

Your only
Locally-owned
Supermarket for
over 50 years.



PRICES IN EFFECT NOON
Sun., July 14 - Sat., July 20

Open 7 Days A Week 5:00 a.m. - Midnight
Hwy. 11-71 West, I. Falls, MN
283-8440 • www.s1foods.com

VALUABLE COUPON 1010  Essential Everyday Graham Crackers 14.4 oz. box \$1.50 Limit 1 per family with coupon at Super One thru July 20, 2013	VALUABLE COUPON 1020  Essential Everyday Marshmallows 10-10.5 oz. bag 50¢ Limit 1 per family with coupon at Super One thru July 20, 2013	VALUABLE COUPON 1030  Essential Everyday Macaroni and Cheese Dinner 7.25 oz. box 40¢ each Limit 4 per family with coupon at Super One thru July 20, 2013	VALUABLE COUPON 1040  Lipton Rice and Sauce 3.8 - 5.8 oz. 80¢ each Limit 2 per family with coupon at Super One thru July 20, 2013
VALUABLE COUPON 1050  Lipton Noodles and Sauce 3.8 - 5.8 oz. 80¢ each Limit 2 per family with coupon at Super One thru July 20, 2013	VALUABLE COUPON 1060  Van Camp's Pork and Beans 15 oz. can 45¢ each Limit 4 per family with coupon at Super One thru July 20, 2013	VALUABLE COUPON 1070  Nestea Iced Tea Mix 20 quart 45.1 oz. canister \$3.50 Limit 1 per family with coupon at Super One thru July 20, 2013	VALUABLE COUPON 1080  Folgers Country Roast Coffee 34.5 oz. canister \$6.75 Limit 1 per family with coupon at Super One thru July 20, 2013
VALUABLE COUPON 1090  Essential Everyday Chocolate Syrup 24 oz. bottle \$1.50 Limit 1 per family with coupon at Super One thru July 20, 2013	VALUABLE COUPON 1100  Essential Everyday Ice Cream Cones 12 count box 75¢ each Limit 2 per family with coupon at Super One thru July 20, 2013	VALUABLE COUPON 1110  Essential Everyday Hamburger or Hot Dog Buns 8 pack \$1.00 Limit 1 per family with coupon at Super One thru July 20, 2013	VALUABLE COUPON 1120 DAIRY  Dean's Whipped Topping 6.5 oz. aerosol can \$1.00 Limit 1 per family with coupon at Super One thru July 20, 2013
VALUABLE COUPON 1130 FROZEN  Essential Everyday Whipped Topping 8 oz. tub 75¢ Limit 1 per family with coupon at Super One thru July 20, 2013	VALUABLE COUPON 1140 DAIRY  Land-O-Lakes Sour Cream 16 oz. tub \$1.00 Limit 1 per family with coupon at Super One thru July 20, 2013	VALUABLE COUPON 1025 John Morrell Pork Sausage Rolls 12 oz. 99¢ Limit 10 per family with coupon at Super One thru July 20, 2013	VALUABLE COUPON 1035 Schweigert Fun Dog Franks 12 oz. 99¢ Limit 10 per family with coupon at Super One thru July 20, 2013
MANUFACTURER'S COUPON VALID 7/14/13 - 7/20/13 RV0100  Breyers Ice Cream Toppings 8 oz. Limit 2 2/\$2.50	REDEEMABLE COUPON VALID 7/14/13 - 7/20/13 RV0500  SAVE \$5.00 INSTANTLY ON ROTISSERIE CHICKEN with the purchase of 10 (10) Knorr Sides \$2.99 Limit 10 per family with coupon at Super One thru July 20, 2013	VALUABLE COUPON 1045 Johnsonville Bratwurst Patties 16 oz. \$2.99 Limit 10 per family with coupon at Super One thru July 20, 2013	VALUABLE COUPON 1055 Lloyd's Or Chi-Chi's BBQ or Mexican Tubs 15-16 oz. \$3.99 Limit 16 per family with coupon at Super One thru July 20, 2013

Coke & Coke Products 12 pks 3/\$10
Coke & Coke Products 2 liters 2/\$3
Dasani Water 24 pk \$3.99
Super Chill Spring Water 24 pk \$2.99
Super Chill Pop 2 liters 5/\$5

Cottonelle Bathroom Tissue 12 double roll pkg. \$5.98
Tide Liquid Laundry Detergent 100 oz. jug \$11.78
Viva Paper Towels 6 regular roll pkg. \$5.98
The Works Toilet Bowl Cleaner 32 oz. bottle \$1.48

Frito Lay Lay's, Lay's Kettle Cooked & Rold Gold 8-16 oz. 2/\$6
Frito Lay Cheetos, Munchies, Doritos & Ruffles 13-20.5 oz. \$3.99
Tostitos Cantina Tortilla Chips 9-12 oz. 2/\$6
Frito Lay Munchies 8 oz. 2/\$6
Old Dutch Bac'n Puffs 3 oz. \$1.49
Old Dutch Popcorn 6 oz. \$1.89

Nabisco Newtons 8-14 oz. pkg 2/\$6
Nabisco Nilla Wafers 11 oz. box 2/\$6
Nabisco Nutter Butter Cookies 10.5-16 oz. pkg 2/\$6
Keebler Cheez-It 9.75-14 oz. box 2/\$5

FROZEN
Pagoda Express Egg Rolls 4.8-12.27 oz. 2/\$5
Kemp's Ice Cream 56 oz. square 2/\$5
Banquet Pot Pies 7 oz. box 4/\$3

