

Sunday 2/3/19 - Saturday 2/9/19

MEAT

Beef Chuck Tender Roast	\$3.49^{LB} Save \$2.00 lb	Pork Sirloin Roast	\$1.69^{LB} Save \$1.80 lb
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		SALE \$	SAVE
BEEF	Beef Chuck Tender Steak	\$3.69 /LB	\$2.00 /lb
	Beef Chuck for Stew	\$3.69 /LB	\$1.30 /lb
	Beef Shank Meat with Bones	\$3.29 /LB	\$1.40 /lb
	Boneless Beef Delmonico Steak	\$8.99 /LB	\$4.00 /lb
	Beef Flank Steak	\$6.99 /LB	\$2.00 /lb
	Beef Ground Chuck	\$3.49 /LB	\$1.00 /lb
PORK	Boneless Pork Sirloin Chops	\$1.89 /LB	\$1.80 /lb
	Pork Cube Steak	\$2.49 /LB	\$1.50 /lb
CHICKEN	Bell & Evans Boneless Chicken Breast	\$6.49 /LB	\$1.20 /lb
	Bell & Evans Chicken Cutlets	\$6.99 /LB	90¢ /lb

READY-TO-COOK

Breaded Chopped Pork Cutlet	\$2.49^{LB} Save \$1.00 lb	Stuffed Boneless Turkey Breast	\$2.99^{LB} Save \$2.00 lb
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SEAFOOD

Wild Caught Blue Fish	\$3.99^{LB} Save \$1.70 lb	Fully Cooked Immitation Crab	\$2.69^{LB} Save \$1.30 lb
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The Niskayuna Co-op is seeking Board Nominees:

Are you a member interested in being a candidate for the Board of Directors?

Email niskayunacoopboard@gmail.com - Applications are due February 6th.

GROCERY

General Mills
Honey Nut
Cheerios

19.5 oz

\$3.99

Save \$1.60

Classico
Pasta Sauce **2/\$4**

24 oz

Save \$1.98

		SIZE	SALE \$	SAVE
Thomas'	Original English Muffins	20 oz	BOGO	\$4.49
Lays	Classic Potato Chips	7.75-8 oz	BOGO	\$4.29
Cheetos	Cheese Flavored Snacks	8-8.5 oz	2/\$6	\$2.58
Best Yet	Strawberry Preserves	32 oz	2/\$5	98¢
Sparkling Ice	Sparkling Drinks	17 fl oz	89¢	10¢
Coca-Cola	Soda 6 pack cans	45 fl oz	2/\$5	98¢
Contadina	Tomato Paste	6 oz	4/\$3	16¢
Barilla	Baking Pasta	8-16 oz	2/\$4	58¢
Barilla	Gluten Free Pasta	12 oz	2/\$4	58¢
No Yolks	Egg Noodles	12 oz	2/\$4	78¢
Rice A Roni	Rice Mixes	6.8-7.2 oz	99¢	60¢
Wishbone	Salad Dressings	15 oz	2/\$4	\$1.98
B&M	Baked Beans	16 oz	99¢	50¢
Cheez-It	Snack Crackers	9-12.4 oz	2/\$5	\$3.58
Idahoan	Instant Mashed Potatoes	4 oz	99¢	50¢
Planter's	Whole Cashews	8.5 oz	\$4.49	\$2.10
Domino	Baking Sugars	32 oz	\$1.99	50¢
Scott	Mega Roll Paper Towels	327 sq ft	\$4.99	\$2.70
Quaker	Organic Instant Oatmeal	7.9 oz	\$3.49	90¢
Melitta	Ground Coffee	10.5-11 oz	\$4.49	\$1.50
Maple Grove	100% Maple Syrup	8.5 fl oz	\$4.99	\$1.00
Bisquick	Baking Mixes	40 oz	2/\$6	\$1.98
Kellogg's	Nutrigrain Bars	10.4 oz	2/\$5	\$2.18
Kikkoman	Soy or Teriyaki Sauce	10 fl oz	2/\$3	98¢
Kikkoman	Lite Soy or Lite Teriyaki Sauce	10 fl oz	2/\$4	98¢
Kikkoman	Japanese Bread Crumbs	8 oz	2/\$3	\$1.38
Teddie	Old Fashioned Peanut Butter	16oz	2/\$6	\$1.18
Hormel	Chili with or without Beans	15 oz	3/\$5	97¢

