

Sunday 6/2/19 - Saturday 6/8/19

MEAT

Beef Filet Mignon Steak \$12.99 LB Save \$5.00 lb	Beef Bone-in Ribe-Eye Steak \$6.99 LB Save \$4.00 lb
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		SALE \$	SAVE
BEEF	Beef Filet Mignon Steak	\$12.99 /LB	\$5.00 /lb
	Beef Bone In Ribeye Steak	\$6.99 /LB	\$4.00 /lb
	Beef Top Sirloin Steak	\$3.99 /LB	\$3.00 /lb
	Black Angus Thin Sliced Eye round Steak	\$3.99 /LB	\$3.00 /lb
	Beef Shoulder for London Broil	\$3.69 /LB	\$1.80 /lb
	Frozen Beef Chuck Patties- 3 lb Pkg	\$3.89 /LB	\$1.00 /lb
	Beef Liver	\$1.19 /LB	70¢ /lb
	Beef Ground Round	\$3.69 /LB	\$1.20 /lb
PORK	Lamb Shoulder Chops	\$3.99 /LB	\$2.00 /lb
	Thin Sliced Pork Cutlet	\$2.99 /LB	\$2.30 /lb
CHICKEN	Boneless Skinless Chicken Thigh	\$1.89 /LB	60¢ /lb
	Whole or Split Bone Chicken Breast	\$1.89 /LB	60¢ /lb
	Panko Breaded Chicken Cutlet	\$2.49 /LB	\$2.00 /lb

READY-TO-COOK

Beef Shishkabob with Vegetables \$4.99 LB Save \$2.00 lb	Chicken Shishkabob with Vegetables \$3.99 LB Save \$2.00 lb
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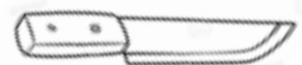
SEAFOOD

Fresh Chilean Salmon Filet \$8.99 LB Save \$2.50 lb	Fully Cooked Imitation Crab Meat \$2.99 LB Save \$1.00 lb
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KNIFE SHARPENING WITH THE DELMAR SHARPENER

Every Tuesday from 2pm - 7pm at The Niskayuna Co-op, The Delmar Sharpener will restore your dull knives with a razor sharp, keen blade edge allowing it to cut and slice with ease for your food preparation pleasure.

"A Sharp Tool is a Safe Tool
 because it does what
 you expect"



GROCERY

Salamida State Fair Spiedie Sauce 16 oz	2/\$5	Post Great Grains Cereal 13.5-16 oz	2/\$6
Save \$3.58		Save \$2.58	

		SIZE	SALE \$	SAVE
Freihofer	Country Breads	24 oz	2/\$4.49	\$4.49
Arnold	Country Breads	24 oz	\$2.99	\$1.30
Thomas'	Large Bagels	20 oz	2/\$6	\$3.38
Doritos	Cheese Flavored Tortillas	9.25-11.5 oz	2/\$5	\$3.58
Betty Crocker	Frosting	12-16 oz	2/\$3	78¢
Betty Crocker	Bisquick	20 oz	2/\$4	78¢
Post	Bran Flakes Cereal	16 oz	2/\$6	\$2.58
Post	Great Grains Cereal	13.5-16 oz	2/\$6	\$2.58
Folgers	Large Can Coffee	30.5 oz	\$5.99	\$6.00
Nature Valley	Trail Mix Bars	6.7-7.4 oz	2/\$5	\$1.98
Nature Valley	Breakfast Biscuits	6.75-8.85 oz	2/\$5	\$2.98
Keebler	Sandies Cookies	11.2-11.3 oz	\$2.69	80¢
Hershey's	Chocolate Milk 3-Pack	24 oz	\$2.49	30¢
Best Yet	Fajita Wraps 8"	16 oz	2/\$3	58¢
Best Yet	Soft Flour Tortillas 6"	10 oz	88¢	31¢
Best Yet	Pitted Olives	6 oz	2/\$3	18¢
Best Yet	Mixed Nuts (No Peanuts)	8.75 oz	\$5.99	\$1.00
Best Yet	Paper Towels	50.8 sf	3/\$4	\$1.97
Dreamfield	Low Carb Pasta	13.25 oz	2/\$4	98¢
Skippy	Peanut Butter	28 oz	\$3.99	40¢
Idahoan	Mashed Pouch Potatoes	4 oz	99¢	50¢
Wishbone	Dressing	8 fl oz	4/\$5	\$2.16
Tetley	Tea Bags	72-100 ct	\$2.99	80¢
Bush's Best	Reduced Sodium Beans	15-16 oz	99¢	20¢
Poland Spring	Bottled Water 12 Pack	8 fl oz btls	2/\$5	\$2.58

NEED TO RETIRE A FLAG?

We're collecting American Flags for proper disposal from Memorial Day until July 4th.

Please leave your worn flag in the marked box at the front of the store.

BBQ FOR DAD!

Join us on Saturday, June 15th from 11am until 2pm for our Annual "BBQ for Dad" Father's Day Grill-Out.

Sample Hamburgers, Cheeseburgers, and Hot & Sweet Italian Sausage plus save on BBQ supplies, fresh ground meat, burgers and sausage, and other house-made products.

