



# Eat Healthier

## with Your Monthly Food Fundraiser

Checkout all our **Taste for Health**® items this month.



3184 Naked Broccoli and Cheese Stuffed Chicken p. 2

8205 | **NEW!**



## New This Month

**8205 9 Grain Orzo & Spinach Blend**   
9-grain Orzo pasta with spinach, carrots, Garbanzo beans, & red bell peppers. Ready in 5-7 minutes. Nutritious & delicious!  
1.5 lbs./\$8.99

**3218 Lemon Pepper ChicNSteaks**   
Moist chicken breasts with a lemon pepper flavor. Individually wrapped & skillfully hand trimmed. 110 calories per serving.  
8-4 oz./\$12.89

**3496 GoGo SqueeZ™ Applesauce**   
Nothing but apples in an easy-to-go pouch. Fun snack for kids of all ages! No refrigeration, no spoon, no mess and no added sugar!  
18-3.2 oz./\$13.99

3218 | **NEW! ONLY 110 CALORIES**



3496 | **NEW!**



## Taste For Health® More options p. 2

**5157 Mini Cheese Omelets**   
Low in fat, cholesterol & sodium. 12-2 oz./\$9.99 **\$9.49** **80¢ each**

**5111 Fruit Singles®**   
Peaches and strawberries. No sugar added.  
12-4 oz. cups/\$10.99 **\$9.99**

**3458 Dried Fruit Medley**   
Blueberries, cherries, cranberries, golden raisins. 18-1 oz./\$11.49 **\$10.99**

**3146 ChicNSteaks - Trial Size**   
Skinless, boneless chicken breasts.  
4-4 oz./\$6.29 **\$1.58 each**

**3069 ChicNSteaks - 12 Pack**   
Skinless, boneless chicken breasts.  
12-4 oz./\$15.89 **\$14.89** **\$1.25 each**

**NOW IN 2 SIZES!**  
4-Pk & 12-Pk

5157



5111



3458



## Customer Favorites

**1245 Ground Beef - Trial Size**   
85% Lean. 2-1 lb. pkg./\$9.59 **\$4.80 per pound**

**1058 Ground Beef - 4 lbs.**   
85% Lean. 4-1 lb. pkg./\$16.99 **\$15.99** **\$4.00 per pound**

**NOW IN 2 SIZES!**  
2 lbs. & 4 lbs.

**5131 French Toast Sticks**   
Thick-cut, dipped in creamy batter.  
43-45 sticks/2.5 lbs./\$8.99 **\$8.49** **85¢ per serving**

**NOW 2 SIZES!**  
3146 | **4-PACK**  
3069 | **12-PACK**



**NOW 2 SIZES!**  
1245 | **2 LBS.**  
1058 | **4 LBS.**



5131



**FREE**  
**Eat Well**  
**Guide**

with any purchase  
See p. 10 for details.





# Taste For Health®

Start the new year off right with our Taste for Health® selections. All items contain no more than 300 calories, 10g total fat and 600mg sodium.

## 2014 Lemon Pepper Breaded Haddock Fillets ▲ 🍋 🌿

A firm white flaky fish with a mild taste. Each fillet is superbly seasoned with zesty lemon pepper bread crumbs. Ready in 20 minutes. 1.5 lbs/\$15.69 **\$14.69**

## 2074 Tilapia Fillets ▲ 🌿 🍋 🌿 🌿 🌿

Featured in many restaurants. Buttery, mild white fillets. Flash frozen freshness and individually wrapped convenience. All natural. 5-8 fillets/1.5 lbs./\$13.79 **\$12.79**

## 1318 Boneless Pork Chops ▲ 🍷 🌿 🌿

Juicy, tender, restaurant style chops cut from the center of the loin. 6-5 oz./\$13.29 **\$12.29**

## 4079 Oatmeal with Mixed Berries ▲ 🍷 🌿 🌿

140 calories make this a healthy and delicious grab n' go breakfast! Whole-grain, rolled oats with mixed berries in a microwavable cup. 8-6 oz./\$10.49 **\$9.99**

## 4068 Fully Cooked Bacon Slices ▲ 🍷 🌿 🌿 🌿 🌿

Sizzlin' with rich hickory smoked flavor, this will tempt your nose & taste buds. 40 slices/\$15.69 **\$14.69**

★★★★★

## 3184 Naked Broccoli & Cheese Stuffed Chicken ▲

180 delicious calories and 24 grams of protein! Unbreaded, boneless chicken breasts stuffed with broccoli and a blend of cheeses. 4-5 oz./\$11.59 **\$11.09**

★★★★★

## 3173 Diced Chicken Tenderloins ▲ 🍷 🌿 🌿 🌿 🌿

Add pizzazz to your recipes with bite size chunks of moist and tender all white meat chicken. Irresistibly easy. Fully-cooked. 2-1 lb. bags/\$14.99 **\$13.99**

