



4 BIG PAGES OF FOOD BARGAINS

Serve Your Family The Best - Quality Meats From Foods Co.

SALE DAYS
TUES. thru WED.
JAN. 30 - FEB. 5

FRESH, FRESH!
4 LEGGED or
2 BREASTED FRYERS
EXTRA LIGHT OR DARK MEAT **43¢ lb.**

ONLY THE BEST PARTS OF THE FRYING CHICKEN
PICK-O-THE CHICK
FRESH NO NECKS OR GIBLETS **39¢ lb.**

USDA INSPECTED PAN-READY CUT-UP FRYERS **29¢ lb.**



Fresh

FROM USDA INSPECTED FRYING CHICKENS
FRYER PARTS SALE!
BREASTS FRESH **59¢ lb.**
LEGS & THIGHS **55¢**
WINGS & GIZZARDS **39¢**

SLICED BACON **RANGE BACON**
HORMEL 1 lb. **59¢** HORMEL 2 lb. pkg. **\$1.49**
SINGHAM TABLE BRAND



FULLY COOKED LUER SHANK PORTION HAM **39¢ lb.**
6-8 LB. AVG.

LUER • FULLY COOKED **BUTT END HAM** 4-6 LB. AVG. **55¢ lb.**
CENTER CUT • LEAN • QUICK FRY **HAM SLICES** **98¢ lb.**
LUER • 3 LB. AVG. **BONELESS HAM** **\$1.09 lb.**
LUER **GOURMET HAM** **\$1.29 lb.**

FISH and SEAFOOD

FROM ALASKA **HALIBUT STEAK** **79¢ lb.**
JET FRESH - FROM 1000 SPRINGS, IDA. **FRESH TROUT** 5 OZ. MIN. **49¢ ea.**
-RUPERT'S FROZEN SEAFOODS-
FISH & CHIP DINNER 1 lb. Pkg. **49¢**
SOLE IN BUTTER SAUCE 9 Oz. Pkg. **69¢**
NORTHERN FRIED HALIBUT 9 Oz. Pkg. **79¢** **\$1.39 MEAT 4 OZ. PKG.**



FRESH NUTRITIOUS **BEEF LIVER** **49¢ lb.**

HORMEL ALL BEEF & POLISH **SMOKED SAUSAGE** **69¢ lb.**

USDA CHOICE STEER BEEF **BONELESS CHUCK ROAST** **85¢ lb.**



SPECIALTY PREPARED FOODS

OUR FAMOUS **MEAT LOAF** **59¢**
STUFFED BELL PEPPERS . **59¢ lb.**
BREADED VEAL CUTLETS . **79¢ lb.**

USDA CHOICE STEER BEEF **CHUCK STEAK** **49¢ lb.** BLADE CUTS
USDA CHOICE STEER BEEF • ROLLED **SHOULDER CLOD** **98¢ lb.** LEAN OVEN ROAST

LARGE SOLID GREEN HEADS LETTUCE **2 FOR 29¢**

fresh produce **LONG GREEN SLICING CUCUMBERS** **2 FOR 25¢**
BROCCOLI FRESH TASTY HEASTFUL **19¢ lb.**

SUNKIST NAVEL ORANGES SWEET & JUICY LARGE SIZE **\$1.81 LBS.**