DAIRY
Essential Everyday Chunk Cheese excludes swiss 8 oz. block 3/\$5
Essential Everyday Cottage Cheese 24 oz. tub 2/\$4
Essential Everyday Yogurt 6 oz. cups 10/\$4
Essential Everyday Spread 15 oz. tub 90¢

Essential Everyday Macaroni and Cheese Dinner 7.25 oz box 45¢
Lipton Noodles and Sauce 3.8-5.8 oz. 5/\$5
Lipton Rice and Sauce 3.8-5.8 oz. 5/\$5
Maruchan Ramen Noodles 3 oz. pkg 5/\$1
Shore Lunch Breeding 9 oz. box 2/\$3

Van Camps Pork and Beans 15 oz. can 2/\$1
Bush's Baked Beans 28 oz. can \$1.68
Essential Everyday Graham Crackers 14.4 oz. box \$1.88
Essential Everyday Marshmallows 10-10.5 oz bag 78¢
Hershey's Milk Chocolate Bars 6 pack \$2.88
Nestea Iced Tea Mix 20 quart/45.1 oz. canister \$3.88

CEREAL
Essential Everyday
Bran Flakes 17.3 oz. box
Corn Flakes 18 oz. box
Crispy Rice 12 oz. box
Toasted Oats 14 oz. box
Honey Nut Toasted Oats ... 12.25 oz. box
Apple Cinnamon Toasted Oats ... 12.9 oz. box
Golden Corn Nugget 12.5 oz. box
Magic Stars 11.5 oz. box
Low Fat Granola 18 oz. box
General Mills
Cheerios 14 oz.
Kix 8.7 oz.
Cookie Crisp 11.25 oz.
Reese's Peanut Butter Puffs 13 oz.
Lucky Charms 11.5 oz.
Kellogg's
Raisin Bran 23.5 oz.
Rice Krispies 18 oz.
Frosted Bite Size Mini Wheats 24 oz.
Frosted Flakes 19 oz.
Apple Jacks 17 oz.
Corn Pops 17.2 oz.
Froot Loops 17 oz.
Malt-O-Meal
Better Oats 5 count box
Nature Valley or Fiber One
Protein Bars 5.85-7.1 oz. box
Essential Everyday
Toaster Pastries 11 oz. box
Kellogg's
Special K Bars 4-5 oz. box
Kellogg's
Fiber Plus Bars 6-6.3 oz. box
Kellogg's
Fruit Snacks 8-9 oz. box
Kellogg's
Nutri Grain Bars 7.8-10.4 oz. box

Sara Lee Classic Wheat Bread 20 oz. \$1.99
Sara Lee Whole Grain White Bread 20 oz. \$1.99
Brownberry 12 Grain Bread 24 oz. \$2.49
Brownberry Multigrain Bread 24 oz. \$2.49
Brownberry Whole Wheat Bread 24 oz. \$2.49
Brownberry Oat Nut Bread 24 oz. \$2.49
Skippy Peanut Butter 16.3 oz. jar \$2.25

Matador Beef Jerky 3 oz. \$4.99	Geisha Mandarin Oranges 15 oz. can..... 4/\$5
Frito Lay Classic Snack Pack Chips 32 count \$9.99	Mott's Apple Juice 64 oz. bottle..... 2/\$5
Tostitos & Lay's Salsa & Dips 15-15.8 oz. 2/\$6	Essential Everyday Spaghetti 32 oz. box Thin Spaghetti 32 oz. box Elbow Macaroni 32 oz. box..... \$1.75
Frito Lay Baked Sun Chips, Lays, Doritos, Ruffles & Cheetos 9-11.5 oz. \$3.49	Rinaldi Spaghetti Sauce 24 oz. 2/\$3
Old Dutch Ripple or Dutch Crunch Chips 8-9 oz. 2/\$4.44	Gedney Dill Pickle Spears 24 oz. jar..... 2/\$4
Betty Crocker Angel Food Cake Mix 16-16.75 oz. box..... 2/\$4	Gedney Hamburger Sliced Pickles 32 oz. jar..... 2/\$4
Pillsbury Brownie Mixes 19.5 oz. box..... 4/\$5	Early California Pitted Kalamata Olives 6 oz. jar Garlic Stuffed Queen Olives 7 oz. jar Jalapeno Stuffed Queen Olives 7 oz. jar Pimento Stuffed Queen Olives 10 oz. jar \$3.49
Folgers or Millstone Coffee K-Cups 3.81 oz. pkg..... \$6.75	Shoppers Value Sugar Wafer Cookies 9 oz. pkg..... 2/\$3
Essential Everyday Ice Cream Cones 12 count box..... 88¢	Crystal Light Liquid Water Enhancers 1.6 oz. bottle.... \$3.49
Smucker's Magic Shell Ice Cream Toppings 7.25 oz. bottle 2/\$3	Essential Everyday Diced Tomatoes with Green Chiles 10 oz 4/\$3
Chicken of The Sea Albacore Tuna 5 oz. can 4/\$5	Essential Everyday Clear Cutlery 24 count box..... 88¢
Chicken of The Sea Pink Salmon 5 oz. can 2/\$3	Essential Everyday Designer Bowls 20 oz. bowl/28 count \$1.88
Essential Everyday Maraschino Cherries 10 oz. bottle 2/\$3	Essential Everyday Facial Tissue 66-86 count box..... 68¢
	Friskies Canned Cat Food 5.5 oz. can..... 10/\$5