

Mon/Tues/Wed Only!

Winn Dixie	
Steak Fries.....28 oz. bag	99¢
Ruben USDA Choice	
Corned Beef Brisket.....	\$3.88 lb.
Hunts	
Ketchup.....24 oz.	77¢
Essential Everyday	
Yellow Mustard.....8 oz.	37¢
Washington	
Premium	
Braeburn Apples.....	89¢ lb.

MEAT	
Fresh	
Ground Extra Lean Family	\$3.75 lb.
Pack Ground Beef.....	
PRODUCE	
Golden Yellow	
Hamburger	
Onions.....5 lb. bag	\$1.89 ea.
BAKERY	
8 Count	
Hamburger	
Buns.....Limit 2	99¢
DELI	
Kaukauna	
Cheese cups.....	\$2.25 ea.
COFFEE SHOP	
Large	
St.Patrick's Shake.....	\$3.00

SuperOne

FOODS

1

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 15
to Saturday, March 21



Your only locally-owned Supermarket for over 50 years.

Meat Department - Fresh Meats Cut Daily

LENT SPECIALS

Arctic Shores	
Wild Caught Alaskan	
Pollock Fillets	\$2.99 16 oz.
Arctic Shores	
Premium	
Tilapia Fillets	\$3.99 16 oz.
Arctic Shores	
Wild Caught Cod Fillets	\$4.79 16 oz.
Arctic Shores	
Jumbo EZ Peel	
Raw Shrimp	\$8.99 16 oz. 26-30 ct.
Arctic Shores	
Jumbo Cooked	
Tail On Shrimp	\$9.99 16 oz. 26-30 ct.

Stewart's
SuperOne
U.S.D.A. Choice
Black Angus

**T-Bone
Steaks**

\$6.99 lb.

Stewart's
SuperOne
U.S.D.A. Choice
Black Angus

**Boneless
Bottom Round
Roast**

\$3.99 lb.

Fresh Cut
**Pork Bone-In
Country
Style Ribs**

\$1.49 lb.

Fresh Cut
**Assorted Pork
Loin Chops**

\$1.59 lb.

Gold'n Plump
**All Natural
Whole
Chicken**

\$4.29 3.5 lb.

Gold'n Plump

All Natural Boneless, Skinless

Chicken Breast Fillets.....20 oz.

\$3.99

Carl Buddig

Thin Sliced

Lunch Meats.....2 oz.

5/\$3

USDA Choice Black Angus

Bottom Round Steak.....

\$4.19 lb.

Oscar Mayer

Fun Pack

Lunchables.....8.8-11.1 oz.

2/\$5

Essential Everyday

Turkey or Beef

Sausage Bites.....8 oz.

\$3.49

Nathan's

Famous Beef Franks.....14 oz.

\$3.79

Essential Everyday

Original or

Thick Sliced Bacon.....16 oz.

\$2.99

Bongard's Creameries

Assorted Block

Cheese.....16 oz.

\$3.49

W.H.M. Stewart's

Smoked Polish

Sausage Links.....

\$3.99 lb.

Bongard's Creameries

Sliced

American Cheese.....

\$7.99 3 lb.

VALUABLE COUPON

Sugardale
Skinless Hot Dogs
12 oz.

75¢

1015

VALUABLE COUPON

Elliott's Up North
Smoked Sausage or
Polska Kielbasa
16 oz.

\$2.00

1025

VALUABLE COUPON

On*Cor
Breaded Chicken
Patties or Nibblers
35-36 oz.

\$3.99

1035

VALUABLE COUPON

Lloyd's
Seasoned & Smoked
Baby Back Pork Ribs
24 oz.

\$7.99

1045

Meat Department

Limit 10 per family with coupon at Super One thru March 21, 2015

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**Fresh
Red Ripe
Strawberries**
16 oz. or
**Sweet
Blackberries**
6 oz.

2/\$4.00

Washington
Ripe
Anjou
Pears

99¢ lb.

California
Seedless
Navel
Oranges

99¢ lb.

Texas Rio
Red
Grapefruit
5 lb. bag

\$2.99 ea.

Fresh
Peeled
Baby
Carrots
2 lb. bag

\$1.99 ea.

**Premium
Russet
Potatoes**
10 lb. bag

\$2.99 ea.

Fresh
California
Grown
Broccoli

99¢ lb.

Fresh
Super Select
Cucumbers or
Jumbo
Green Bell
Peppers

2/99¢

Fresh
Dole Greener
Select Salad
Blend
12 oz. bag

\$1.99 ea.

