

Sunday 5/12/19 - Saturday 5/18/19

## MEAT

Black Angus Beef  
**Boneless Strip Steak** **\$7.99 LB**  
 Save \$6.00 lb

Boneless Beef  
**Top Sirloin Steak** **\$4.49 LB**  
 Save \$2.50 lb

### BEEF

	SALE \$	SAVE
Beef Ground Chuck	<b>\$2.99 /LB</b>	\$1.50/lb
Lean Beef Ground Sirloin	<b>\$4.19 /LB</b>	\$1.10/lb
Beef Bottom Round Roast	<b>\$2.69 /LB</b>	\$2.20/lb
Frozen Black Angus Beef Patties (1lb)	<b>\$3.99 /LB</b>	\$1.30/lb
Lean Veal Stew Meat	<b>\$5.49 /LB</b>	\$3.80/lb
Fresh Calves Liver	<b>\$3.99 /LB</b>	\$0.50/lb
Beef Chuck Tender Steak & Roast	<b>\$3.29 /LB</b>	\$1.20/lb

### PORK

Flat Cut Pork Spare Ribs	<b>\$2.39 /LB</b>	\$0.60/lb
Fresh Pork Tenderloin	<b>\$2.99 /LB</b>	\$2.00/lb

### CHICKEN

Fresh Cut Chicken Wings	<b>\$2.99 /LB</b>	\$0.50/lb
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### FISH

Frozen Skinless Haddock	<b>\$4.99 /LB</b>	\$1.00/lb
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## READY-TO-COOK

Chicken Cordon Bleu  
 with Ham & Swiss  
 Cheese **\$2.69 LB**  
 Save \$2.30 lb

Breaded  
**Chop Pork Cutlet** **\$2.49 LB**  
 Save \$1.00 lb

## SEAFOOD

Fresh Chilean  
**Salmon Filet** **\$9.99 LB**  
 Save \$2.00 lb

Fresh  
**Swordfish** **\$8.99 LB**  
 Save \$4.40 lb

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,  
 balloons and raffles.

# GROCERY

Post  
Honey Bunches of  
Oats Cereal  
13-18 oz

**3/\$5**

Save \$7.87

Skippy  
Peanut  
Butter

16.3 oz

**2/\$4**

Save \$1.98

		SIZE	SALE \$	SAVE
Niskayuna Co-op	Italian Style Meatless Pasta	32 oz	<b>2/\$4</b>	\$1.58
Gatorade	All Stars Sports Drink 6 Pack	72 fl oz	<b>3/\$10</b>	\$3.77
Sparkling Ice	Fruity, Flavorful Sparkling Water	17 fl oz	<b>\$.79</b>	\$.20
Freihofers	Country Breads	24 oz	<b>2/\$5</b>	\$3.98
Arnolds	Country Breads	24 oz	<b>\$2.99</b>	\$1.30
Thomas'	Bagels	10.5-20 oz	<b>2/\$6</b>	\$3.38
Smartfood	Cheddar Flavored Popcorn	5.5-10 oz	<b>2/\$6</b>	\$1.98
Heinz	BBQ Sauce	18.6-21.4 oz	<b>2/\$3</b>	\$2.18
Hidden Valley	Ranch Dressings	16 fl oz	<b>2/\$6</b>	\$1.98
Hidden Valley	Ranch Dip Mixes	1 oz	<b>2/\$3</b>	\$.58
Best Yet	Mandarin Oranges	11 oz	<b>\$.69</b>	\$.20
Best Yet	Instant Oatmeal	13.5 oz	<b>2/\$3</b>	\$.98
Best Yet	Cider Vinegar	32 fl oz	<b>\$.99</b>	\$.40
Best Yet	White Vinegar	32 fl oz	<b>\$.69</b>	\$.30
Best Yet	Popcorn (3 Pack)	8.7-9.9 oz	<b>\$.99</b>	\$.50
Best Yet	Kidney Beans	15.5 oz	<b>4/\$3</b>	\$.56
Best Yet	Paper Towels (Select a Size)	54.6 sf	<b>\$.79</b>	\$.20
Regina	Red Wine Vinegar	12 fl oz	<b>4/\$5</b>	\$2.96
Apple & Eve	Juice (8 Pack)	54 fl oz	<b>2/\$6</b>	\$1.18
Aunt Jemima	Syrup	24 fl oz	<b>2/\$5</b>	\$2.98
Aunt Jemima	Pancake Mix	32 oz	<b>2/\$5</b>	\$.98
Culinary Tours	Lavash Crackers	5 oz	<b>2/\$4</b>	\$.78
Culinary Tours	Artisan Pasta	12-17.6 oz	<b>2/\$5</b>	\$1.58
Kraft Velveeta	Shells and Cheese	12 oz	<b>2/\$6</b>	\$1.18
Vlasic	Sweet Gerkins	16 fl oz	<b>2/\$5</b>	\$.98
Vlasic	Snackers	16 oz	<b>2/\$5</b>	\$.98
Blue Diamond	Almonds	6 oz	<b>2/\$6</b>	\$1.58
Vanity Fair	Napkins	40-100 ct	<b>2/\$4</b>	\$1.58
San Pellegrino	Essenza Sparkling Water (8 Pack)	89.2 fl oz	<b>\$3.99</b>	\$3.00

## Happy Mother's Day from The Niskayuna Co-op

*Mother's Day is just around the corner .... But luckily so are we! The Niskayuna Co-op has everything you need for Mother's Day including Tulips, flower bouquets, cards, beautifully decorated Kelly's Cookies, plants and hanging baskets from Parsons Farm, plus many locally crafted unique gift ideas. Happy Mother's Day from the Niskayuna Co-op!*

