varieties



\$1.79
Best Choice Popcorn
3 Ct.
Selected Varieties



4/\$5
Best Choice Refried Beans
16 Oz.
Selected Varieties



\$1.99
Best Choice Sliced Jalapenos
12 Oz.



\$1.69
Best Choice Lasagna
12-16 Oz.
Selected Varieties



\$2.99
Best Choice Fruit Cups
4 Ct.
Selected Varieties



\$3.49
Best Choice Non Dairy Creamer
11-16 Oz.
Selected Varieties



\$2.99
Best Choice Cold Brew Tea Bags
22 Ct.



\$2.19
Best Choice Tea Bags
20-24 Ct.
Selected Varieties



\$1.99
Best Choice Triple Chunk or Walnut Brownie Mix
16.5-17.8 Oz.
Selected Varieties



2/\$3
Best Choice Brownie Mix
16.3 Oz.



\$4.99
Best Choice All Purpose Flour
10 Lb.



\$4.99
Best Choice Aluminum Foil
50-75 Sq. Ft.
Selected Varieties



\$6.49
Pure Wonder By Best Choice Wild Bird Seed
10 Lb.
Selected Varieties



\$1.69
Pure Wonder By Best Choice Dog Food
13.2 Oz.
Selected Varieties



\$1.99
Best Choice Foaming Bath Cleaner or Mold & Mildew Remover
32 Oz.
Selected Varieties



\$6.99
Hello World By Best Choice Jumbo Diapers
21-44 Ct.
Selected Varieties



Home & Health

Enjoy Spend LESS!
MORE

\$4.49
Palmolive Liquid Dish Soap
32.5 Oz.
Selected Varieties



\$6.99
Downy Liquid Fabric Enhancer 66 Oz. Rinse 25.5 Oz. Unstoppables 7.8 Oz. or Comfy Cozy Beads 8.3 Oz.
Selected Varieties



\$6.99
Tide Liquid Laundry Detergent 37-42 Oz. or Pods 20 Ct.
Selected Varieties



\$4.29
Ajax Liquid Dish Soap
52 Oz.
Selected Varieties



Fresh Cut Meat

Enjoy Spend LESS!
MORE



\$6⁹⁹ Lb.
Shoulder Arm Roast
Fresh Boneless Beef



\$7⁴⁹ Lb.
Charcoal Steak
Fresh Boneless Beef Value Pack



\$7⁹⁹ Lb.
Patio Steak
Fresh Boneless Beef



\$10⁹⁹ Lb.
Top Sirloin Steak
Fresh Boneless Beef Value Pack



\$2⁹⁹ Lb.
Ground Pork
Frozen



\$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



\$4⁹⁹
Sugardale Bacon
16 Oz.
Selected Varieties

\$1⁹⁹
Old Folks Country Sausage Gravy Bag
8 Oz.



\$11⁹⁹
Old Folks Sausage Patties
38 Oz.



\$3⁹⁹
Oscar Mayer Economy Well Meats
16 Oz.
Selected Varieties



\$2⁹⁹
Land O' Frost Deli Shaved
7.5-9 Oz.
Selected Varieties



\$3⁹⁹
Johnsonville Smoked Rope Sausage
12-13.5 Oz.
Selected Varieties



\$3⁹⁹
Johnsonville Grinds and Grillers
16 Oz.
Selected Varieties



4/\$5
Armour Lunchmakers
2-2.84 Oz.
Selected Varieties



\$2⁹⁹
Bob Evans Simply Sides
24 Oz.
Selected Varieties



\$4⁴⁹
Kentucky Legend Smokemaster Beef Hot Dogs
16 Oz.



\$3⁹⁹
Cajun Hollar Andouille
12 Oz.



\$6⁹⁹
Harts Chicken Entrees
22-32 Oz.
Selected Varieties



\$3⁹⁹
Armour Small Bag Meatballs
14 Oz.
Selected Varieties



\$2⁹⁹
Farmland Braunschweiger
12 Oz.