## 7068 Margherita Flatbread ▲ 🍷 🌿 🌿

Diced tomatoes, mozzarella, olive oil, garlic and basil top a handmade all-natural cracker-thin crust. Great appetizer or light meal. 12.75 oz./\$7.79 **\$7.29**

## 5171 Apple Berry Breakfast Bowl ▲ 🍷 🌿 🌿

Grab and go. Naturally delicious with tart apples, blueberries, raspberries and crunchy sweet brown sugar granola. 4-5.8 oz. bowls/\$9.29 **\$8.79**

## 7763 Vegetable Fried Rice ▲ 🍷 🌿 🌿 🌿 🌿

Authentic taste featuring carrots, peas, onions and eggs. With garlic sauce. 2-1 lb. rice/2-2 oz. sauce/\$9.29 **\$8.79**

★★★★★

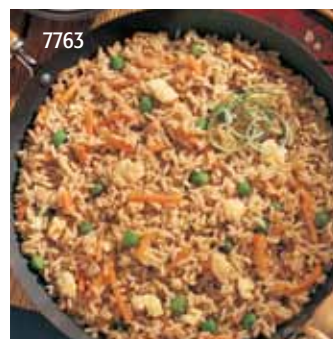
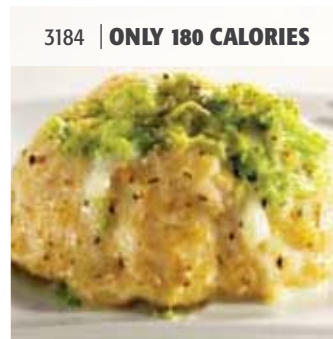
## 2145 Crab Cakes ▲ 🍋 🌿

Make a splash with fancy crab cakes loaded with 100% lump crab meat and crunchy bread crumbs. Bake or pan fry. 8-2 oz./\$14.99 **\$13.99**

## 1122 Fully Cooked Pot Roast ▲ 🍷 🌿 🌿 🌿 🌿

This classic is as good as grandma's but faster. Lean and fork tender with robust gravy. Precooked in a microwaveable bag. 2.25 lbs./\$16.69 **\$15.69**

★★★★★



**OVER 75 TASTE FOR HEALTH® ITEMS AVAILABLE EACH MONTH ON MARKETDAY.COM**

# Fantastic Vegetables

Within hours of picking, our vegetables are flash-frozen, resulting in flavors that are arguably more delicious than their "fresh" counterparts. All our vegetables are Grade A quality, so every kernel, spear & floret has a vibrant color & a perfect crunch.

## 4688 Broccoli Florets

Make room on your plate for Grade A fancy florets. No stalks or stems. Big 4 pound box. 2-2 lb. resealable bags/\$10.29 **\$9.29**  
★★★★★



## 8188 Mandarin Citrus Blend

The familiar visits the exotic. Broccoli, orange & yellow carrots, red peppers, edamame & snap peas in a Mandarin citrus fused sauce. 2-1lb. bags/\$9.29 **\$8.79**



8150



## 8150 Kyoto Blend

A healthy blend of edamame (fresh green baby soy beans), diced red peppers, corn, carrots and broccoli. Rich in fiber and amino acids. 2 lb. resealable bag/\$9.99 **\$9.49**  
★★★★★

## 8143 Yin Yang Vegetable Blend

This Asian-inspired blend of colorful, crunchy vegetables is ideal for stir fries, salads or a quick, easy side dish. 2 lbs./\$9.29 **\$8.79**



8143



8162



8174

## 8162 "Extra Young" Tiny Peas

The sweetest little peas that'll ever roll off your fork. Picked at the peak of freshness. Extra young for extra flavor. 2-2 lb. resealable bags/\$10.69 **\$10.19**  
★★★★★

## 8174 Nantucket Island Blend

Crisp sugar snap peas, red peppers, broccoli florets, lively orange & yellow carrots with a sprinkling of crimson cranberries. 2 lb. resealable bag/\$8.29 **\$7.79**

## 8175 Baby Baked Potatoes

Lightly seasoned with garlic and ready in just 10 minutes from the microwave. Slice and fry for delicious breakfast potatoes. 2 lb. resealable bag/\$10.79 **\$10.29**



8175



8189

## 8189 Baja Roasted Corn Blend

Supersweet corn gets a big flavor kick. Red & green peppers, black beans, onions & green chilies. A perfect balance of sweet & heat. 2 lb. resealable bag/\$8.99 **\$8.49**  
★★★★★

## 8169 Yukon Gold Potato and Vegetable Blend

Roasted Yukon Gold potatoes blended with green beans and carrots in a lemon herb seasoning. It's fresh tasting and low in calories too. 2 lbs./\$7.99 **\$7.49**



