

Mon/Tues/Wed Only!

Dean's Ice Cream.....4.5 quart pail	\$4⁴⁸
Essential Everyday Whipped Topping.....6.5 oz. aerosol can	\$1⁴⁸
Shoppers Value Mint Chocolate Chip Ice Cream.....56 oz.	\$1⁴⁸

Cloverdale Hickory Smoked St. Louis Style Spare Ribs.....	\$1⁴⁸ lb.
Fresh California Grown Celery.....	79¢ ea.
White Dinner Rolls.....	\$1²⁹ dozen
In our Hot Case Jo Jo Potatoes.....	\$1⁵⁹ lb.
Lg. Irish Cream Latte	\$2⁷⁵
Lg. Irish Cream Iced Latte.....	\$3
Lg. St. Patrick's Shake.....	\$3

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

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

**Text the Word
ifallssuper1**
To 77948 for
American Customers. Or
393939 for Canadian Customers
to receive our weekly specials &
ad right to your phone!

Visit our new website
superoneifalls.com

PRICES IN EFFECT
Noon Sunday, March 8
to Saturday, March 14

Use our
In-store ATM

We reserve the right to limit
quantities!

Your only locally-owned Supermarket for over 50 years.

Meat Department - Fresh Meats Cut Daily

LENT SPECIALS
Delica Sea Raw EZ Peel Jumbo Shrimp \$8⁹⁹ 16 oz. 16-20 ct.
Fresh Frozen Jumbo Canadian Snow Crab Legs \$8⁴⁹ lb.
Cannon Fish Co. Alaskan Cod Loin \$3⁴⁹ 5 oz.
Arctic Shores Wild Caught Sockeye Salmon Fillets \$5⁹⁹ 12 oz.
Arctic Shores Wild Caught Kola Salmon Side \$7⁹⁹ 24 oz.

**Sirloin
Tip Roast**
\$3⁹⁸
lb.

**Fresh Cut
Boneless Pork
Sirloin Chops**
\$2¹⁸
lb.

**Sirloin Tip
Steak**
\$4²⁸
lb.

**Fresh Cut
Boneless Pork
Sirloin Roast**
\$1⁹⁸
lb.

**Reuben
USDA Choice
Corned Beef
Brisket**
\$3⁸⁸
lb.

Flanagan Original or Bavarian Barrel Cured Sauerkraut.....	2/\$4 2 lb.
Barber Foods Chicken Kiev, Cordon Bleu or Chicken Parmesan...10 oz.	\$3⁹⁹
Johnsonville Homestyle or Italian Meat Balls	\$5⁹⁹ 1.5 lb.
Minnesota Gold Family Pack Sliced Slab Bacon.....	\$3⁶⁹ lb.
W.H.M. Stewart's German Bologna or Cotto Salami.....	\$3⁸⁹ lb.
Essential Everyday Fully Cooked Bacon.....2.1 oz.	2/\$5
Essential Everyday Batter Wrapped Corn Dogs.....16 oz.	2/\$5
Hormel Original, Turkey, Diced or Mini Pepperoni.....5-6 oz.	2/\$6
Johnsonville Brat, Cheddar Brat, Polish, Turkey or Chicken Sausage Links.....12-14 oz.	2/\$6
Ambassador Original, Beef or New Ulm Summer Sausage.....12 oz.	\$3⁹⁹

VALUABLE COUPON Hormel Little Sizzler Pork Sausage Links 12 oz. \$1²⁵ Limit 10 per family with coupon at Super One thru March 14, 2015	VALUABLE COUPON Oscar Mayer Snack Size Lunchables 3.2-4.5 oz. \$1⁵⁰ Limit 10 per family with coupon at Super One thru March 14, 2015	VALUABLE COUPON Land-O-Frost Sliced Canadian Bacon 6 oz. \$2⁰⁰ Limit 10 per family with coupon at Super One thru March 14, 2015	VALUABLE COUPON Blue Wave Jumbo Breaded or Coconut Shrimp 9-10 oz. \$3⁹⁹ Limit 10 per family with coupon at Super One thru March 14, 2015
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**Fresh
Texas Grown
Green Cabbage**
29¢
lb.

