

Text the Word ifallssuper1

To 77948 for American Customers.
Or 393939 for Canadian Customers
to receive our weekly specials &
ad right to your phone!

SuperOne FOODS 1

Open 7 Days A Week
5:00 a.m. - Midnight

Hwy. 11-71 West, International Falls, MN
283-8440

Visit our new website
superoneifalls.com

PRICES IN EFFECT

Noon Sunday, March 1 - Saturday, March 7



Your only locally-owned Supermarket for over 50 years.

Meat Department - Fresh Meats Cut Daily

LENT SPECIALS

Arctic Shores
Cooked Tail On Shrimp
\$7.99
12 oz. 41-50 ct.

Arctic Shores
**Wild Caught
Flounder Fillets**
\$4.99
16 oz.

Arctic Shores
**Wild Caught
Mahi Mahi Fillets**
\$5.49
12 oz.

Matlaw's
**New England Style
Stuffed Scallops or Clams**
\$3.99
15-20 oz.

Fresh
**Frozen Alaskan
Pollock Fillets**
\$1.99
lb.

Stewart's
SuperOne
U.S.D.A. Choice
Black Angus

**Boneless
New York
Strip Steak**
\$7.88
lb.

Stewart's
SuperOne
U.S.D.A. Choice
Black Angus

**Boneless
Top Round Roast**
\$4.48
lb.

Stewart's
SuperOne
U.S.D.A. Choice
Black Angus

**Boneless
Top Round
Steak**
\$4.68
lb.

Jennie-O
**Festive
Frozen
Turkey
Breasts**
\$1.48
lb.

Fresh
**Seasoned
Boneless
Porketta**
\$2.78
lb.

Fresh
**All Natural Pork Loin
Back Ribs**

\$3.68
lb.

No Name
**Steakhouse Seasoned, Bacon
Cheddar, Mushroom Swiss or
Mozzarella Peppers,
Steakhouse Burgers**.....27 oz.

\$6.99

SeaPack
**Jumbo Butterfly or
Butter Garlic
Shrimp Scampi**.....9-12 oz.

\$4.99

SeaPack
**Shrimp Peppers or
Shrimp Burgers**..... 12.8-25 oz.

\$4.99

W.H.M. Stewart's
**Smokehouse
Potato Sausage**

\$3.99
lb.

Elliott's Up North
**Smoked Brat, Cheddar Brat
or Polish Sausage**.....14-16 oz.

2/\$5

Elliott's Up North
**Thick Sliced or Double
Smoked Bacon**.....16 oz.

\$3.49

Elliott's Up North
**Original, Beef or Garlic
Summer Sausage**.....16 oz.

\$3.99

Oscar Mayer
**Chopped Ham, Ham &
Cheese or Smoked or
Oven Roasted Turkey**...16 oz.

2/\$6

Hillshire Farms
**Deli Selects
Lunch Meat Tubs**.....7-9 oz.

\$3.49

VALUABLE COUPON

1015

John Morrell
Skinless Franks
12 oz.

\$1.00

Meat Department

Limit 10 per family with coupon at Super One thru March 7, 2015

VALUABLE COUPON

1025

John Morrell
**Smoked Sausage or
Polish Sausage**
7 oz.

\$1.00

Meat Department

Limit 10 per family with coupon at Super One thru March 7, 2015

VALUABLE COUPON

1035

John Morrell
Pork Sausage Rolls
12 oz.

\$1.50

Meat Department

Limit 10 per family with coupon at Super One thru March 7, 2015

VALUABLE COUPON

1045

Arctic Shores
**Imitation Crab
Legs or Flakes**
8 oz.

\$1.50

Meat Department

Limit 10 per family with coupon at Super One thru March 7, 2015

California
**Seedless
Navel Oranges**

99¢
lb.

Washington
**Premium
Jonagold or
Braeburn
Apples**

89¢
lb.

Texas Rio
**Red
Grapefruit**
5 lb. bag

\$2.99
ea.

Fresh
**Super Select
Cucumbers or
Jumbo
Green Bell
Peppers**

2/99¢

Jumbo
**California
Snowwhite
Cauliflower**

\$2.39
ea.

Fresh
**All-Purpose
Russet
Potatoes**
20 lb. bag

\$3.99
ea.

Fresh
**Dole Iceberg
Lettuce
Salad Blend**
12 oz. bag

99¢
ea.

Fresh
**Snowwhite
Whole or Sliced
Mushrooms**
8 oz.

