

Sunday 6/9/19 - Saturday 6/15/19

MEAT

Frozen Beef Chuck Patties 3lb \$3.89^{LB} Save 90¢ lb	Boneless Beef Top Sirloin Roast \$4.69^{LB} Save \$1.80 lb
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		SALE \$	SAVE
BEEF	Frozen Beef Chuck Patties 3 lb	\$3.89 /LB	\$0.90 /lb
	Boneless Beef Top Sirloin Roast	\$4.69 /LB	\$1.80 /lb
	Beef Ground Chuck	\$3.29 /LB	\$1.20 /lb
	Thin Sliced Beef Bradsciole	\$4.49 /LB	\$1.00 /lb
	Lean Beef Ground Sirloin	\$4.19 /LB	\$1.10 /lb
PORK	Co-Op Store Made Italian Sausage	\$2.69 /LB	\$1.30 /lb
	Bone In Pork Butt	\$1.89 /LB	\$0.30 /lb
	Flat Cut Pork Spare Ribs	\$2.29 /LB	\$1.00 /lb
	Fresh Pork Tenderloin	\$2.99 /LB	\$2.00 /lb
CHICKEN	Chicken Legs or Drumsticks	\$0.89 /LB	\$0.40 /lb
	Bone In Chicken Thighs	\$0.99 /LB	\$0.40 /lb

READY-TO-COOK

Seasoned Chicken on a Stick \$2.99^{LB} Save \$2.00 lb	Beef Sirloin Pinwheels \$4.99^{LB} Save \$2.00 lb
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SEAFOOD

Large Raw Shrimp from Mexico \$10.99^{LB} 13-15 ct Save \$3.00 lb	Fresh Scrod \$5.99^{LB} Save \$2.00 lb
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KELLY'S COOKIES ARE BACK!

**FATHER'S DAY
 IS
 JUNE 16TH**

Kelly's Cookies have arrived at the Niskayuna Co-op just in time for Father's Day and Graduation Season! Limited Supply. Get them while they last!

**HIGH SCHOOL
 GRADUATIONS ARE
 JUST AROUND
 THE CORNER!**

GROCERY

<p>Eight O'Clock Coffee (Decaf \$1 More) 11-12 oz</p> <p>\$3.99</p> <p>Save \$2.80</p>	<p>General Mills Cheerios Cereal 12 oz</p> <p>\$2.79</p> <p>Save \$1.50</p>
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		SIZE	SALE \$	SAVE
Arnold	Whole Grain Breads	20-24 oz	\$2.99	\$1.79
Thomas'	Original English Muffins	20 oz	2/\$4.49	\$4.49
Lays	Kettle Chips	9.25-11.5 oz	2/\$5	\$1.98
Sparkling Ice	Fruit Flavored Water	17 fl oz	79¢	20¢
Best Yet	Concord Grape Jelly	32 oz	2/\$3	98¢
Best Yet	Green Beans	14.5 oz	5/\$3	45¢
Best Yet	Corn	14.75-15.25 oz	5/\$3	45¢
Best Yet	Mandarin Oranges	11 oz	69¢	20¢
Best Yet	Apple Sauce	23-24 oz	2/\$3	58¢
Pillsbury	Funfetti Cake	15.25 oz	99¢	80¢
Pillsbury	Funfetti Frosting	15.6 oz	2/\$3	78¢
Ronzoni	Pasta Rings	16 oz	89¢	80¢
Hunt's	Manwich	15-16 oz	99¢	60¢
Hunt's	Tomato Sauce	15 oz	4/\$3	\$2.96
Peter Pan	Peanut Butter	16.3 oz	2/\$5	\$1.98
Newman's Own	Salad Dressing	16 fl oz	2/\$6	\$1.58
Hidden Valley	Ranch Dip Mixes	1 oz	2/\$3	58¢
Colavita	Olive Oil	25.5 oz	\$9.99	\$3.00
Gatorade	Sports Drink	64 oz	2/\$4	\$1.98
Arizona	Ice Teas	128 fl oz	2/\$5	98¢

