

Sunday 3/17/19 - Saturday 3/23/19

## MEAT

Black Angus <b>Beef Cube Steak</b> <b>\$3.99<sup>LB</sup></b> from Sirloin <b>Save \$1.70 lb</b>		Black Angus <b>Beef Stew</b> <b>\$3.99<sup>LB</sup></b> from Sirloin <b>Save \$1.70 lb</b>	
<b>BEEF</b>	Boneless Beef Strip Steak	<b>SALE \$</b> <b>\$6.99 /LB</b>	<b>SAVE</b> \$6.00 /lb
	Beef Shank Meat with Bones	<b>\$2.99 /LB</b>	\$1.70 /lb
	Beef Ground Chuck	<b>\$2.99 /LB</b>	\$1.50 /lb
	Beef Ground Sirloin	<b>\$4.19 /LB</b>	\$1.10 /lb
<b>PORK</b>	Bone In Center Cut Pork Chops	<b>\$1.99 /LB</b>	\$2.50 /lb
	Bone In Country Style Spare Ribs	<b>\$1.69 /LB</b>	\$1.20 /lb
	Whole Bone In Pork Butt	<b>\$1.29 /LB</b>	90¢ /lb
<b>LAMB</b>	American Loin Lamb Chops	<b>\$6.99 /LB</b>	\$5.00 /lb
<b>CHICKEN</b>	Thin Sliced Chicken Cutlet	<b>\$2.49 /LB</b>	\$2.00 /lb
	Fresh Party Cut Chicken Wings	<b>\$2.69 /LB</b>	60¢ /lb
<b>SEAFOOD</b>	Fresh Crab Stuffed Sole	<b>\$7.79 /LB</b>	\$1.70 /lb

## READY-TO-COOK

Stuffed <b>Bone In Pork Chops</b> <b>\$2.29<sup>LB</sup></b> <b>Save \$2.20 lb</b>	Chicken Pinwheels w/Spinach, Mustard and Swiss Cheese <b>\$2.69<sup>LB</sup></b> <b>Save \$2.30 lb</b>
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## SEAFOOD

Fresh <b>Steelhead Salmon</b> <b>\$9.99<sup>LB</sup></b> <b>Save \$3.00 lb</b>	Fresh <b>Fillet of Sole</b> <b>\$7.29<sup>LB</sup></b> <b>Save \$2.00 lb</b>
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Co-op Members

# JOIN US!

**TUESDAY**  
**APRIL 2nd**  
**TOWN HALL**

Dessert Social  
 6:00pm  
 Member Meeting  
 6:30pm

# GROCERY

<b>Starkist</b> <b>Chunk Light Tuna</b> <b>89¢</b> <small>5 oz</small>	<b>Snow's</b> <b>Minced or Chopped</b> <b>2/\$3</b> <b>Clams</b> <small>6.5 oz</small>
<b>Save 40¢</b>	<b>Save 78¢</b>

		SIZE	SALE \$	SAVE
Polar	Seltzers or Sodas	33.6 fl oz	<b>79¢</b>	40¢
Thomas'	Original English Muffins 6pk	12-13 oz	<b>BOGO</b>	\$4.49
Dorito's	Flavored Tortilla Chips	9.5-10.5 oz	<b>2/\$6</b>	\$2.58
Tostito's	Tortilla Chips	9-13 oz	<b>2/\$6</b>	\$2.58
Eight O Clock	Whole Bean Coffee	11-12 oz	<b>\$3.99</b>	\$2.80
Eight O Clock	Ground Decaf Coffee	12 oz	<b>\$4.99</b>	\$2.80
Ronzoni	Oven Ready Lasagna Sheets	8 oz	<b>\$1.79</b>	20¢
Prego	Pasta Sauce	23-24 oz	<b>2/\$4</b>	98¢
Don Pepino	Pizza Sauce	15 oz	<b>99¢</b>	30¢
Kellogg's	Special K Cereal	11.2-12.5 oz	<b>2/\$5</b>	\$3.78
Pillsbury	Funfetti Cake Mix	15.25 oz	<b>99¢</b>	80¢
Pillsbury	Funfetti Frosting	15.6 oz	<b>2/\$3</b>	78¢
Kraft	Salad Dressing	16 fl oz	<b>2/\$4</b>	\$3.38
Ocean Spray	100% Juice	60 fl oz	<b>2/\$5</b>	\$3.98
Snow's	Clam or Corn Chowder	15 oz	<b>2/\$3</b>	98¢
French's	Yellow Mustard	14 oz	<b>2/\$3</b>	98¢
French's	Worcestershire Sauce	10 fl oz	<b>\$1.29</b>	70¢
Cheez-It	Snap'd Snack Crackers	7.5 oz	<b>2/\$6</b>	\$2.98
Keebler	Vienna Fingers Cookies	14.2 oz	<b>2/\$5</b>	\$2.38
Juicy Juice	Juice Boxes 8 pack	54 fl oz	<b>2/\$6</b>	98¢
Pam	Cooking Spray	5-6 oz	<b>\$2.99</b>	60¢
Aunt Jemima	Pancake Mix	32 oz	<b>2/\$5</b>	98¢
Aunt Jemima	Pancake Syrup	24 oz	<b>\$3.49</b>	80¢
Scottie's	Facial Tissues Stand Up Box	54-64 ct	<b>2/\$3</b>	38¢
Hungry Jack	Instant Mashed Potatoes	15.3 oz	<b>\$1.79</b>	70¢
Uncle Ben's	Ready Rice	8.5-8.8 oz	<b>\$1.79</b>	20¢
Best Yet	Dry Roasted Peanuts	16 oz	<b>2/\$4</b>	\$1.98