2/\$3

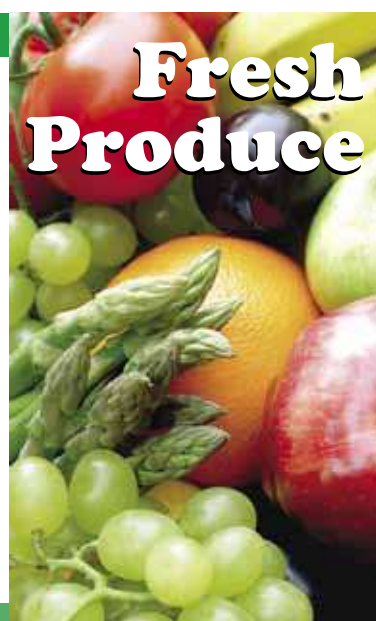
Fresh
**Garden Cello
Red
Radishes**
16 oz. bag

99¢
ea.

Golden
**Yellow
Hamburger
Onions**
5 lb. bag

\$1.99
ea.

Fresh Produce



DELI

March 1 - March 7

Sandwich Special
Honey Ham, Lettuce, Swiss
and Pineapple w/ side \$5.29

Check out our specials
on facebook!

Deli Hours:
7am-7pm All Week

MEATS

Virginia Ham \$4.65 lb.

Honey Ham \$4.65 lb.

Colby \$4.75 lb.

Cojack \$4.75 lb.

CHEESES

President Brie Wedge 7 oz.
\$4.95 ea.

Orange Confetti \$2.25 lb.

Dairy

Land O Lakes
Half & Half Pints.....

95¢

Land O Lakes
Sour Cream.....16 oz.

\$1.59

Crystal Farms
Shredded Cheese.....8 oz. pkg.
Chunk Cheese.....8 oz. block

\$2.29

Sargento
String Cheese.....9-12 oz. pkg.

\$3.79

Crystal Farms
American Singles..12 oz. pkg.

\$2.29

Essential Everyday
**Grated Parmesan
Cheese**.....8 oz. canister

\$1.89

Dannon
Light 'n Fit Yogurt.....4 pack

2/\$4

Dannon
**Danimals Drinkable
Yogurt**.....6 pack

2/\$5

Top the Tater.....12 oz. tub

2/\$4

Imperial
Spread.....45 oz. tub

\$2.19

Pillsbury
Crescent Rolls.....8 oz. tube

2/\$4

Sweet Rolls....12.4-13.9 oz. tube

\$2.49

Essential Everyday
Jumbo Biscuits.....16 oz. tube

\$1.39

Minute Maid
**Pure Squeezed
Orange Juice**.....59 oz. bottle

2/\$5

VALUABLE COUPON

1070



**Tru Moo
Chocolate
Skim Milk**
64 oz. plastic bottle
96¢
each

Limit 2 per family with coupon at Super One thru March 7, 2015

VALUABLE COUPON

1110

DAIRY

Essential Everyday
**Cream
Cheese**
8 oz. block

96¢
each



Limit 2 per family with coupon at Super One thru March 7, 2015

DAIRY

Essential Everyday
Butter
1 lb. quarters pkg.

\$1.96
each



Limit 2 per family with coupon at Super One thru March 7, 2015

Fresh Bakery

All Made From
Scratch By
**Our
Bakery**

FRENCH BREAD.....1 lb. loaf **\$1.29**

CHEESE ONION BUNS...8 count **\$2.29**

8X8 CARROT CAKE W/CREAM **\$3.99**

CHEESE ICING **\$4.99**

9" PUMPKIN PIE **\$4.99**

Frozen

Pagoda
**Egg Rolls &
Appetizers**.....4.8-12.27 oz.

2/\$5

Bon Appetit
Pizza.....each

3/\$9.99

Red Baron
Singles.....10.56-11.6 oz.

2/\$5

Brew Pub
9" Pizza.....

3/\$9.99

Kemp's
Ice Cream.....56 oz. square

\$2.99

Lean Cuisine
**Culinary or Spa Collection
Entrees**.....5.25-10.87 oz. pkg.

4/\$10

Marie Callender's
**Dinners and
Pot Pies**.....8.5-19 oz. pkg.

4/\$10

Bagel Bites
Snacks.....7 oz. pkg.

2/\$3

Totino's
Pizza Rolls...40 count pkg. 19.8 oz.

\$2.48

Birdseye
**Steamfresh Premium
Vegetables**.....10-16 oz. pkg.

2/\$4

Green Giant
**Vegetables
Boil in Bag**.....7-10 oz. pkg.

5/\$5

Aunt Jemima
Waffles.....17-18 oz. pkg.

2/\$4

Eggo
Waffles.....8-10 count box

2/\$4

Winn Dixie
Steak Fries.....28 oz.

2/\$3

Stone Ridge
**Creamery
Sundae Cones**.....8 count box

\$3.99

Essential Everyday
Raspberries.....12 oz. pkg.

2/\$5

P.F. Chang's
Meals for 2.....22 oz. pkg.

\$5.99