\$2⁹⁹
Armour Pepperoni
4-5 Oz.
Selected Varieties



\$3⁴⁹ Lb.
Sugardale Ham Steaks



\$5⁹⁹ Lb.
Kentucky Legend Quarter Sliced Ham



Seafood

\$4⁹⁹
Moji Sushi
6 Oz.
Selected Varieties



\$9⁹⁹
Aquastar Cooked Shrimp
1 Lb. 26-30 Ct.



\$6⁹⁹
Best Choice Raw Shrimp
1 Lb. 41-50 Ct.



\$9⁹⁹ Lb.
Cod Fillets
IQF



\$4⁹⁹ Lb.
Tilapia Fillets
IQF



Deli & Bakery

At Participating Stores

\$6⁹⁹ Lb.
Kretschmar Black Forest Ham



\$4⁴⁹
Olson's Slice Loaf Cakes
16 Oz.
Selected Varieties



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



\$3⁴⁹ Lb.
Rotelli Italian Pasta Salad



\$3⁴⁹
Olson's Angel Food Bar
11 Oz.



\$3⁴⁹
Filled French Twirls
4 Ct.
Selected Varieties



\$5⁹⁹ Lb.
Kretschmar American Cheese



\$8⁴⁹ Lb.
Kretschmar Bacon Encrusted Turkey Breast



\$3⁶⁹
Sweet P's Decadent Mini Croissants
4.5 Oz.
Selected Varieties



\$2⁴⁹
Rotella's Brat Buns
6 Ct.



\$2⁶⁹
Reser's Amish Macaroni or Potato Salad
16 Oz.
Selected Varieties



\$2⁹⁹
Sabra Hummus
8 Oz.
Selected Varieties



\$2⁴⁹
Ozark Hearth Texas Toast
20 Oz.



\$2¹⁹
7-Up Products
2 Liter
Selected Varieties



\$7⁹⁹
Pepsi Products
12 Oz. Cans 12 Pack
Selected Varieties

\$17⁹⁹
Cuervo Golden
1.75 Liter
Selected Varieties



\$17⁹⁹
Deep Eddy Vodka
750 ML
Selected Varieties



\$15⁹⁹
On The Rocks Cocktails
750 ML
Selected Varieties



\$7⁹⁹
Fre Non-Alcoholic Wines
750 ML
Selected Varieties



\$4⁶⁹
Barefoot Wines
750 ML
Selected Varieties



\$12⁹⁹
Coppola Wines
750 ML
Selected Varieties



\$3⁹⁹
Pepsi Products
16.9 Oz. Bottles 6 Pack
Selected Varieties



\$4⁹⁹
Lipton Tea
16.9 Oz. Bottles 12 Pack
Selected Varieties



\$7⁹⁹
Dos Equis Beer
12 Oz. Bottles 6 Pack
Selected Varieties



\$15⁹⁹
White Claw Cans
12 Oz. Cans 12 Pack
Selected Varieties



\$17⁹⁹
Michelob Ultra
12 Oz. Cans 18 Pack
Selected Varieties

Always Save

Prices Effective **APRIL 22-28, 2026**



\$1²⁵

Always Save Paper Towels
1 Big Roll



\$1¹⁹

Always Save Bath Tissue
4 Rolls



\$1⁷⁹

Always Save 16 Oz. Cups
16 Ct.



\$5⁴⁹

Always Save Foam Plates
150 Ct.
Selected Varieties



\$2⁴⁹

Always Save Flour
5 Lb.



\$1⁹⁹

Always Save Peanut Butter
18 Oz.
Selected Varieties



\$2³⁹

Always Save Grape Jelly
32 Oz.



85¢

Always Save Pork & Beans
16 Oz.



\$1⁹⁵

Always Save Baked Beans
28 Oz.



95¢

Always Save Chunk Light Tuna
5 Oz.



\$1²⁹

Always Save Chunk Chicken
5 Oz.



\$2³⁹

Always Save Hamburger Dill Slices
32 Oz.



\$1²⁹

Always Save Ketchup
23 Oz.



