

Sunday 5/5/19 - Sunday 5/11/19

## MEAT

Beef <b>Filet Mignon</b> <b>\$12.99 LB</b> Save \$5.00 lb	Frozen <b>Lobster Tails</b> 8 oz <b>\$11.99 EACH</b> Save \$4.00 EACH
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		SALE \$	SAVE
<b>BEEF</b>	Beef Shoulder London Broil	<b>\$3.69 /LB</b>	\$1.80 /lb
	Beef Chuck Stew Meat	<b>\$3.99 /LB</b>	\$1.00 /lb
	Beef Tri Tip Roast	<b>\$3.99 /LB</b>	\$2.00 /lb
	Beef Ground Round	<b>\$3.69 /LB</b>	\$1.20 /lb
	Black Angus Ground Beef	<b>\$4.19 /LB</b>	80¢ /lb
	Black Angus Handmade Beef Patties	<b>\$4.69 /LB</b>	50¢ /lb
	Beef Shishkabob Meat from Sirloin	<b>\$3.99 /LB</b>	\$2.00 /lb
<b>PORK</b>	Thin Sliced Pork Cutlets	<b>\$3.49 /LB</b>	\$1.80 /lb
	Ham for Pea Soup	<b>\$1.29 /LB</b>	\$1.20 /lb
<b>CHICKEN</b>	Organic Smart Chicken Boneless Breast	<b>\$9.99 /LB</b>	\$2.00 /lb
	Chicken Legs or Drumsticks	<b>89¢ /LB</b>	40¢ /lb
	Bone In Chicken Thighs	<b>99¢ /LB</b>	40¢ /lb

## READY-TO-COOK

Chicken Provencale w/ Mustard, Provolone & Pepperoni <b>\$2.69 LB</b> Save \$2.30 lb	Seasoned <b>Chicken on a</b> <b>Stick</b> <b>\$2.99 LB</b> Save \$2.00 lb
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## SEAFOOD

Fresh <b>Swordfish</b> <b>\$11.49 LB</b> Save \$2.50 lb	Fresh <b>Scrod</b> <b>\$6.29 LB</b> Save \$1.70 lb
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Niska-Day is  
 Saturday,  
 May 18th

## HATS OFF TO NISKY!

Niska-Day Buttons can be purchased at  
 any register for \$1.00

Watch the parade  
 at the Co-op!  
 Enjoy music, popcorn,  
 ballons and raffles.

# GROCERY

<p>Ocean Spray 100% Juices</p> <p>60 fl oz</p>	<p><b>2/\$5</b></p> <p>Save \$3.98</p>	<p>Best Yet Peanut Butter</p> <p>16.3 oz</p>	<p><b>2/\$3</b></p> <p>Save \$1.38</p>
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		SIZE	SALE \$	SAVE
Freihofer	Italian Breads	20 oz	<b>BOGO</b>	\$3.99
Tostito	Salsa	15.5 oz	<b>2/\$6</b>	\$1.18
Tostito	Tortilla Chips	9-14 oz	<b>2/\$6</b>	\$2.58
Lays	Family Size Potato Chips	9.5-10 oz	<b>BOGO</b>	\$4.29
Monari Federzoni	Balsamic Vinegar	16.9 fl oz	<b>2/\$5</b>	\$3.98
Best Yet	Classic Onion Soup Mix	2 oz	<b>2/\$1</b>	78¢
Sweet Baby Ray	BBQ Sauce	18 oz	<b>2/\$3</b>	\$1.78
Prego	Pasta Sauce	23-24 oz	<b>2/\$4</b>	\$1.58
Ken's	Salad Dressing	9 fl oz	<b>2/\$3</b>	98¢
Culinary Tours	BBQ Sauce	15.5-15.7 oz	<b>\$2.99</b>	50¢
Best Yet	Saltine Crackers	16 oz	<b>2/\$3</b>	\$1.58
Best Yet	Bran Flakes Cereal	17.3 oz	<b>2/\$4</b>	78¢
Best Yet	Dry Roasted Peanuts	16 oz	<b>2/\$4</b>	\$1.98
Best Yet	Bread Crumbs	24 oz	<b>2/\$3</b>	58¢
Best Yet	Diced Tomatoes	14.5-15 oz	<b>4/\$3</b>	96¢
Best Yet	Coated White Plates	100 ct	<b>2/\$6</b>	98¢
Saran	Plastic Wrap	100-200 sq ft	<b>2/\$4</b>	\$1.38
Arm & Hammer	Laundry Detergent	50 fl oz	<b>\$3.99</b>	\$2.60
Gatorade	Electrolyte Sports Drinks	64 fl oz	<b>2/\$4</b>	\$1.98
San Pellegrino	Sparkling Beverages	66.9 fl oz	<b>\$3.99</b>	\$2.00

## CRAFT BEER

The Niskayuna Co-op carries a wide selection of craft beers and has become a destination for beer lovers seeking hard to find local and regional labels.