PRODUCE

California
**XL Fresh
Artichokes** **\$1.49^{EA}**
Save \$.50 ea

Tropical & Tasty
**Green Flesh
Kiwi Fruit** **3/\$1**
Save \$1.07 for 3

Tropical Golden
Sweet XL
Pineapples **\$2.99^{EA}**
Save \$1.00 ea

Fresh
Honeydew
Melons **\$3.99^{EA}**
Save \$1.00 ea

California Sweet Red Ripe Strawberries 1lb pkg

Sale
\$2.49 EA

Save
\$1.50 ea

DAIRY

Yoplait Yogurt
All Varieties **5/\$3**
4-6 oz Save \$.95

Nellie
**Cage Free
OMG3 Eggs** **2/\$6**
1 Doz Save \$3.58

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|----------------------------|------------------|
| Battenkill Valley Creamery | Half Gallon Milk |
| Battenkill Valley Creamery | Gallon Milk |
| Sargento | Shredded Cheese |
| Land O' Lakes | Butter Quarters |
| Best Yet | Sour Cream |
| Galbani | Mozzarella |
| Galbani | Ricotta |
| Lipton | Pure Leaf Tea |
| Hood | Lactaid Milk |
| Kozy Shack | Pudding |
| Bays | English Muffins |
| Athenos | Crumbled Feta |
| Laughing Cow | Babybel Minis |
| Quaker | Morning Go Kits |

SIZE	SALE \$	SAVE
64 fl oz	\$2.49	40¢
128 fl oz	\$4.49	20¢
7-8 oz	2/\$5	\$3.58
16 oz	\$3.99	\$1.00
16 oz	2/\$3	58¢
16 oz	\$3.99	\$1.30
32 oz	\$3.99	\$2.50
59 fl oz	2/\$4	\$1.38
64 fl oz	2/\$7	\$1.38
22 oz	2/\$5	\$1.98
12 oz	2/\$5	98¢
4 oz	2/\$5	78¢
4.5 oz	2/\$6	98¢
6.4 Oz	2/\$6	\$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.



**Browns
Brewery** **\$7.99**
4 packs
16 fl oz Cans Save \$2.00

SiCM greatly appreciates the continued support of the Niskayuna Co-op and its Members through the donation of Non-perishable foods.

Please leave generous your donations in the marked box at the front of the store.

FROZEN

Humoli Roasted Red Pepper or Roasted Garlic Hummus Ravioli 13 oz bag	\$3.99 Save \$2.00	Finger Foods Original Pizza Logs Or Apple Logs 22-27.6 oz Box	\$8.99 Save \$2.00
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		SIZE	SALE \$	SAVE
Kelloggs	Eggo Waffles, Pancakes, French Toast Sticks	5-15oz Box	\$1.99	\$1.30
Wyman's	Berries Or Frozen Fruit	12oz Box	\$2.99	\$1.00
River Valley	Gold Label Vegetables	16oz Bag	\$1.89	\$50¢
Caulipower	Cauliflower Crust Pizzas Or 2CT Crust	11-12oz Box	\$6.99	\$1.00
Alexia	All Natural Potatoes Or Fries	15-16oz Bag	\$2.29	\$1.00
Alexia	All Natural Potatoes Or Fries	20-30oz Bag	\$2.99	\$1.00
Nestle	Lean Cuisine Entrees, Pizzas Or Paninis	6-12oz Box	\$2.49	\$90¢
Amy's	Organic Entrees Or Bowls	9-11oz Box	\$3.99	\$1.50
It's A Utica Thing	Famous Tomato Pie	18oz Box	\$6.49	\$1.50
Celentano	Italian Style Meatballs	26oz Bag	\$4.99	\$1.50
Popsicle	Popsicles Or Fudgsicles	9-18 CT Box	\$3.99	\$1.00
Talenti	Gelato Or Sorbetto	1 Pint	\$3.99	\$1.50

BAKERY

Dessert Shells 6 ct	99¢ Save \$1.00	Ecce Panis Ciabatta Rolls 6 ct	\$2.99 Save \$1.00
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DELI

		SALE \$	SAVE
Metro Deli	All Natural Roast Beef	\$10.79 /LB	\$3.00 /lb
Sara Lee	Oven Roasted Turkey Breast	\$8.99 /LB	\$1.80 /lb
Sara Lee	Honey Ham	\$6.99 /LB	\$2.00 /lb
State National	Corned Beef	\$8.99 /LB	\$1.80 /lb
Land O Lakes	American Cheese	\$5.99 /LB	\$2.00 /lb
Carando	Genoa Salami	\$5.99 /LB	\$2.00 /lb
Carando	Hard Salami	\$5.99 /LB	\$2.00 /lb
Carando	Grande Pepperoni	\$5.99 /LB	\$2.00 /lb

SANDWICH SPECIAL

Turkey Florentine Wrap Niskayuna Co-op Turkey, Belgioioso Provolone, roasted red peppers, spinach and pesto mayo on a wrap	\$6.99 Save \$1.00
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Receive our Weekly Deals in your inbox!
 Subscribe online at: 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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