\$1⁶⁹

Always Save BBQ Sauce
18 Oz.
Selected Varieties



99¢

Always Save Mustard
20 Oz.



\$1⁹⁵

Always Save Salad Dressing
16 Oz.
Selected Varieties



\$8⁹⁹

Always Save Pure Vegetable Oil
128 Oz.
Selected Varieties



\$3³⁵

Always Save Potato Chips
12.5-13 Oz.
Selected Varieties



\$1⁹⁹

Always Save Graham Crackers
14.4 Oz.
Selected Varieties



\$17⁹⁹

Always Save Shredded Cheese
5 Lb.
Selected Varieties



\$6⁹⁹

Always Save French Fries
80 Oz.



\$3²⁹

Always Save Mayonnaise or Whipped Salad Dressing
30 Oz.
Selected Varieties

Always Save

Always Save

Always Save

Always Save

Always Save

BUY 5 SAVE \$5 • MIX OR MATCH
WHEN YOU PURCHASE 5 PARTICIPATING ITEMS

Kraft
Buy 5 Save \$5!
BUY 5 SAVE \$5 • MIX OR MATCH
WHEN YOU PURCHASE 5 PARTICIPATING ITEMS

Prices Effective **APRIL 22-28, 2026**



Kool Aid Bursts
6 Ct.
Selected Varieties
MUST BUY 5

~~\$1.99~~
~~-\$1.00~~

99¢



Kool Aid Jammers
10 Ct.
Selected Varieties
MUST BUY 5

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

\$1.99



Gevalia Ground Coffee
12 Oz.
Selected Varieties
MUST BUY 5

~~\$8.49~~
~~-\$1.00~~

\$7.49



Maxwell House or Yuban Ground Coffee
23.1-27.9 Oz.
Selected Varieties
MUST BUY 5

~~\$10.99~~
~~-\$1.00~~

\$9.99



Country Time, Kool Aid or Tang Drink Mix
6-8 Qt.
Selected Varieties
MUST BUY 5

~~\$4.49~~
~~-\$1.00~~

\$3.49



Kraft Deluxe Mac & Cheese or Velveeta Shells & Cheese Dinner
1-14 Oz.
Selected Varieties
MUST BUY 5

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

\$1.99



Kraft Deluxe Mac & Cheese, Velveeta Shells & Cheese or Easy Mac Cups
4-9.56 Oz.
Selected Varieties
MUST BUY 5

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

\$3.99



Kraft Original Mac & Cheese Dinners
7.25-36.25 Oz.
Selected Varieties
MUST BUY 5

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

\$4.49



Classico Pasta Sauce
8.1-24 Oz.
Selected Varieties
MUST BUY 5

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

\$2.49



Heinz Ketchup
32 Oz.
MUST BUY 5

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

\$4.49



Kraft Salad Dressing
16 Oz.
Selected Varieties
MUST BUY 5

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

\$1.99



Kraft Miracle Whip
19-30 Oz.
Selected Varieties
MUST BUY 5

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

\$4.49



Kraft Mayo
22-30 Oz.
Selected Varieties
MUST BUY 5

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

\$3.99



Ore-Ida Potatoes
19-32 Oz.
Selected Varieties
MUST BUY 5

~~\$4.49~~
~~-\$1.00~~

\$3.49



Smart Ones Meals
6.49-10.25 Oz.
Selected Varieties
MUST BUY 5

~~\$1.99~~
~~-\$1.00~~

99¢



Jell-O RTE Girl Scout Pudding Cups
7 Oz.
Selected Varieties
MUST BUY 5

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

\$1.99



Jell-O RTE Gelatin, Pudding or Hershey Pudding Cups
12.5-15.5 Oz.
Selected Varieties
MUST BUY 5

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

\$1.99



Kraft Philadelphia Cream Cheese
8 Oz.
Selected Varieties
MUST BUY 5

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

\$1.99



Kraft Singles
10.7-12 Oz.
Selected Varieties
MUST BUY 5

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

\$2.99