



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, September 7 - Saturday, September 13

Use our ATM

We reserve the right to limit quantities!

Your only locally-owned Supermarket for over 50 years.

Meat Department - Fresh Meats Cut Daily





Boneless New York Strip Steak
\$7⁸⁸
lb.



Boneless Sirloin Tip Steak or Roast
\$3⁸⁸
lb.

Fresh Cut Assorted Pork Loin Chops
\$1⁷⁸
lb.

Fresh Center Cut Stuffed Pork Loin Chops
\$2⁴⁸
lb.

Gold-N-Plump Lemon Pepper, BBQ, Mesquite or Pesto Whole Bagged Chicken
\$5⁴⁸
3.25 lb.

Copper River Wild Caught Frozen Fillets.....**\$6⁸⁸** lb.

Fresh Frozen Jumbo Canadian Snow Crab Legs**\$8⁸⁸** lb.

Fresh Frozen Canadian Cold Water Lobster Tails 4 oz. tails **2/\$10**

Essential Everyday Original or Thick Sliced Bacon..... **\$3⁹⁹** 16 oz.

W.H.M. Stewart's Smoked Polish Sausage Links..... **\$4⁴⁹** lb.

Oscar Mayer Uploaded Lunchables..... 14.1-15.5 oz. **2/\$5**

Carl Buddig Thin Sliced Lunch Meat Tub..... 7-9 oz. **2/\$5**

Oscar Mayer Beef Bologna, Light Beef Bologna or Beef Cotto Salami..... 16 oz. **\$3⁷⁹**

Oscar Mayer Beef, Jumbo Beef or Angus Franks..... 14-16 oz. **\$3⁷⁹**

Oscar Mayer Beef & Cheddar, New York, Cheese or Extra Lean Franks
\$3⁷⁹ 14-16 oz.

1015

Valuable Coupon

Taste Wild Caught Salad Shrimp 4 oz.

\$1⁰⁰

SuperOne Meat Department

Limit 10 per family with coupon at Super One Sat September 13, 2014

1025

Valuable Coupon

Banquet Brown 'n Serve Sausage Links or Patties 6.4 oz.

\$1²⁵

SuperOne Meat Department

Limit 10 per family with coupon at Super One Sat September 13, 2014

1035

Valuable Coupon

Arctic Shores Imitation Crab Flakes 8 oz.

\$1⁵⁰

SuperOne Meat Department

Limit 10 per family with coupon at Super One Sat September 13, 2014

1045

Valuable Coupon

Land-O-Frost Thin Sliced Lunch Meats 9 oz.

\$2⁰⁰

SuperOne Meat Department

Limit 10 per family with coupon at Super One Sat September 13, 2014

Fresh Minnesota Grown Green Cabbage
39¢ lb.

Fresh Garden Cello Carrots
2 lb. Bag
99¢ ea.

Fresh Dole Premium Head Lettuce
99¢ ea.

Fresh Snowwhite Whole or Sliced Mushrooms
8 oz.
2/\$3

Fresh Slender Cucumbers or Jumbo Green Bell Peppers
2/99¢

Golden Yellow Hamburger Onions
5 lb. Bag
\$2⁹⁹ ea.

Washington Premium Gala Apples
\$1³⁹ lb.

Fresh Jumbo Sweet Pineapple
\$2⁹⁹ ea.

Premium Russet Potatoes
5 lb. Bag
\$1⁷⁹ ea.





DELI

September 7 - September 13 Sandwich Special
Turkey, Ham, Salami Sub w/Side \$6.29

Check out our specials on facebook!

Deli Hours:
7am-7pm All Week

MEATS

Hickory Turkey \$4³⁵ lb.
Sundried Tomato Turkey \$5⁴⁵ lb.
Italian Garlic Turkey \$5⁴⁵ lb.
Baby Pit Ham \$3⁶⁵ lb.


CHEESES

Mild Cheddar \$4⁷⁵ lb.
Baby Swiss \$5¹⁵ lb.

Fresh Bakery

All Made From Scratch By **Our Bakery**

WHITE HOMESTYLE BREAD..... 1½ lb. **\$1⁹⁹**
WHITE DINNER ROLLS doz. **\$1⁷⁹**
ANGEL FOOD LOAF 12 oz. **\$1⁹⁹**
DONUT HOLES..... 36 cnt. **\$2⁹⁹**



Dairy

Land O Lakes Sour Cream..... 16 oz. **\$1⁴⁸**
Land O Lakes Buttermilk qt. **\$1¹⁸**
Land O Lakes Half & Half 16 oz. **95¢**
Oikos Greek Yogurt..... 4 pack/21.2 oz. pkg. **\$3⁴⁹**
Danimals Yogurt Drinks..... 4 pack/16 oz. pkg. **2/\$5**
Yoplait Light Yogurt 6 oz. cup **10/\$5**
Yoplait Custard Style Yogurt..... 6 oz. cup **10/\$5**
Silk Soy Milk..... 64 oz. carton **\$2⁹⁹**
Smart Balance Spread 13-15 oz. pkg.. **\$2⁸⁹**

Nestle Cookie Dough..... 16.5 oz. pkg. **2/\$5**
Essential Everyday Bagels 14.25 oz. pkg. **98¢**
Minute Maid Pure Squeezed Orange Juice 59 oz. bottle **2/\$5**
Simply Ades Drinks..... 59 oz. bottle **2/\$5**
Tropicana Pure Premium Orange Juice 89 oz. bottle **\$5⁹⁹**
Cruz Flour Tortillas..... 24 oz. pkg. **\$2⁴⁹**
Simply Potatoes 20 oz. bag **2/\$4**

Frozen

Red Baron Singles..... 5.34-11.6 oz. **4/\$10**
Kemp's Ice Cream Sandwiches..... 9-18 count pkg. **\$2⁹⁹**
Kemp's Sundae Cones 12 count pkg. **\$3⁴⁹**
Essential Everyday White Bread Dough..... 5 count xx loaves pkg. **\$3⁹⁹**
Essential Everyday Blueberries..... 12 oz. pkg. **\$2²⁹**
Marie Callender's Entrees 10-12 oz. **5/\$10**
Smart Ones or Weight Watchers Entrees 6.25 - 10.5 oz. pkg. **5/\$10**
Birds Eye Voila Meals 21 oz. pkg. **\$3⁹⁹**
Jose Ole Burritos or Chimichangas 5 oz. pkg. **5/\$5**

Essential Everyday Sandwich Sliders..... 8 oz. pkg. **2/\$5**
Essential Everyday Pizza Rolls..... 20 oz. pkg. **2/\$5**
Ore-Ida Potatoes..... 20-32 oz. pkg. **\$2⁸⁸**
Essential Everyday Vegetables (Peas, Mixed Vegetables, Cut Green Beans, Corn)..... **2/\$4**
Eggo Waffles..... 10 count/12.3 oz. pkg. **2/\$5**
Aunt Jemima Great Start Breakfasts..... 5.25-6.8 oz. pkg. **2/\$3**
Special K Flatbread Breakfast Sandwich..... 13.4-16.4 oz. pkg. **\$4⁴⁹**