8169

## 8168 Gourmet Green Beans

A designer bean to bring out your culinary creativity. Colorful, crunchy, 100% natural. Flash frozen to capture harvest fresh flavor. 2-2 lb. resealable bags/\$11.29 **\$10.29**

## 8180 Supersweet Corn

Three times sweeter and crispier than any traditional sweet corn variety. These golden kernels are bursting with fresh flavor. 2-2 lb. resealable bags/\$9.99 **\$8.99**  
★★★★★



8168



8180



8130

## 8130 Asparagus Spears

This side dish will take center stage. Premium grade for unsurpassed taste. Pencil-thin stalks. Frozen at the peak of freshness. 2-1.1 lb. bags/\$12.49 **\$11.99**  
★★★★★



3151



7143



7050

# Ready for Game Day?

It's that time a year again! Gear up for the big game with some of our favorite appetizers.

## 3151 Fully Cooked Buffalo Chicken Bites

Boneless white meat, breaded & spicy.  
2 lb. resealable bag/\$14.99 **\$13.99**

## 7143 Lasagna with Meat Sauce Family Pack

Pasta, rich meat sauce & mozzarella. 96 oz./\$19.99 **\$18.99**

## 7050 Boneless Pork Riblets

Bursting with taste and glazed with a sweet sauce that'll knock your socks off. 36-37 pieces/1.75 lbs./\$13.29 **\$12.29**

## 4042 Breaded Mozzarella Sticks with Sauce

35-45 sticks/6 sauce packets/3.25 lbs./\$14.39 **\$13.39**

67¢ per serving

## 3136 Honey BBQ Chicken Tenders

Finger stickin' good. Lightly breaded chicken tenders dipped into BBQ sauce. Precooked.  
2 lb. resealable bag/\$14.99 **\$13.99**

\$1.00 per serving

## 4030 Buffalo Chicken Sticks

Buffalo wing taste in a crunchy spring roll.  
2.5 lbs./approx. 40 sticks/\$13.79 **\$12.79**

## 3027 Chicken Gems®

Juicy inside, light, golden breading outside. All-white chicken tenders. Ready to bake, uncooked.  
3 lb. resealable bag/\$14.99 **\$13.99**

78¢ per serving

★★★★★

## 6020 Potato Skins

Approx. 15 pieces/1 lb./\$8.99 **\$8.49**

## 1054 French Dip

Pre-cooked with seasoned au jus. 95% fat free.  
2-2 lb. tubs/\$16.49 **\$15.49**

\$1.30 per serving

## 1250 Fully Cooked Baby Back Ribs w/Sauce

Smothered in our sweet and smoky sauce. Precooked. Microwavable. 1 slab/1.65 lbs./\$16.59 **\$15.99**

## 7081 Cheese Pizzas

Thin crust loaded with tangy Italian sauce and a generous blend of cheeses. Top seller. 3-12 inch/\$13.99 **\$12.99**

## 4108 Stuffed Appetizer Bread

With mozzarella & pepperoni. 2-22 oz. loaves/\$12.99 **\$11.99**



4042



3136



4030



3027



6020



1054



1250



RECIPE

### Touchdown Chicken Sliders

#### Ingredients

- 12 slider sandwich buns; sliced
- 6 #3027 Market Day Chicken Gems
- 12 tomato slices
- Lettuce
- Remoulade sauce (recipe below)

#### Directions

Bake Chicken Gems per package instructions. Slice in half and place on sandwich. Top with lettuce, tomato and remoulade sauce.

#### Easy Remoulade Sauce

- 1 cup mayonnaise
- 2 garlic cloves; pressed
- 3 green onions, sliced
- 1 tbsp. fresh parsley, chopped
- 2 tbsp. Creole mustard
- ¼ tsp. ground red pepper

Lightly whisk ingredients together in a medium bowl and cool 30 minutes to allow flavor to bloom.



7081



4108



### MEATS

#### 1264 MIXED GRILL

4-1/4 lb Patties, 4-ChicNSteaks,  
4-Boneless Pork Chops/\$16.99

### BEEF

#### PICTURED – SAVE UP TO \$1.00

**1061 BEEF BRISKET WITH SAUCE P. 7**  
1.5 lbs./\$12.99 **\$11.99**

**1054 FRENCH DIP P. 4**  
2-2 lb. tubs/\$16.49 **\$15.49**

**1122 FULLY COOKED POT ROAST P. 2**  
2.25 lbs./\$16.69 **\$15.69**

**1245 GROUND BEEF - TRIAL SIZE P. 1**  
2-1 lb. pkg./\$9.59

**1058 GROUND BEEF - 4 LBS. P. 1**  
4-1 lb. pkg./\$16.99 **\$15.99**

NOW IN  
2 SIZES!

