



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, August 31 - Saturday, September 6

Use our 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
\$4⁸⁷ lb.



Boneless Chuck Roast
\$3⁸⁷ lb.



Boneless Chuck Steak
\$3⁹⁷ lb.

Fresh Cut Boneless Pork Country Style Ribs
\$2⁶⁷ lb.



Gerber All Natural 8 Piece Cut Up Chicken
\$1⁶⁷ lb.

Gerber All Natural Chicken Leg Quarters.....

\$1²⁷ lb.

Elliott's Original or Old Fashion Natural Casing Wieners.....24 oz.

\$5⁹⁹

Fresh Frozen Alaskan Pollock Fillets.....

\$1⁹⁹ lb.

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

\$3⁹⁹

W.H.M. Stewart's Smoke House Cottage Bacon.....

\$4⁴⁹ lb.

Johnsonville Original or Maple Pork Sausage Links or Patties.....12 oz.

2/\$6

Johnsonville Polish, Brat, Cheddar Brat or Smoked Sausage.....12-14 oz.

2/\$6

Johnsonville Turkey or Chicken Smoked Sausage Links.....12-13.5 oz.

2/\$6

Oscar Mayer Chicken Breast Strips or Cuts.....6 oz.

\$3⁴⁹

Oscar Mayer Deli Fresh or Selects Lunch Meat Tubs

\$3⁴⁹ 7-9 oz.

1015 VALUABLE COUPON

Oscar Mayer Snack Size Lunchables 3.2-4.5 oz.

\$1⁰⁰

Limit 10 per family with coupon at Super One Sat September 6, 2014

1025 VALUABLE COUPON

John Morrell Bologna or Cotto Salami 12 oz.

\$1²⁵

Limit 10 per family with coupon at Super One Sat September 6, 2014

1035 VALUABLE COUPON

Porky's Last Stand Brat, Beer Brat, Cheddar Brat or Italian Sausage Links 16 oz.

\$2⁹⁹

Limit 10 per family with coupon at Super One Sat September 6, 2014

1045 VALUABLE COUPON

No Name Steak House Seasoned, Cheddar Bacon or Mushroom Swiss Steak Burgers 27 oz.

\$5⁹⁹

Limit 10 per family with coupon at Super One Sat September 6, 2014

Sweet Seedless Navel Oranges

99¢ lb.

Wisconsin Paula Red Apples 3 lb. Bag

\$2⁹⁹ ea.

Washington Ripe Bartlett Pears

99¢ lb.

Fresh Hass Ripe Avocados

99¢ ea.

Jumbo Idaho Baker Russets

39¢ lb.

Jumbo Vine-Ripened Tomatoes

99¢ lb.

Fresh Sweet Color Peppers Red-Yellow-Orange

\$1⁹⁹ lb.


Fresh California Grown Celery

89¢ ea.

Jumbo Sweet Yellow Onions

89¢ lb.





August 31 - September 6 Sandwich Special
Honey Ham & Pineapple w/Side \$5.29

Check out our specials on facebook!

Deli Hours:
7am-7pm All Week

DELI

MEATS

Buffalo Chicken Breast \$4⁶⁵ lb.
Honey Turkey \$4⁵⁵ lb.
Brown Turkey \$4⁵⁵ lb.
Virginia Ham \$3⁵⁵ lb.

CHEESES

Swiss \$5³⁵ lb.
Yellow American \$5²⁵ lb.

Fresh Bakery


All Made From Scratch By **Our Bakery**

CRUSHED WHEAT BREAD.....1 lb. loaf **\$1⁶⁹**

SUBMARINE BUNS.....½ doz. **\$2⁴⁹**

9" PUMPKIN PIE..... **\$5⁹⁹**

8X8 CARROT CAKE W/CREAM CHEESE ICING..... **\$3⁶⁹**



Dairy

Tru Moo Fat Free or 1% Chocolate Milk.....half gal. **\$1⁶⁶**

Land O Lakes Cottage Cheese.....22 oz. **\$2⁴⁸**

Essential Everyday Shredded Cheese.....8 oz. pkg. **\$1⁸⁸**

Essential Everyday Chunk Cheese.....8 oz. block **\$1⁸⁸**

Essential Everyday Deli Sliced Singles.....8 oz. pkg. **2/\$5**

Essential Everyday American Singles.....12 oz. pkg. **\$2¹⁹**

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

Essential Everyday Cottage Cheese.....24 oz. tub **\$2⁴⁹**

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

Dannon Yogurt.....6 oz. cup **10/\$5⁵⁰**

Essential Everyday English Muffins.....6 pack **89¢**

Gold Peak Tea.....59 oz. bottle **\$1⁸⁸**

International Delight Iced Coffee.....64 oz. carton **\$3⁴⁹**

Minute Maid Light Lemonade.....59 oz. bottle **\$1⁸⁸**

Tropicana Orange Juice.....59 oz. bottle **\$2⁹⁹**

Cruz Flour Tortillas.....10 count/16 oz. pkg. **\$1⁹⁹**

Pasta Prima Pasta.....8 oz. pkg. **2/\$6**

Frozen

Edwards Pie Singles.....2 ct. **2/\$4**

Ben & Jerry's Ice Cream.....pint **\$3⁴⁹**

Fruittare Fruit Bars.....10.8-12 oz. pkg. **\$3⁹⁹**

Kemps Pops Jr.....24 count box **\$2⁹⁹**

Magnum Ice Cream Bars.....3 pack **\$3⁹⁹**

Rhodes Sweet Rolls.....19-36.5 oz. pkg. **\$3⁹⁹**

Mrs. Smith's Fruit Pies.....35-37 oz. pkg. **\$3⁹⁹**

New York Texas Cheese Toast 13.5 oz. pkg. **2/\$5**

Essential Everyday Whole Strawberries.....16 oz. bag **2/\$4**

Sliced Strawberries.....16 oz. pkg. **2/\$4**

Blackberries.....12 oz. pkg. **2/\$4**

Old Orchard Apple Juice.....12 oz. can **5/\$5**

Old Orchard Apple Juice Blends.....12 oz. can **5/\$5**

Healthy Choice Steamers or Dinners.....9.5-12 oz. **5/\$10**

Marie Callender's Dinners.....10-19 oz. pkg. **4/\$10**

Marie Callender's Pot Pies.....16 oz. pkg. **4/\$10**

Bagel Bites Snacks.....7 oz. pkg. **2/\$3**

Essential Everyday French Fries.....32 oz. bag **2/\$4**

Essential Everyday Hashbrowns.....30-32 oz. bag **2/\$4**

Eggo Waffles.....8-10 count box **2/\$4**

Essential Everyday Strudel Pastries.....11.5 oz. box **3/\$5**