# BEER

<h1>Sam Adams</h1> <h2>All Varieties</h2> <p>6 Pack 12 fl oz Cans or Bottles</p>	<h1>\$7.99</h1>
	<b>Save \$2.00</b>

## PRODUCE

Organic Red  
or Green  
**Butter Lettuce** **\$1.99 EA**  
Save \$2.00 ea

California Fresh  
**Broccoli Crowns** **\$1.99 LB**  
Save \$1.00 lb

Fresh Idaho  
**Baking Potatoes** **69¢ LB**  
Save 60¢ lb

Sweet & Mild  
**Large Onions** **\$1.19 LB**  
Save 10¢ lb

Tropical X-Large Gold Pineapple

Sale  
**\$2.99 EA**

Save  
**\$1.00**

## DAIRY

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

Cabot  
**Cheese Cuts** **2/\$4**  
7 oz Save \$1.98

		SIZE	SALE \$	SAVE
Battenkill Valley Creamery	Half Gallon Milk	64 fl oz	<b>\$2.49</b>	40¢
Battenkill Valley Creamery	Gallon Milk	128 fl oz	<b>\$4.49</b>	20¢
Planet Oat	Oat Milk Drink	52 fl oz	<b>\$2.79</b>	\$1.20
Best Yet	Half & Half	16 fl oz	<b>99¢</b>	60¢
Best Yet	Crescent Rolls	8 oz	<b>3/\$5</b>	\$1.87
Best Yet	Cream Cheese	8 oz	<b>2/\$3</b>	98¢
Yoplait	Oui French Style Yogurt	5 oz	<b>99¢</b>	50¢
Dannon	Activia Yogurt 4 pk	16 oz	<b>2/\$4</b>	\$1.98
Stonyfield	Yogurt	5.3-6 oz	<b>79¢</b>	20¢
Cabot	Greek Yogurt	32 oz	<b>\$3.79</b>	70¢
Pure Leaf	Iced Tea	59 fl oz	<b>2/\$4</b>	\$1.38

# NEED YOUR KNIVES SHARPENED?

The Delmar Sharpener returns to the  
Co-op this Tuesday



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# FROZEN

<b>Ray's</b> <b>New York Style Bagels</b> 24 oz bag	<b>\$2.49</b> Save \$1.50	<b>Green Giant</b> <b>Vegetable Steamers</b> 7-10 oz box	<b>99¢</b> Save \$1.00
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		SIZE	SALE \$	SAVE
Farm Rich	French Toast Sticks Original or Cinnamon	12 oz box	<b>\$1.99</b>	\$1.00
Earthbound Farm	Organic Vegetables	8-10 oz bag	<b>\$2.99</b>	60¢
Banquet	Kid Cuisine Entrees	7-11 oz box	<b>\$1.89</b>	60¢
Frontera	Taco or Fajita Bowls	11-12 oz box	<b>\$4.99</b>	\$1.00
Frontera	Skillet Meals	20-22 oz bag	<b>\$9.99</b>	\$2.00
Codino's	Stuffed Pasta	12-16 oz bag	<b>\$1.25</b>	64¢
Codino's	Meat, Tri-color or Cheese Tortellini	16 oz bag	<b>\$1.99</b>	\$1.00
Celentano	Italian Style Meatballs	26 oz bag	<b>\$4.99</b>	\$1.50
Ellio's	9 Slice Pizza	18-19 oz box	<b>\$2.99</b>	\$1.00
Dr. Praeger's	Lightly Breaded Little Fishies	10 oz box	<b>\$3.99</b>	\$1.00
Vice Cream	Premium Ice Cream	1 pt	<b>\$3.99</b>	\$2.00
Edy's	Grand or Slow Churned Ice Cream	1.5 qt	<b>\$3.99</b>	\$1.00

# BAKERY

<b>Chabaso</b> <b>Classic Baguette</b> 10 oz	<b>\$1.79</b> Save 50¢	<b>Chocolate</b> <b>Croissants</b> 3 ct	<b>\$2.49</b> Save \$1.00
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# DELI

		SALE \$	SAVE
Best Yet	Rare Roast Beef	<b>\$8.99 /LB</b>	\$1.00/lb
Metro Deli	All Natural Turkey Breast	<b>\$8.99 /LB</b>	\$1.80/lb
Metro Deli	All Natural Ham	<b>\$6.99 /LB</b>	\$2.00/lb
State National	Pastrami	<b>\$8.99 /LB</b>	\$1.80/lb
McCadam	Muenster Cheese	<b>\$3.49 /LB</b>	\$3.50/lb
Carando	Genoa or Hard Salami	<b>\$5.99 /LB</b>	\$2.00/lb
Carando	Grande Pepperoni	<b>\$5.99 /LB</b>	\$2.00/lb

# SANDWICH SPECIAL

<b>Turkey Florentine Wrap</b> Our own roasted Turkey, pesto mayo, spinach, roasted red peppers and Belgioioso provolone on a wrap	<b>\$6.99</b> Save \$1.00
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