

Mon/Tues/Wed Only!

Essential Everyday

Saltines..... 16 oz.

99¢ **GROCERY**

USDA Choice Black Angus
Boneless New York Strip Steak.....

\$6⁹⁹ **MEAT**
lb.

Golden Yellow
Premium Bananas.....

49¢ **PRODUCE**
lb.

Lemon Cookies..... Limit 2

\$1⁹⁹ **BAKERY**
dozen

Simply
Potatoes..... 20 oz. bag

\$1⁸⁹ **DAIRY**

Iced Latte's
Large.....

\$2⁷⁵ **COFFEE SHOP**

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 22
to Saturday, March 28

Use our
In-store ATM
   
We reserve the right to limit
quantities!

Your only locally-owned Supermarket for over 50 years.

Meat Department - Fresh Meats Cut Daily

LENT SPECIALS

Arctic Shores
Wild Caught
Flounder Fillets

\$4⁹⁹
16 oz.

Arctic Shores
Mussels

\$4⁹⁹
2 lb.

Cannon Fish Co.
AHI Tuna Steak

\$3⁹⁹
5 oz.

Delicasea
Raw EZ Peel
Jumbo Shrimp

\$8⁹⁹
16 oz. 16-20 ct.

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

Boneless Beef
Flat Iron Steak

\$4⁸⁸
lb.

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

Boneless
Rump Roast

\$3⁹⁸
lb.

Fresh Cut
Boneless
Pork Loin
Chops

\$2⁸⁸
lb.

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

Fresh Cut
Boneless
Pork Loin Roast

\$2⁷⁸
lb.

Skinless
Beef Montreal
Grillers

\$4⁹⁸
lb.

USDA Choice Black Angus

Boneless Beef
Short Ribs.....

\$4⁴⁸
lb.

Oscar Mayer

Original, Jumbo or
Bun Length Wieners.....

2/\$5

Gold'n Plump

Boneless Skinless
Chicken Thighs..... 28 oz.

\$4⁹⁹

Oscar Mayer

Smokies, Bacon Dogs,
Jalapeno Dogs or
Chili Cheese Dogs..... 14-18 oz.

2/\$5

Elliott's Up North

Fair Style
Wieners.....

\$4⁹⁹
3 lb.

Oscar Mayer

Deli Fresh or Selects
Lunch Meat Tubs..... 7-9 oz.

\$3⁴⁹

Elliott's Up North

Original or Old Fashion
Natural Casing
Wieners..... 24 oz.

\$5⁹⁹

Oscar Mayer

Deli Fresh or Carving Board
Chicken Breast Strips..... 6 oz.

\$3⁴⁹

W.H.M. Stewart's

Smoked
Bratwurst Links.....

\$3⁹⁹
lb.

Black Label

Original, Thick, Low Sodium
or Maple Bacon..... 16 oz.

\$3⁹⁹

VALUABLE COUPON

Shoppers Value
Cheese, Pepperoni,
Supreme or
Breakfast Pizza
4.5-5.25 oz.

75¢

 **Meat Department**

Limit 10 per family with coupon at Super One thru March 28, 2015

VALUABLE COUPON

Shoppers Value
Cheese Burger,
Chicken, BBQ Rib or
Breakfast Sandwich
5-5.5 oz.

99¢

 **Meat Department**

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VALUABLE COUPON

Louis Kemp's
Imitation Crab or
Lobster
8 oz.

\$1⁵⁰

 **Meat Department**

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VALUABLE COUPON

Our Farm
Sliced Bacon
16 oz.



\$2⁰⁰

 **Meat Department**

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Fresh Dole Premium Head Lettuce 99¢ ea.	Fresh Red-on-the-Vine Tomatoes \$1⁴⁹ lb.	Fresh Sweet Mini Peppers 16 oz. bag \$1⁹⁹ ea.	Fresh Snowwhite Sliced or Whole Mushrooms 8 oz. 2/\$3	Fresh European Seedless Cucumbers 89¢ ea.	Premium Red Potatoes 10 lb. bag \$2⁹⁹ ea.
		Washington Premium Braeburn Apples 5 lb. bag \$3⁹⁹ ea.	Sweet Red or Green Seedless Grapes \$1⁹⁹ lb.	Golden Yellow Hamburger Onions 5 lb. bag \$1⁹⁹ ea.	

Fresh Produce

	March 22 - March 28 Sandwich Special Pastrami w/side \$5.99  Check out our specials on facebook! Deli Hours: 7am-7pm All Week	MEATS Kretschmar Medium Rare Roast Beef \$5.95 lb. Healthy Ones Oven Roasted Turkey \$4.35 lb. Pit Ham \$3.45 lb.	CHEESES Provolone \$3.75 lb.
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Dairy	Fresh Bakery
TruMoo Chocolate Milk gallon \$2⁹⁵	All Made From Scratch By Our Bakery
Land O Lakes 2%, 1%, Skim Milk ...½ gallon \$1⁶⁶	CRUSHED WHEAT BREAD 1 lb. loaf \$1⁶⁹
Crystal Farms Shredded Cheese 8 oz. pkg. \$2²⁹	WHITE DOLLAR BUNS doz. \$1⁹⁹
Yoplait Greek Yogurt 5.3 oz. cup 88¢	HOT CROSS BUNS ½ doz. \$1⁹⁹
Essential Everyday Whipped Topping 6.5 oz. aerosol can 2/\$3	CONFETTI ANGEL FOOD CAKE 8" \$2²⁹
Essential Everyday Sour Cream 16 oz. tub \$1²⁹	Frozen
International Delight Flavored Creamers 32 oz. bottle \$2⁷⁹	Red Baron Pizza 14.76-29 oz. 4/\$10
	Orv's Pizza each \$2⁹⁹
	Orv's Garlic Cheese Bread 15 oz. \$2⁹⁹
	Kemp's Ice Cream 56 oz. square \$2⁹⁹
	Klondike Bars 6 count pkg. \$3⁹⁹
	Stone Ridge Sundae Cones 8 count box \$3⁹⁹
	Edward's Premium Cream Pies 23.5-36 oz. pkg. \$4⁹⁹
	Banquet Pot Pies 7 oz. pkg. 75¢
	Essential Everyday Whole Strawberries 16 oz. pkg. 2/\$4
	Sliced Strawberries 16 oz. pkg. 2/\$4
	Banquet Family Size Entrees 25-27 oz. pkg. \$2⁹⁹
	Essential Everyday French Fries 32 oz. bag \$1⁸⁸
	Hashbrowns 24-32 oz. bag \$1⁸⁸
	Essential Everyday Vegetables 16 oz. bag 88¢
	Peas and Carrots, Mixed Vegetables, Crinkle Cut Carrots, Cut Green Beans, French Style Green Beans, Peas, Corn, Chopped Broccoli, Cauliflower, Broccoli Cuts
	Steamy Vegetables 12 oz. bag 88¢
	Essential Everyday Garlic Bread 10 oz. pkg. 77¢ each
	Limit 2 per family with coupon at Super One thru March 28, 2015