**1023 1/4 LB. BEEF PATTIES**  
20-4 oz./\$18.99

**1204 BACON WRAPPED RANCH STEAKS\***  
Pepper bacon kicks up the flavor of this sirloin.  
6-5 oz./\$17.59

**7078 BEEF & BROCCOLI WITH RICE**   
1.88 lb. tray/\$9.99

**1113 BEEF STEW MEAT**  
3-1 lb. pkg./\$17.39

**1117 FILET OF SIRLOIN**  
6-6 oz./\$20.99

**7630 HEARTY BEEF STEW**  
2.25 lb. bags/\$13.59

**1096 HOME-STYLE GRAVY & BEEF TIPS**  
Beef and mushrooms in a beef gravy.  
2.5 lb. pouch/\$15.29

**1215 ITALIAN STYLE MEATBALLS**  
59-71 pieces/3 lb. resealable bag/\$13.29

**3159 MARINATED SIRLOIN ROAST**  
2.25 lbs./\$19.49

**7058 MEAT LOAF SLICES**  
8-3.5 oz./\$11.69

**1131 RANCH STEAKS\***  
Boneless center-cut steaks, trimmed lean.  
6-5 oz./\$16.99

**1280 WHOLE BEEF FLAT IRON**  
16 oz./\$11.99

### PORK

#### PICTURED – SAVE UP TO \$1.00

**1318 BONELESS PORK CHOPS P. 2,10**  
6-5 oz./\$13.29 **\$12.29**

**7050 BONELESS PORK RIBLETS P. 4**  
36-37 pieces/1.75 lbs./\$13.29 **\$12.29**

**1250 FULLY COOK BB RIBS W/SC P. 4**  
1 slab/1.65 lbs./\$16.59 **\$15.59**

**1226 BACON WRAP PORK TORNEDOS**  
Moist filets wrapped with mild pepper bacon.  
6-4 oz./\$13.29

**1202 BARBECUED PORK**  
2-1.5 lb. tubs/\$16.69

**1144 PETITE BONELESS SLICED HAM**  
97% fat free. 2.5 lbs./\$16.49

**3177 RACK OF PORK ROAST**  
A customer favorite!  
2.5-3 lbs.\* @ \$6.19 per lb.

**1316 STUFFED PORK CHOPS**  
4-8 oz./\$15.29

**1192 STUFFED PORK ROAST**  
3 lbs./\$16.69

**1108 WHOLE PORK TENDERLOINS**  
2-3 pieces/2.25 lbs./\$15.59

### POULTRY

#### PICTURED – SAVE UP TO \$1.00

**3208 ASIAN STYL NO BNZ CHIC BWL P. 8**  
4-5 oz. microwaveable bowls/\$11.99 **\$11.49**

**3027 CHICKEN GEMS\* P. 4**  
3 lb. resealable bag/\$14.99 **\$13.99**

**7091 CHICKEN STIR-FRY KIT P. 8**  
4-6 servings/2.4 lbs./\$15.99 **\$14.99**

**3146 CHICNSTEAKS - TRIAL SIZE P. 1**  
4-4 oz./\$6.29

**3069 CHICNSTEAKS - 12 PK P. 1**  
12-4 oz./\$15.89 **\$14.89**

NOW IN  
2 SIZES!

