



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, October 12 - Saturday, October 18



We reserve the right to limit quantities!

Your only locally-owned Supermarket for over 50 years.

Meat Department - Fresh Meats Cut Daily



**T-Bone Steak**  
\$6<sup>88</sup> lb.

**Sirloin Tip Roast**  
\$3<sup>98</sup> lb.

**Cookin Good Family Pack Chicken Leg Quarters**  
88¢ lb.

**Fresh All-Natural Pork Loin Back Ribs**  
\$3<sup>68</sup> lb.

**Gold-N-Pump All Natural Cut-Up 8 Piece Chicken**  
\$4<sup>88</sup> 3.25 lb.

**Jennie-O or Gold-N-Pump Turkey or Chicken Burgers**  
\$6<sup>99</sup> 2 lb.

**Essential Everyday Braunschweiler**  
12 oz. 2/\$4

**Essential Everyday Fully Cooked Bacon**  
2.1 oz. 2/\$6

**Essential Everyday Premium Lunch Meat Tubs**  
7-9 oz. \$3<sup>49</sup>

**Oscar Mayer Snack Size Lunchables**  
3.2-4.5 oz. 3/\$4

**Johnsonville Original Home Style or Italian Style Meatballs**  
1.5 lb. \$5<sup>99</sup>

**Carl Buddig Thin Sliced Lunch Meats**  
2 oz. 50¢

**Bar S Jumbo Franks**  
16 oz. \$1<sup>25</sup>

**Arctic Shores Imitation Crab Legs or Flakes**  
8 oz. \$1<sup>50</sup>

**Steak-Umm Sliced Beef Steaks**  
9 oz. \$2<sup>99</sup>

**Premium Golden Ripe Bananas**  
49¢ lb.

**Columbine Jumbo Seedless Grapes**  
Red-Green-Black \$1<sup>99</sup> lb.

**Washington Premium Red Delicious or Jonagold Apples**  
89¢ lb.

**Washington Fancy Bartlett Pears**  
89¢ lb.


**Premium Russet Potatoes**  
5 lb. bag \$1<sup>59</sup> ea.

**Fresh Snowwhite Cauliflower**  
\$2<sup>39</sup> ea.

**Fresh Hass Ripe Avocados**  
99¢ ea.

**Fresh Fall Garden Squash**  
Acorn-Buttercup-Butternut 69¢ lb.





**October 12 - October 18 Sandwich Special**  
Rueben w/Side \$5.99

Check out our specials on facebook!

**Deli Hours:**  
7am-7pm All Week

**MEATS**

Healthy Ones  
Turkey Breast \$5<sup>25</sup> lb.  
Mesquite Turkey \$4<sup>85</sup> lb.  
Baby Pit Ham \$3<sup>85</sup> lb.


**CHEESES**  
Mild Cheddar \$4<sup>75</sup> lb.

**OKTOBERFEST LUNCHES THIS WEEEEK!**

**Fresh Bakery**

All Made From Scratch By Our Bakery

**WHEAT BREAD**..... 1 lb. loaf \$1<sup>49</sup>  
**SUB BUNS**..... 1/2 doz. \$2<sup>49</sup>  
**PUMPKIN BARS W/CREAM CHEESE ICING** .... 1/2 doz. \$2<sup>99</sup>  
**ANGEL FOOD LOAF**..... 12 oz. \$2<sup>99</sup>



**Dairy**

**Land O Lakes Cottage Cheese**.....22 oz. \$2<sup>48</sup>  
**Tru Moo Chocolate Milk**.....64 oz. \$1<sup>66</sup>  
**Frigo String Cheese**..... 10 oz. pkg. \$3<sup>79</sup>  
**Essential Everyday Natural Slice Cheese**..... 8 oz. pkg. 2/\$5  
**Kraft Velveeta Shredded Cheese**..... 8 oz. pkg. 2/\$5  
**Kraft Velveeta Slices**..... 12 oz. pkg. 2/\$5  
**Essential Everyday Shredded Cheese**..... 8 oz. pkg. \$1<sup>88</sup>  
**Essential Everyday Cream Cheese**.....8 oz. block \$1<sup>18</sup>  
**Dannon Activia Yogurt**.....4 pack 2/\$5  
**Yoplait Greek Yogurt**.....5.3 oz. cups 5/\$5  
**Essential Everyday Whipped Topping**.....6.5 oz. aerosol can 2/\$3

**Kemp's Sour Cream**.....8 oz. tub 98¢  
**Land O Lakes Spreadable Butter**.....6.5-8 oz. tub 2/\$4  
**Land O Lakes Fresh Buttery Taste Spread**.....15 oz. tub 2/\$4  
**Pillsbury Grands! Biscuits**..... 16.3 oz. tube 3/\$4  
**Essential Everyday English Muffins**.....6 pack 98¢  
**Minute Maid Orange Juice**.....59 oz. carton 2/\$5  
**Azteca Flour Tortillas**..... 14.1 oz. pkg. 2/\$3  
**Buitoni Pasta**..... 9 oz. pkg. \$2<sup>99</sup>  
**Buitoni Sauces**.....10-15 oz. tub \$2<sup>99</sup>

**Frozen**

**Bellatoria Pizza**..... each \$4<sup>44</sup>  
**Essential Everyday Whipped Topping**..... 8 oz. tub 88¢  
**Magnum Novelties**..... 3 pack \$3<sup>99</sup>  
**Stone Ridge Polar Bars**..... 6 pack \$2<sup>99</sup>  
**Essential Everyday White Bread Dough**.....5 pack 1 lb. loaves \$3<sup>89</sup>  
**Essential Everyday Garlic Toast**..... 11.25-13 oz. pkg. 2/\$3  
**Essential Everyday Sliced Strawberries**.....9 oz. pkg. \$1<sup>29</sup>  
**Healthy Choice Dinners or Steamers**.....9.5-12 oz. pkg. 5/\$10  
**Marie Callender's Dinners or Pot Pies**.....8.5-19 oz. pkg. 4/\$10  
**Stouffer's Family Size Entrées**.....33-40 oz. pkg. \$6<sup>99</sup>

**Swanson Hungry-Man Dinners**..... 13.1-17 oz. pkg. 2/\$5  
**Lean, Croissant or Hot Pockets**..... 9 oz. pkg. 2/\$4  
**Totino's Pizza Rolls**.....40 count 19.8 oz. pkg. 2/\$5  
**Reames Egg Noodles**..... 16 oz. pkg. 2/\$5  
**Birds Eye Steam Fresh Premium Vegetables**..... 10-16 oz. pkg. 2/\$4  
**Essential Everyday Vegetables**..... 32 oz. bag 2/\$4  
**(Peas, Mix Vegetables, Cut Green Beans, Whole Kernal Corn)**  
**Essential Everyday French Fries**..... 32 oz. bag \$1<sup>88</sup>  
**Essential Everyday Hashbrowns**.....24-32 oz. bag \$1<sup>88</sup>  
**Eggo Waffles**..... 8-10 count box \$2<sup>99</sup>