**New Crop
Florida
B-Size
Red Potatoes**
3 lb. bag
\$2⁹⁹
ea.

**Jumbo
Sweet
Yellow
Onions**
79¢
lb.

**Fresh
Dole Classic
Coleslaw
Blend**
14 oz. bag
99¢
ea.

**Washington
Jumbo
Granny Smith
Apples**
89¢
lb.

**California
Seedless
Navel Oranges**
4 lb. bag
\$2⁹⁹
ea.

**Washington
Premium
Braeburn
Apples**
5 lb. bag
\$3⁹⁹
ea.

**Del Monte
Sweet Ripe
Cantaloupe**
69¢
lb.

**Fresh
Jumbo
Sunkist
Lemons**
99¢
lb.

**Jumbo
Green or Red
Seedless
Grapes**
\$2³⁹
lb.

**Fresh
Produce**

**March 8 - March 14
Sandwich Special**
BLT w/ side \$4²⁹

Check out our specials
on facebook!

Deli Hours:
7am-7pm All Week

DELI

MEATS
Virginia Ham \$4.65 lb.
Honey Ham \$4.65 lb.
Mild Cheddar \$4.75 lb.

CHEESES
Screaming Dutchman
Gouda Cheese 8 oz.
\$4.29 ea.

Dairy

Land O Lakes
Cottage Cheese.....22 oz. **\$2⁷⁹**

Land O Lakes
Whipping Cream.....pint **2/\$4**

TruMoo
Chocolate Milk.....gallon **\$2⁹⁵**

Essential Everyday
Chunk Cheese.....8 oz. block **\$1⁶⁶**

Essential Everyday
Shredded Cheese.....8 oz. pkg. **\$1⁶⁶**

Essential Everyday
American Singles...12 oz. pkg. **2/\$4**

Essential Everyday
Cream Cheese.....8 oz. block **\$1¹⁸**

Essential Everyday
String Cheese.....24 oz. pkg. **\$5⁹⁹**

Chobani
Greek Yogurt.....5.3 oz. cup **5/\$5**

Dannon
Activia Yogurt.....4 pack **2/\$5**

Daisy
Sour Cream.....16 oz. tub **\$1⁸⁸**

Essential Everyday
Bagels.....14.25 oz. pkg. **99¢**

Gold Peak
Tea.....59 oz. bottle **2/\$4**

Minute Maid
Light Lemonade..59 oz. bottle **2/\$4**

Simply
Ades.....59 oz. bottle **2/\$4**

Azteca
Homestyle
Tortillas.....11.6 oz. pkg. **\$1³⁹**

Three Bridges
Pasta.....9 oz. pkg. **\$2⁹⁹**

Fresh Bakery

**All Made From
Scratch By
Our
Bakery**

PUMPERNICKEL RYE BREAD...1 lb. loaf **\$1⁹⁹**

SAUERKRAUT RYE BUNSdoz. **\$1⁹⁹**

BLUEBERRY CREAM CHEESE
COFFEE CAKE16 oz. **\$4⁹⁹**

MONKEY BUNS.....14 oz. **\$2⁴⁹**

Frozen

Milford Valley Farms
Chicken Entees.....5 oz. **5/\$5**

Brew Pub
12 Inch Pizzaeach **\$5⁹⁹**

Stone Ridge
Creamery
Ice Cream48 oz. scround **\$2⁹⁹**

Stone Ridge
Creamery Ice Cream
Sandwiches12 count box **\$2⁹⁹**

New York
Texas Garlic Toast.....11.25 oz. **2/\$4**

Gorton
Fish Sticks, Fish Portions
Fish Fillets.....14-24.5 oz. box **\$3⁹⁹**

Essential Everyday
Sliced Strawberries..9 oz. pkg. **2/\$3**

Healthy Choice
Dinners or
Steamers9.5-12 oz. pkg. **2/\$5**

Bertolli
Bagged Dinners.....24 oz. pkg. **\$6⁹⁹**

Stouffer's
Family Size
Entrees.....29.5-40 oz. pkg. **\$6⁹⁹**

Stouffer's
Signature Classics
Entrees.....6-12 oz. pkg. **2/\$5**

Simple
Dishes.....8.36-12.75 oz. pkg. **2/\$5**

Jose Ole
Taqitos20-22.5 oz. **\$4⁹⁹**

Chimichangas.....18 oz. **\$4⁹⁹**

Mini Tacos.....20 oz. **\$4⁹⁹**

Lean, Croissant or
Hot Pockets9 oz. pkg. **2/\$4**

Mr. Dell's
Hashbrowns.....30 oz. pkg. **\$2¹⁹**

Birdseye
Vegetables.....10-16 oz. pkg. **5/\$5**

WestPac
Vegetable Blends.....16 oz. pkg. **2/\$3**

**Essential Everyday
Orange Juice ... 64 oz. carton**
2/\$4