**3173 DICED CHICKEN TENDERLOINS P. 2**  
2-1 lb. bags/\$14.99 **\$13.99**

**3151 FLYY COOK BFFALO CHIC BITE P. 4**  
2 lb. resealable bag/\$14.99 **\$13.99**

**3153 GENERAL TSO'S CHICKEN P. 8**  
4-10 oz. trays/\$12.99 **\$12.49**

**3136 HONEY BBQ CHICK TENDERS P. 4**  
2 lb. resealable bag/\$14.99 **\$13.99**

**3218 LEMON PEPPER CHICNSTEAKS P. 1**  
8-4 oz./\$12.89 **NEW**

**3184 NKED BROCC & CHES STUF CHIC P. 2**  
4-5 oz./\$11.59 **\$11.09**

**3141 ARTCHOK PARMESN STUF CHIC BRST**  
4-5 oz./\$12.49

**3171 BREAD CHICKEN BREAST PATTIES**  
15-17 pieces/3 lbs./\$15.39

**3156 BROCC & CHEESE STUFFED CHICKEN**  
8-6 oz./\$16.99

**7054 CHICKEN & DUMPLINGS**  
Chicken, dumplings, carrots & peas.  
2.5 lb. pouch/\$11.99

**3048 CHICKEN CORDON BLEU**  
Breaded, stuffed with ham and Swiss.  
8-6 oz./\$16.99

**3108 CHICKEN FRIES**  
96-120 pieces/3 lb. resealable bag/\$15.99

**3033 CHICKEN NUGGETS**  
62-72 pieces/3 lb. resealable bag/\$14.89

**3103 CHICKEN PARMESAN PATTIES**  
8-3.55 oz./\$14.99

**7138 CHICKEN POT PIE**  
2.5 lbs./\$11.49

**3070 CHICKEN TENDERS**  
2 lb. resealable bag/\$15.89

**3091 CRÈME BRIE STUFFED CHICK BREAST**  
Filled with brie, apples & cranberries.  
4-6 oz./\$13.49

**7170 INDIVIDUAL CHICKEN POT PIES**  
4-10 oz. trays/\$10.99

**3190 NAKED CORDON BLEU STUF CHIC**  
A 220 calorie version of the traditional dish.  
4-5 oz./\$11.99

**3174 NKED MSHROOM & CHEES STUF CHIC**  
Mushroom blend in a tender chicken breast.  
4-5 oz./\$11.99

**3167 NO BONZ BUFFALO CHICKEN BOWL**  
4-5 oz. microwaveable bowls/\$11.99

**7175 ORANGE CHIC W/VEGGI FRIED RICE**  
13 oz. tempura chicken/29 oz. vegetable fried rice/10 oz. sauce/\$14.59

**3073 ORIENTAL STYLE CHICKEN W/SCE**  
2 lbs. with 2-4 oz. sauce packets/\$13.79

**3178 OVEN RDY BONELESS TURKEY BRST**  
4-6 lbs.\* @ \$5.19 per lb.

**3158 POPCORN CHICKEN**  
2 lb. resealable bag/\$11.99

**3164 SEASONED CHICK BREAST STRIPS**  
2 lb. resealable bag/\$15.69

**1037 STUFFED CHICKEN ROAST**  
2.5 lbs./\$18.99

**3072 TERIYAKI CHICNSTEAKS**  
Skinless, boneless, marinated chicken breasts.  
8-4 oz./\$12.89

**3193 TURKEY SAUSAGE LINKS**  
40-8 oz./\$9.49

### SEAFOOD

#### PICTURED – SAVE UP TO \$1.00

**2145 CRAB CAKES P. 2**  
8-2 oz./\$14.99 **\$13.99**

**2125 HADDOCK FILLETS P. 8**  
6-4 oz./\$17.49 **\$16.49**

**2014 LEMN PEPR BRD HADCK FILTS P. 2**  
1.5 lbs./\$15.69 **\$14.69**

**2405 OVEN-RDY BUTTERFLY SHRMP P. 8**  
18-25 per lb./2 lbs./\$17.99 **\$16.99**

**2074 TILAPIA FILLETS P. 2**  
5-8 fillets/1.5 lbs./\$13.79 **\$12.79**

**2082 WILD ALSKN GRILLED SALMN P. 8**  
6-4 oz. fillets/\$16.79 **\$15.79**

**2117 BATTERED ALASKA COD**  
2-12 oz. bags/\$10.89

**2113 BREADED FISH NUGGETS**  
2-12 oz. bags/\$12.99

**2081 BREADED FISH SQUARES**  
5-8 pieces/21 oz./\$11.99

**2141 GARLIC & HERB SHRIMP**  
51-60 per lb./1 lb./\$15.99

**2041 GOURMET STUFFED FLOUNDER**  
Stuffed with savory seafood and crabmeat.  
6-5 oz. fillets/\$20.69

**2090 JUMBO PARTY SHRIMP W/SAUCE**  
26-30 per lb./1 lb./\$16.79

**2189 KRISPY KRUNCHY COD**  
9-3.6 oz./\$14.29

**2086 LARGE SHRIMP**  
31-40 per lb./1 lb./\$15.49

**2129 OVEN READY BRD COCONUT SHRMP**  
31-37 pieces/1.5 lbs./\$15.99

**2017 POTATO ENCRUSTED POLLOCK**  
6-4 oz./\$11.89