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

Earthbound Farm
Fresh Organic
Carrots (1 lb Bag) **89¢ EA**
Save 40¢ lb

Hothouse Grown
Fresh
Tomatoes **\$1.99 LB**
Save \$2.00 lb

Imported
Sweet & Delicious
Large Mangos **\$1.49 EA**
Save 30¢ ea

California Fresh
Romaine
Hearts **\$2.99 EA**
Save \$1.00 ea

Fresh "Sweet & Crunchy" Premium White Seedless Grapes

Sale
\$2.99 LB

Save
\$1.00 lb

DAIRY

Almond Breeze
Almond Milk **2/\$5**
64 oz Save \$2.38

Hidden Camp
Farms
Large Brown Eggs **\$4.59**
1 Doz Save \$1.40

Battenkill Valley Creamery	Half Gallon Milk
Battenkill Valley Creamery	Gallon Milk
Cabot	Whipped Cream
Best Yet	Cream Cheese
Chobani	Greek Yogurt
Chobani	Less Sugar Yogurt
Chobani	Flips yogurt
Frijo	String Cheese
Hood	Half & Half
Organic Valley	Grass Fed Milk
Stonyfield	Low Fat Smoothies
Simply	Orange Juice

SIZE	SALE \$	SAVE
64 fl oz	\$2.49	40¢
128 fl oz	\$4.49	20¢
7 oz	2/\$4	\$1.18
8 oz	4/\$5	\$2.96
5.3 oz	79¢	50¢
5.3 oz	99¢	40¢
5.3 oz	99¢	40¢
12 oz	2/\$6	\$3.98
16 fl oz	4/\$5	\$2.16
64 fl oz	\$4.99	\$1.80
10 fl oz	4/\$5	\$2.56
52 fl oz	2/\$6	\$3.18

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.



Sierra Nevada **\$7.99**
6 packs
12 fl oz Bottles 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	2/\$7 Save \$5.00	Vice Cream Premium Ice Cream 1 Pint Round	\$3.99 Save \$2.00
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| Ray's | New York Style Bagels |
| Van's | Organic Or Gluten Free Waffle |
| Farm Rich | French Toast Sticks |
| River Valley | Gold Label Vegetables |
| Marie Callender | Complete Dinners Or Pot Pies |
| Hienz | Devour Entrees Or Bowls |
| Waist Watchers | Smart Made Entrees Or Bowls |
| Nestle | Hot Pockets Or Lean Pockets |
| It's A Utica Thing | Famous Tomato Pie |
| Nestle | Drumstick Cones |
| Adirondack | French Style Ice Cream |
| Talenti | Gelato Or Sorbetto |

SIZE	SALE \$	SAVE
24 oz Bag	\$2.99	\$1.00
8-9 oz Box	\$2.49	\$1.00
12 oz Box	\$1.99	\$1.00
16 oz Bag	\$1.89	50¢
12-19 oz Box	\$2.99	\$1.00
9-12 oz Box	\$2.99	\$1.00
9-10 oz Box	\$2.99	\$1.00
2Ct Box	\$1.99	\$1.00
18 oz Box	\$6.49	\$1.50
4Ct Box	\$3.99	\$1.00
1 Pint Round	\$3.99	\$1.00
1 Pint Jar	\$3.99	\$1.50

BAKERY

Raspberry Burst Cookies 12 ct	\$2.99 Save \$2.00	Fresh Baked Buttermilk Biscuits 4 ct	\$1.49 Save 50¢
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DELI

	SALE \$	SAVE
Kretschmar	\$9.99 /LB	\$2.80 /lb
Kretschmar	\$8.99 /LB	\$1.80 /lb
Kretschmar	\$6.99 /LB	\$2.00 /lb
State National	\$8.99 /LB	\$1.80 /lb
Belgioioso	\$4.99 /LB	\$2.00 /lb
Tobin's First Prize	\$3.99 /LB	\$2.00 /lb
Mother Goose	\$4.99 /LB	\$1.00 /lb
London Broil Roast Beef		
Low Salt Turkey Breast		
Low Salt Ham		
Pastrami		
Provolone		
Bologna		
Liverwurst		

SANDWICH SPECIAL

Grilled Chicken Caesar Wrap Grilled chicken, bacon, parmesan cheese, chopped greens and Caesar dressing 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.