# PRODUCE

Fresh & Sweet  
**Plump Blueberries** Dry Pint **\$2.99 EA**  
 Save \$1.00

New Crop  
**Jumbo Sweet Vidalia Onions** 1 lb pkg **\$.99 LB**  
 Save \$.30 lb

Fresh & Crisp  
**Green Peppers** **\$1.29 LB**  
 Save \$.70 lb

Northwest Sweet & Juicy  
**Organic Green Anjou Pears** **\$1.49 LB**  
 Save \$1.00 lb

California Fresh Iceberg Lettuce (Head)

Sale  
**\$1.29 EA**

Save  
 \$.60 ea

# DAIRY

Green Acres  
**Large Brown Eggs** 1 doz **\$2.99**  
 Save \$2.00

Siggi's  
**Icelandic Style Yogurt** 5.3 oz **\$.99**  
 Save \$.80

		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
Cabot	Butter Quarters	16 oz	<b>\$2.99</b>	\$2.00
Cabot	Vermont Cottage Cheese	16 oz	<b>2/\$4</b>	\$1.58
Breakstone	Sour Cream	16 oz	<b>2/\$3</b>	\$2.78
Hood	Non Dairy Country Creamer	32 fl oz	<b>\$.99</b>	\$.60
Dannon	Yogurt	5.3 oz	<b>2/\$1</b>	\$.58
Dannon	Light & Fit Yogurt	5.3 oz	<b>2/\$1</b>	\$.58
Stonyfield	Yo Kids Drinks	24oz	<b>2/\$7</b>	\$.58
Best Yet	Cream Cheese	8 oz	<b>4/\$5</b>	\$2.96
Galbani	Mozzarella	16 oz	<b>\$3.99</b>	\$1.30
Galbani	Ricotta	32 oz	<b>\$3.99</b>	\$2.50
Paw Patrol	String Cheese	10 oz	<b>\$3.29</b>	\$1.00
Kozy Shack	Pudding (6 Pack)	24 oz	<b>2/\$6</b>	\$1.98

# 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.

**Druthers**  
 The Dare, Fist of Karma,  
 or All In IPA 6 packs  
 6 Pack 12 fl oz Bottles **\$9.99**  
 Save \$2.00

# FROZEN

Humoli Roasted Red Pepper or Roasted Garlic <b>Hummus Ravioli</b> 16.9 oz bag	<b>\$3.99</b> Save \$2.00	Farm Rich <b>Assorted Appetizers</b> 17-24oz Box	<b>\$4.99</b> Save \$3.00
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		SIZE	SALE \$	SAVE
Ray's	New York Style Bagels	24oz Bag	<b>\$2.99</b>	\$1.00
Kelloggs	Eggo Waffles, Pancakes Or French Toast Sticks	5-15oz Box	<b>\$1.99</b>	\$1.00
River Valley	Gold Label Vegetables	16oz Bag	<b>\$1.89</b>	\$.50
TGI Fridays	TGIF Assorted Appetizers	7-11oz Box	<b>\$2.99</b>	\$1.00
It' A Utica Thing	Famous Tomato Pie	18oz Box	<b>\$6.49</b>	\$1.50
Kid Fresh	Kids Meals	7-11oz Box	<b>\$2.99</b>	\$1.00
Banquet	Kid Cuisine Entrees	7-11oz Box	<b>\$1.89</b>	\$.60
Celantano	Italian Style Meatballs	26oz Bag	<b>\$4.99</b>	\$1.50
Popsicle	Popsicle Or Fudgsicle	9-18Ct Box	<b>\$3.99</b>	\$1.00
Nestle	Drumstick Cones	4Ct Box	<b>\$3.99</b>	\$1.00
Adirondack	Premium French Style Ice Cream	1 Pint Round	<b>\$3.99</b>	\$1.00
Talenti	Gelato Or Sorbetto	1 Pint Jar	<b>\$3.99</b>	\$1.50

# BAKERY

Oakrun <b>Farms Crumpets</b> 6 ct	<b>\$1.49</b> Save \$.50	Ecce Panis <b>Semolina Bread</b> 16 oz	<b>\$2.99</b> Save \$1.00
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# DELI

		SALE \$	SAVE
Best Yet	Rare Roast Beef	<b>\$8.99 /LB</b>	\$1.00/lb
Best Yet	Turkey Breast	<b>\$8.99 /LB</b>	\$1.00/lb
Best Yet	Off The Bone Ham	<b>\$6.99 /LB</b>	\$2.00/lb
State National	Pastrami	<b>\$8.99 /LB</b>	\$1.80/lb
McCadam	Muenster Cheese	<b>\$3.99 /LB</b>	\$3.00/lb
Tobin's First Prize	Bologna	<b>\$3.99 /LB</b>	\$2.00/lb
Mother Goose	Liverwurst	<b>\$4.99 /LB</b>	\$1.00/lb

# SANDWICH SPECIAL

<b>Grilled Chicken Caesar Wrap</b> Our own grilled chicken breast, Caesar dressing, romaine lettuce, bacon and parmesan on a wrap	<b>\$6.99</b> Save \$1.00
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Receive our Weekly Deals in your inbox!  
 Subscribe online at: [niskayunacoop.com](http://niskayunacoop.com)



@niskayunacoop

All Weekly Deals are available to both member shoppers and non-member shoppers while supplies last. Not required to buy advertised multiples to receive sale price.

We welcome cash, EBT, Visa, Mastercard, Discover, Amex, most debit cards, and checks.

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