**2171 PREMIER POPCORN SHRIMP**  
67-98 pieces/1.5 lbs./\$9.69

**2050 SEASONED SALMON**  
4-5 oz./\$17.99

### BREAKFAST

#### PICTURED – SAVE UP TO \$1.00

**5171 APPLE BERRY BRKFAST BOWL P. 2**  
4-5.8 oz. bowls/\$9.29 **\$8.79**

**5131 FRENCH TOAST STICKS P. 1**  
43-45 sticks/2.5 lbs./\$8.99 **\$8.49**

**4068 FULLY COOKED BACON SLICES P. 2**  
40 slices/\$15.69 **\$14.69**

**5157 MINI CHEESE OMELETS P. 1**  
12-2 oz./\$9.99 **\$9.49**

**4079 OATMEAL W/MIXED BERRIES P. 2**  
8-6 oz./\$10.49 **\$9.99**

**5094 ULTIMATE BREAKFAST COOKIE P. 9**  
12-2.2 oz./\$10.49 **\$9.49**

**5003 BACON QUICHE**  
10 inch/2.375 lbs./\$10.79

**5119 BREAKFAST CASSEROLE**  
2-1.5 lb. trays/\$13.69

**2281 BREAKFAST PIZZAS**  
6-6 inch pizzas/\$12.29

**5117 BREAKFAST QUESADILLAS**  
8-3.75 oz./\$14.29

**5053 CHERRY & CHEESE BLINTZES**  
Hand-rolled crepe with real cherry & cheese fill.  
10-2.25 oz./\$9.99

**5160 CHOCO CHIP MINI PANCAKES**  
2-48 packs/1.65 lbs./\$11.79

**5169 CINN CRNCH FRENCH TOAST BITES**  
Bite size, coated with cinnamon.  
44-48 sticks/2 lbs./\$9.99

**5086 CINNAMON SCONES**  
Individually wrapped. Microwaveable.  
12-2.5 oz./\$11.39

**5092 GOURMET CINNAMON ROLLS**  
12-3 oz. rolls & 12 icing packs/\$10.99

**5044 HAM, EGG WHT, CHEES ENGLISH MUFF**  
6-4 oz./\$10.69

**5091 MICROWAVE PANCAKES**  
18-3 packs/3.75 in. dia./3 lbs./\$11.39

**5022 MINI DONUTS W/CINN SUGAR KIT**  
6-6 donuts/6 cinnamon sugar packets/  
6 shaker bags/\$10.99

**5076 SUPREME BREAKFAST PIZZA**  
A crust topped with all your breakfast favorites.  
2-12 inch/\$14.99

**5184 WAFFLE STICKS - MAPLE**  
Maple flavor. 16g whole grains. Ind. wrapped.  
12-2.33 oz./\$11.99

### SIDE DISHS

#### PICTURED – SAVE UP TO \$1.00

**8205 9 GRAIN ORZO & SPINCH BLD P. 1**  
1.5 lb. resealable bag/\$8.99 **NEW**

**8130 ASPARAGUS SPEARS P. 3**  
2-1.1 lb. bags/\$12.49 **\$11.99**

**8175 BABY BAKED POTATOES P. 3**  
2 lb. resealable bag/\$10.79 **\$10.29**

**8189 BAJA ROASTED CORN BLEND P. 3**  
2 lb. resealable bag/\$8.99 **\$8.49**

**2245 BOSCO\* BREADSTICKS P. 9**  
18-3.1 oz./\$14.89 **\$14.39**

**4688 BROCCOLI FLORETS P. 3**  
2-2 lb. resealable bags/\$10.29 **\$9.29**

**8162 "EXTRA YOUNG" TINY PEAS P. 3**  
2-2 lb. resealable bags/\$10.69 **\$10.19**

**8168 GOURMET GREEN BEANS P. 3**  
2-2 lb. resealable bags/\$11.29 **\$10.29**

**8150 KYOTO BLEND P. 3,10**  
2 lb. resealable bag/\$9.99 **\$9.49**

**8188 MANDARIN CITRUS BLEND P. 3**  
2-1lb. bags/\$9.29 **\$8.79**

**8174 NANUCKET ISLAND BLEND P. 3**  
2 lb. bag/\$8.29 **\$7.79**

**4680 QUICK 'N' CRISPY FRNCH FRIES P. 8**  
2.5 lb. resealable bag/\$7.99 **\$7.49**

**8180 SUPERSWEET CORN P. 3**  
2-2 lb. resealable bags/\$9.99 **\$8.99**

**4281 SWEET POTATO FRIES P. 8**  
2-1 lb. bags/\$8.99 **\$8.49**

**7763 VEGETABLE FRIED RICE P. 2**  
2-1 lb. rice & sauce/\$9.29 **\$8.79**

**8143 YIN YANG VEGETABLE BLEND P. 3**  
2 lbs./\$9.29 **\$8.79**

**8169 YUKN GLD PTATO & VEG BLND P. 3**  
2 lbs./\$7.99 **\$7.49**

**4261 FIVE CHEESE GARLIC TOAST**  
Bread with 5 cheeses, garlic and butter.  
16 slices/\$7.49

**7782 FRENCH BREADSTICKS**  
20-1.5 oz./\$10.29

**7792 HOME-STYLE BISCUIT DOUGH**  
22-24 pieces/3.75 lbs./\$9.59

\*Total price based on actual weight.

