



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, December 7 - Saturday, December 13

Use our In-store ATM

VISA MasterCard

We reserve the right to limit quantities!

Your only locally-owned Supermarket for over 50 years.

Meat Department - Fresh Meats Cut Daily





Boneless Top Sirloin Steak
\$4⁸⁸
lb.



Boneless Rump Roast
\$4²⁸
lb.

Fresh Cut Lean Pork Shoulder Steak
\$2²⁸
lb.

Fresh Cut Lean Pork Shoulder Roast
\$2¹⁸
lb.

Gold-N-Plump All Natural Family Pack Drumstick or Thighs
\$3⁹⁹
3.5 lb.

Gold-N-Plump All Natural Whole Bagged Chicken
\$3⁹⁹
3.5 lb.

Gold-N-Plump Extra Tender Chicken Breast Fillets or Tenders
\$3⁹⁹
14-15 oz.

Oscar Mayer Chopped Ham, Ham Cheese, Oven Roasted or Smoked Turkey ... 16 oz.
\$3⁴⁹

Schweigert Hickory House Braunschweiger 11 oz.
2/\$4

W.H.M. Stewart's Smoke House Cottage Bacon
\$3⁹⁹
lb.

Elliot's Up North Thick Sliced or Double Smoked Bacon 16 oz.
\$3⁷⁹

Elliot's Up North Original, Garlic or Beef Summer Sausage..... 16 oz.
\$3⁹⁹

Elliot's Up North Fair Style Wieners
\$4⁹⁹
3 lb.

Arctic Shores Imitation Crab
8 oz.
\$1²⁵

Limit 10 per family with coupon at Super One thru December 13, 2014

Sugardale Hot Dogs
12 oz.
\$1⁰⁰

Limit 10 per family with coupon at Super One thru December 13, 2014

Fast Fixin Breaded Chicken Strips or Breaded Beef Patties
40 oz.
\$3⁹⁹

Limit 10 per family with coupon at Super One thru December 13, 2014

Family Favorites Baby Back Ribs In Smokey BBQ Sauce
16 oz.
\$4⁹⁹

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Texas Rio Red Grapefruit
89¢
lb.

Washington Premium Gala Apples
99¢
lb.

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

California Sweet Seedless Navel Oranges
4 lb. Bag
\$2⁹⁹
ea.

Jumbo Sweet Ripe Pineapple
\$2⁹⁹
ea.

Texas Grown Green Cabbage
49¢
lb.

Premium Russet Potatoes
5 lb. Bag
\$1⁴⁹
ea.

Fresh Firm Waxed Rutabagas
79¢
lb.

Fresh Dole Classic Romaine
9 oz. or Green Select Salad Blends
12 oz.
\$1⁶⁹
ea.

Golden Yellow Onions
2 lb. Bag
\$1²⁹
ea.





December 7 - December 13
Sandwich Special
BLT w/ side \$4.99

Check out our specials on facebook!

Deli Hours:
7am-7pm All Week

MEATS

KRETSCHMAR SANTA FE TURKEY BREAST \$5⁵⁵ lb.
WILSON BABY PIT HAM \$3⁸⁵ lb.

CHEESES

LORRAINE SWISS \$4⁷⁵ lb.
YELLOW AMERICAN \$5⁷⁵ lb.

SAMPLES ALL WEEK

All Made From Scratch By Our Bakery

FRESH BAKERY

FRENCH BREAD 1 lb. loaf **97¢**
Limit 2 w/coupon 12/7/14-12/13/14

HAMBURGER BUNS 8 cnt. **\$1⁹⁹**

CARROT CAKE WITH CREAM CHEESE ICING 8X8 **\$3⁹⁹**

OUR OWN FRUITCAKE lb. **\$6⁹⁹**



Dairy

Land O Lakes Half & Half pints	95¢	Imperial Spread 1 lb. quarters	66¢
Land O Lakes Sour Cream 16 oz. pkg.	\$1⁴⁸	Pillsbury Cookie Dough 16-16.5 oz. pkg.	2/\$5
Essential Everyday Chunk Cheese 8 oz. block	\$1⁸⁸	Essential Everyday Crescent Rolls 8 oz. tube	2/\$3
Essential Everyday Shredded Cheese 8 oz. pkg.	\$1⁸⁸	Essential Everyday Cinnamon Rolls 12.4 oz. tube	2/\$3
Essential Everyday String Cheese 10-12 oz. pkg.	\$3⁴⁹	Crystal Farms English Muffins 12 oz. pkg.	\$1¹⁹
Essential Everyday American Singles 12 oz. pkg.	\$2⁴⁹	Essential Everyday Pie Crust Dough 15 oz. box	\$1⁸⁹
Kemp's Cottage Cheese 22 oz. tub	\$2⁹⁹	Dole Orange Juice 59 oz. bottle	2/\$5
Yoplait Original Yogurt 6 oz. cup	10/\$5	Dole Juice Blends 59 oz. bottle	2/\$5
Yoplait Whips Yogurt 4 oz. cup	10/\$5	Florida's Natural Orange Juice 59 oz. carton	\$2⁹⁹
International Delight Coffee Creamer 32 oz. bottle	\$2⁹⁹	Azteca Flour Burrito Tortillas 14 oz. pkg.	2/\$3
Land O Lakes Butter 1 lb. quarters	\$2⁹⁹	Buitoni Pasta 9 oz. pkg.	\$3²⁹
		Buitoni Sauces 10-15 oz. tub	\$3²⁹

Frozen

Red Baron Pizza 14.76-29 oz.	4/\$10	Totino's Pizza Rolls 7.5 oz. box	4/\$5
Stone Ridge Premium Ice Cream 48 oz. scround	\$2⁹⁹	Essential Everyday French Fries 32 oz. bag	\$1⁸⁸
Stone Ridge Ice Cream Sandwiches 12 count pkg.	\$2⁹⁹	Essential Everyday Hashbrowns 30-32 oz. bag	\$1⁸⁸
Sara Lee Fruit Pies 27.3-34 oz. pkg.	\$3⁹⁹	Green Giant Boil in Bag Vegetables 7-10 oz. pkg.	5/\$5
Essential Everyday Pie Shells 12 oz. pkg.	2/\$4	Wild Harvest Organic Waffles 6-8 count box	2/\$4
Essential Everyday Garlic Bread 16 oz. pkg.	2/\$3	Eggo Breakfast Sandwiches 4 count pkg.	\$4⁹⁹
Banquet Boneless Chicken ... 24-26.5 oz. pkg.	\$3⁹⁹	Special K Breakfast Sandwiches 13.4-16.4 oz. pkg.	\$4⁹⁹
Essential Everyday Blueberries 12 oz. bag	2/\$4	Essential Everyday French Toast 8 count box	2/\$4