Fresh
Ripe
Grape
Tomatoes
1 pint

2/\$4.00

Fresh Produce

DELI

**March 15 - March 21
Sandwich Special**

Reuben w/side \$5.99

Check out our specials
on facebook!

Deli Hours:
7am-7pm All Week

MEATS

Kretschmar Corned Beef \$6.25 lb.

Kretschmar Beef

Off the Bone \$6.45 lb.

Healthy Ones Honey Ham \$4.05 lb.

Wilson Pit Ham \$3.45 lb.

CHEESES

Lorraine Swiss \$4.65 lb.

**March 17th
Corned Beef & Cabbage
Irish Stew**

Dairy

Land O Lakes
Sour Cream.....16 oz.

\$1.59

Land O Lakes
Half & Half.....pints

95¢

Crystal Farms
Deli Sliced Cheese.....7-8 oz. pkg.

2/\$5

Essential Everyday
Chunk Cheese.....8 oz. block

\$1.66

Essential Everyday
String Cheese.....10-12 oz. pkg.

\$2.99

Essential Everyday
Cream Cheese.....8 oz. tub

2/\$3

Kemp's
Cottage Cheese.....22 oz. tub

\$2.89

Yoplait
Original Yogurt.....6 oz. cup

10/\$5

Whips! Yogurt.....4 oz. cup

International Delight
Flavored
Creamers.....16 oz. bottle

\$1.77

Crystal Farms
Butter.....16 oz. pkg.

\$2.77

Nestle
Cookie Dough..16-16.5 oz. pkg.

2/\$5

Crystal Farms
English
Muffins.....12 oz. 6 count pkg.

\$1.19

Dole
Orange Juice.....59 oz. bottle

2/\$5

Dole
Juice Blends.....59 oz. bottle

2/\$5

Florida's Natural
Orange Juice.....59 oz. carton

\$2.99

Florida's Natural
Smoothies.....33.8 oz. bottle

\$2.99

Azteca
Flour Tortillas.....14 oz. pkg.

\$1.59

Fresh Bakery

All Made From
Scratch By
**Our
Bakery**

HOMESTYLE WHITE BREAD1½ lb.

\$1.99

LARGE SUB BUNS.....½ doz.

\$2.49

PLAIN OR SUGAR

CAKE DONUTS.....doz.

\$2.99

BRAN MUFFINS.....½ doz.

\$2.99

Frozen

Red Baron

Pizza.....14.76-29 oz.

4/\$10

Freschetta

Pizza.....14.54-30.88 oz.

\$4.44

Pagoda

Egg Rolls &
Appetizers.....4.8-12.27 oz.

2/\$5

Roma

Pizza.....11 inch each

5/\$10

Shoppers Value

Ice Cream.....128 oz. tub

\$3.99

Shoppers Value

Ice Cream Bars.....12 count box

\$2.39

Stone Ridge

Polar Bars.....6 pack box

\$2.99

Rhodes

Bread Dough..3-count 1 lb. loaf pkg.

\$2.99

Van De Kamp

Fish Sticks or
Fillets.....14-24.6 oz. pkg.

\$3.49

Essential Everyday

Raspberries.....12 oz. pkg.

2/\$5

Old Orchard

Apple Juice.....12 oz. can

5/\$5

Old Orchard

Orange Juice.....12 oz. can

5/\$5

Banquet

Value Meals..4.73-10.25 oz. pkg.

5/\$5

Smart Ones or Weight Watchers

Entrees.....6.25-10.5 oz. pkg.

2/\$4

Mr. Dee's

Twice Baked
Potatoes.....10 oz. pkg.

2/\$4

Mr. Dee's

Hashbrowns.....24 oz. pkg.

2/\$4

Essential Everyday

Vegetable Blends..16 oz. pkg.

4/\$5

Stir Fry

Vegetable Blends..16 oz. pkg.

4/\$5

Pillsbury

Scrambles or
Toaster Strudel 7.2-11.5 oz. pkg.

\$1.77

VALUABLE COUPON

DAIRY

1090

Land O Lakes
Orange Juice
64 oz. jug

\$1.25 each

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VALUABLE COUPON

DAIRY

1100

TruMoo
Chocolate Milk
64 oz. jug

\$1.00 each

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VALUABLE COUPON

FROZEN

1110

Essential Everyday
Frozen Whipped Topping
8 oz. tub

75¢ each

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