- 4296 LONG GRAIN & WILD RICE MEDLEY**  
2/1 lb./\$8.29
- 4694 MASHED POTATO PATTIES**  
Patties or fluffy mashed in minutes.  
12-3 oz./resealable bag/\$8.79
- 7787 PRALINE SWT POTATO CASSEROLE**  
2 lb. tray/\$9.59
- 4098 STEAKHOUSE ONION RINGS**  
2 lbs./\$8.29
- 4615 SWEET CORN CASSEROLE**  
2 lb. tray/\$9.99
- 4250 SWEET POTATO MEDLEY**  
Three way blend of sweet, redskins and russets.  
1.5 lb. resealable bag/\$9.99

## APPETIZERS

**PICTURED - SAVE UP TO \$1.00**

- 4042 BRD MOZZRLLA STICK W/SCE P. 4**  
35-45 stcks/6 sce packets/3.25 lbs./\$14.99 **\$13.39**
- 4030 BUFFALO CHICKEN STICKS P. 4**  
2.5 lbs./approx. 40 sticks/\$13.79 **\$12.79**
- 7851 LI'L BAGEL DOGS P. 9**  
28-32 pieces/1.25 lbs./\$10.29 **\$9.79**
- 6020 POTATO SKINS P. 4**  
Approx. 15 pieces/1 lb./\$8.99 **\$8.49**
- 4108 STUFFED APPETIZER BREAD P. 4**  
2-22 oz. loaves/\$12.99 **\$11.99**
- 4048 EGG ROLLS WITH SAUCE**  
24-1.5 oz. egg rolls/3 sce packets/\$15.29
- 4067 MINI CHICK CORDON BLEU BITES**  
White meat, with Swiss cheese and ham.  
Uncooked. 31-33 pieces/2 lbs./\$12.99
- 4058 STUF SHRIMP W/MONTRY JACK CHEES**  
2-12 oz. bags/\$14.39

## PIZZA & PASTA

**PICTURED - SAVE UP TO \$2.00**

- 7081 CHEESE PIZZAS P. 4**  
3-12 inch/\$13.99 **\$12.99**
- 4291 CHEESE RAVIOLI P. 8**  
100 ravioli/3 lbs./\$10.99 **\$10.49**
- 4608 ESY SRV MAC & CHEES BY KRAFT® P. 8**  
8-7 oz. packages/\$11.59 **\$9.59**
- 7143 LASAGNA W/MEAT SAUCE P. 4 LM**  
96 oz./\$19.99 **\$18.99**
- 7068 MARGHERITA FLATBREAD P. 2**  
12.75 oz./\$7.79 **\$7.29**
- 4035 MEDITERRANEAN PIZZAS P. 8**  
2-7x9 inch/\$9.99 **\$9.49**
- 4026 TUSCAN CHICKEN FLATBREAD P. 8**  
11 oz./\$7.99 **\$7.49**
- 7148 BAKED MANICOTTI**  
Stuffed with 4 cheeses, topped with tomato sauce. 6 manicotti/2.18 lb. tray/\$10.79
- 7135 CHEESE LASAGNA ROLLUPS**  
Blend of 3 cheeses. Just add sauce.  
12-2.75 oz./\$12.99
- 3455 CHEESE PIZZA EAT-ZZAS™**  
6-5 inch/\$9.39
- 7154 MAC & CHEESE TRAY PACK LM**  
Cheddar and American w/ elbow mac.  
76 oz./\$13.49
- 7102 MOSTACCIOLI W/MEAT SAUCE LM**  
76 oz./\$16.99
- 3456 PEPPERONI PIZZA EAT-ZZAS™**  
6-5 inch/\$9.99

- 7088 PEPPERONI THIN CRUST PIZZA**  
3-12 inch/\$14.99
- 7076 STUFFED EGGPLANT**  
Breaded eggplant stuffed with ricotta cheese.  
8-3.5 oz. pcs./\$10.69
- 7847 STUF RIGATNI W/ITALIAN SAUSAGE**  
4-10 oz. trays/\$15.99
- 7816 TACO PIZZA**  
Ground beef, bean dip and taco seasonings.  
2-12 inch pizzas/\$9.99

## SOUP & SANDWICHES

**PICTURED - SAVE UP TO \$1.00**

- 7168 BROCCOLI & CHEDDAR SOUP P. 7**  
32 oz. pouch/\$10.89 **\$9.89**
- 7151 CHEESY BAKED POTATO SOUP P. 7**  
32 oz. pouch/\$10.69 **\$10.19**
- 6153 CHOP HOUSE® CHEESEBURGERS P. 7**  
6-4.8 oz./\$12.79 **\$11.79**
- 7163 ITALIAN WEDDING SOUP P. 7**  
32 oz. pouch/yields 64 oz./\$10.69 **\$10.19**
- 7007 PHILLY CHEESE STEAK KIT P. 7**  
4 sandwiches/2.63 lbs./\$13.99 **\$12.99**
- 7181 ROAST STEAK & BARLEY SOUP P. 7**  
32 oz. pouch/\$10.99 **\$10.49**
- 7065 SMK HAM & PRVLN PRZL SND P. 7**  
6-5.8 oz./\$15.29 **\$14.29**
- 7165 TOMTO BASIL RAVIOLINI SOUP P. 7**  
Condensed. 32 oz./yields 64 oz./\$11.99 **\$10.99**
- 7173 TURKY & CHEESE PRETZEL SND P. 7**  
6-5 oz./\$15.39 **\$14.39**
- 7057 TURKEY CHILI P. 7**  
32 oz. pouch/\$11.99 **\$11.29**
- 7021 UNO'S® PEPRNI TASTEFULLS™ P. 7**  
6-4 oz. individually wrapped/\$11.99 **\$11.49**
- 3434 PB&J SQUAREWICHES®**  
White whole grain crustless sandwich.  
8-2.7 oz./\$9.99