BEER

**Smithwicks or
Guinness**

Extra Stout, Blonde
or Irish Wheat

6 Pack 11.2 fl. oz Bottles

\$7.99

Save \$2.00

PRODUCE

California Fresh
Iceberg Lettuce
1 lb Pkg. **\$1.29 EA**
Save 70¢ ea

Earthbound Farm
Organic Carrots
89¢ EA
Save 40¢ ea

Sweet & Juicy
Cantaloupes
\$2.49 EA
Save \$1.50 ea

Sweet and Juicy
**White Seedless
Grapes**
\$2.99 LB
Save \$1.00 lb

Golden Sweet Potatoes

SALE
79¢ LB

SAVE
50¢ lb

DAIRY

Hidden Camp
**Large Brown
Organic Eggs**
1 doz **\$3.99**
Save \$2.00

Planet Oat
Oat Milk Drink
52 fl oz **2/\$6**
Save \$1.98

		SIZE	SALE \$	SAVE
Battenkill Valley Creamery	Half Gallon Milk	64 fl oz	\$2.49	40¢
Battenkill Valley Creamery	Gallon Milk	128 fl oz	\$4.69	10¢
Organic Valley	Grassfed Milk	64 fl oz	\$4.49	\$2.30
Hood	Country Creamer	32 fl oz	99¢	40¢
Breakstone	Sour Cream	16 oz	3/\$5	\$3.67
Simply	Premium Orange Juice	52 fl oz	2/\$6	\$3.18
Simply	Premium Grapefruit Juice	52 fl oz	2/\$6	\$3.18
Chobani	Greek Yogurt	5.3 oz	99¢	40¢
Chobani	Flips Yogurt	5.3 oz	99¢	60¢
Pillsbury	Cinnamon Rolls	12.4 oz	2/\$4	\$1.58
Pillsbury	Crescent Rolls	8 oz	2/\$4	\$1.38
Philadelphia	Soft Cream Cheese	7.5-8 oz	2/\$5	\$1.58
Nestle	Chocolate Chip Cookies	16.5 oz	2/\$6	\$1.18

NEED YOUR KNIVES SHARPENED?

The Delmar Sharpener returns to the
Co-op this Tuesday



2 - 7

FROZEN

TGI Friday
Appetizers

7-11 oz box

\$2.99

Save \$1.00

Newman's Own
All Natural Pizza

12-15 oz box

\$4.99

Save \$2.00

		SIZE	SALE \$	SAVE
Farm Rich	Appetizers	16-24 oz box	\$ 4.99	\$3.00
River Valley	Gold Label Vegetables	16 oz bag	\$1.89	50¢
Bread Empire	GF Buddha Bread Original or Olive Rosemary	16.9 oz bag	\$5.99	\$1.00
Stouffer's	Lean Cuisine Entrees, Pizza or Panini's	6-12 oz box	\$ 2.49	90¢
Mystic	Buffalo Chicken, Pepperoni or Cheese Pizza	20-22 oz box	\$ 4.99	\$2.00
Caulipower	Cauliflower Crust or Pizza	11-12 oz box	\$6.99	\$1.00
It's A Utica Thing	Famous Tomato Pie	18 oz box	\$6.49	\$1.50
Chung's	Mini Vegetable or Chicken Eggrolls	22 oz bag	\$5.99	\$1.60
Nestle	Outshine Fruit Bars	6 ct box	\$3.99	\$1.00
Nestle	Outshine Fruit Bars	12 ct box	\$4.99	\$1.00
Perry's	Premium Ice Cream	1.5 qt. carton	\$2.99	\$1.00
Vice	Premium Ice Cream	1 pt	\$3.99	\$2.00

BAKERY

Oakrun Farm
Crumpets

6 Count

\$1.49

Save 50¢

Fresh Baked
Dinner Rolls

12 Count

\$2.49

Save \$1.00

DELI

		SALE \$	SAVE
Best Yet	Rare Roast Beef	\$8.99 /LB	\$1.00 /lb
Metro Deli	Oven Roasted Turkey Breast	\$8.99 /LB	\$1.00 /lb
Metro Deli	All Natural Ham	\$6.99 /LB	\$2.00 /lb
State National	Pastrami	\$8.99 /LB	\$1.80 /lb
Kerrygold	Irish Swiss	\$7.99 /LB	\$2.00 /lb
Tobin's First Prize	Bologna	\$3.99 /LB	\$2.00 /lb
Mothergoose	Liverwurst	\$4.99 /LB	\$1.00 /lb

SANDWICH SPECIAL

Grilled Chicken Caesar Wrap

Julienned chicken breast, chopped green leaf lettuce, caesar dressing,
parmesan cheese and bacon

\$6.99

Save \$1.00

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