**Saranac Brewery** **\$13.99**  
 12 Beers of Summer  
 or Trail Mix  
 12 Pack 12 fl oz Bottles

Save \$2.00

# PRODUCE

Wholly Guacamole  
**Avocado Dips** 10 oz **\$2.49 EA**  
 Save \$1.50

California Sweet  
**Red Ripe Strawberries** 1 lb pkg **\$2.99 EA**  
 Save \$3.00 ea

Fresh Hot  
**Jalapeno Peppers** **\$2.49 LB**  
 Save \$1.00 lb

Sweet & Juicy  
**Honeycrisp Apples** **\$1.99 LB**  
 Save 80¢ lb

Florida Fresh Butter & Sugar Sweet Corn

Sale  
**49¢ EA**

Save  
 30¢ ea

# DAIRY

Pete & Gerry's  
**Large Brown Organic Eggs** 1 doz **\$4.49**  
 Save \$1.50

McCadam  
**Cheese Bars** 8 oz **2/\$4**  
 Save \$1.78

	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¢
Chobani	Greek Yogurt	5.3 oz	<b>89¢</b> 40¢
Chobani	Flips Yogurt	5.3 oz	<b>89¢</b> 50¢
Chobani	Low Sugar Yogurt	5.3 oz	<b>89¢</b> 50¢
Chobani	Gimmies Yogurt	4 oz	<b>99¢</b> 40¢
Kraft	American Singles	10.7-12 oz	<b>2/\$5</b> \$2.98
Hood	Half & Half	16 fl oz	<b>4/\$5</b> \$2.16
Best Yet	Butter Tubs	8 oz	<b>2/\$4</b> \$1.18
Galbani	Ricotta Cheese	15 oz	<b>2/\$6</b> \$3.18
Galbani	String Cheese	12 oz	<b>\$3.69</b> \$2.30
Galbani	Fresh Mozzarella	8 oz	<b>2/\$6</b> \$1.98
Ore Ida	Just Crack An Egg	3 oz	<b>2/\$4</b> \$1.38
Maria & Ricardo	Flour Tortillas	13.5 oz	<b>2/\$4</b> \$1.98
Hood	Lactaid Milk	64 fl oz	<b>2/\$6</b> \$2.38
Organic Valley	Grassfed Milk	64 fl oz	<b>\$4.99</b> \$1.80

## KELLY'S COOKIES ARE BACK!

**MOTHER'S DAY IS MAY 12TH**

The beautifully decorated *Kelly's Cookies* will be here this week, just in time for Nurse Appreciation week and Teacher Appreciation week. Mother's Day cookies will also be available.

**TEACHER APPRECIATION & NURSE APPRECIATION WEEK MAY 6TH-10TH**

## Niskayuna Rotary's Gift of Life

We hope that you have noticed the blue collection bin in our parking lot. This clothing collection is sponsored by Gift of Life, which is part of the Niskayuna Rotary. Your donation helps kids with heart defects, and their families, from around the world who come here for care; often coming without much clothing. The Niskayuna Rotary readies your donation and delivers them to the families.

# FROZEN

Bread Empire Gluten Free Buddha Bread Organic or Olive Rosemary 16.9 oz bag	<b>\$5.99</b> Save \$1.00	Farm Rich French Toast Sticks 12 oz box	<b>\$1.99</b> Save \$1.00
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		SIZE	SALE \$	SAVE
Birdseye	Steamfresh Vegetables or Mixtures	9-11 oz bag	<b>\$1.99</b>	90¢
Grown in Idaho	Potatoes or Fries	28 oz bag	<b>\$2.99</b>	\$1.00
Chung's	Mini Egg Rolls Vegetable Or Chicken	22 oz bag	<b>\$5.99</b>	\$1.60
Ellio's	9 Slice Pizza or Breadsticks	10-20 oz box	<b>\$2.99</b>	\$1.00
Humoli	Rstd Red Pepper Or Rstd Garlic Hummus Ravioli	13 oz bag	<b>\$3.99</b>	\$2.00
It's A Utica Thing	Famous Tomato Pie	18 oz box	<b>\$6.49</b>	\$1.50
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
Talenti	Gelato or Sorbetto	1 pt	<b>\$3.99</b>	\$1.50
Perry's	Assorted Ice Cream Bars or Sandwiches	6 ct box	<b>\$3.49</b>	\$1.00
Perry's	Premium Ice Cream	1.5 qt	<b>\$2.99</b>	\$1.00

# BAKERY

Pecan Sticky Buns 6 ct	<b>\$2.99</b> Save \$1.00	Demi Parisian Bread 8 oz	<b>99¢</b> Save 50¢
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# DELI

		SALE \$	SAVE
Russers Rare	Roast Beef	<b>\$8.99 /LB</b>	\$2.00/lb
Sara Lee	Turkey Breast	<b>\$8.99 /LB</b>	\$1.80/lb
Metro Deli	Ham	<b>\$6.99 /LB</b>	\$2.00/lb
State National	Corned Beef	<b>\$8.99 /LB</b>	\$1.80/lb
Land O Lakes	American Cheese	<b>\$3.99 /LB</b>	\$4.00/lb
Carando	Genoa Salami	<b>\$5.99 /LB</b>	\$2.00/lb
Carando	Hard Salami	<b>\$5.99 /LB</b>	\$2.00/lb
Carando	Grande Pepperoni	<b>\$5.99 /LB</b>	\$2.00/lb

# SANDWICH SPECIAL

<b>Grilled Chicken Caesar Wrap</b>	<b>\$6.99</b>
Our own grilled chicken breast, Caesar dressing, romaine lettuce, bacon and parmesan on a wrap	Save \$1.00

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