## DESSERTS

**PICTURED - SAVE UP TO \$1.00**

- 4809 CHOCOLATE CHIP COOKIE DGH P. 9**  
61-75 pieces/3 lbs./\$8.99 **\$7.99**
- 4910 APPLE BLOSSOMS®**  
Thinly sliced apples in a flaky pastry.  
8-4 oz./\$12.59
- 4623 APPLE DEEP DISH PIE**  
Packed with tender fruit, flaky crust.  
10 inch/\$12.00
- 3402 CHOC CHIP COOKIE DOUGH CUPS**  
A safe to eat frozen cookie dough. Egg-free.  
8-3 oz. cups/\$8.29
- 4596 CHOCO CHIP COOKIE MELTDOWN**  
Decadent fudge stuffed chocolate chip cookie.  
4-4 oz./\$9.49
- 7680 CHOCO-CHOCOLATE CHIP CAKES**  
Rich, moist chocolate cake with chocolate chips. 12-2 oz. individual cakes/\$11.69
- 4942 VARIETY CHEESECAKE**  
Turtle, New York, Chocolate & Strawberry Swirl.  
8 inch/pre-sliced/\$13.00

## SNACKS

**PICTURED - SAVE UP TO \$1.00**

- 3436 COLBY JACK SNACK STICKS P. 9**  
24-.83 oz. sticks/\$10.49 **\$9.99**

- 3454 DOUBLE CHOC PROTEIN BARS P. 9**  
8-1.70 oz./\$10.99 **\$10.49**
- 3458 DRIED FRUIT MEDLEY P. 1**  
18-1 oz./\$11.49 **\$10.99**
- 5111 FRUIT SINGLES® P. 1**  
12-4 oz. cups/\$10.99 **\$9.99**
- 3496 GOGO SQUEEZ™ P. 1 NEW**  
18-3.2 oz./\$13.99
- 3480 GRANOLA SNACK PACKS P. 9**  
16-1 oz. pouches/\$9.49 **\$8.99**
- 3451 JUMBO COUNT SWT & SLTY MIX P. 9**  
36-.5 oz. pouches/\$9.99 **\$9.49**
- 6166 QUAKER CHEWY® GRNL BR PK P. 9**  
24-.84 oz./\$9.29 **\$8.79**
- 3499 STRING CHEESE P. 9**  
30-1 oz. sticks/\$12.49 **\$11.99**
- 3438 40 PACK SNAP PRETZELS**  
40-.5 oz. bags/\$8.99
- 8858 AMERICAN CHEESE**  
100% real cheese. 72 slices/3 lbs./\$14.79
- 3426 FRUIT SNACKS VARIETY PACK**  
28-.84 oz. pouches/\$7.99
- 3409 GIANT CINNMN GOLDFISH® GRAMS**  
25-.9 oz. pouches/\$7.99
- 3468 MOVIE NITE MIX™**  
Chocolate covered raisins, peanuts, malt balls.  
1.5 lb. resealable bag/\$10.99
- 3452 PB&J GRAHAMWICHES**  
Peanut butter & grape jelly, graham wafers.  
12-2.2 oz. sandwiches/\$11.49

## BEVERAGES

**PICTURED - SAVE UP TO \$2.00**

- 8091 ARNLD PLMER® ICE TEA LMN STX P. 9**  
2-30 count boxes/\$15.99 **\$14.99**
- 8107 NESQUIK® LW FAT CHOC MILK P. 9**  
24-8 oz. plastic bottles/\$20.49 **\$18.49**
- 8099 AriZona® CONCENTRATE - SWT TEA**  
4-8 oz. cans/yields 2 gallons/\$9.29
- 8058 CARMEL LATTE ICE COFFEE MIX LM**  
3 lbs./yields 17 - 16 oz./\$19.99
- 8105 CUPS FOR HOPE DAILY COFFEE**  
2-12 oz. bags/\$16.99
- 6023 FLAVORED HOT COCOA LM**  
Rich, full-bodied flavor. Supports Coffee Kids.  
30-1.25 oz. pouches/\$13.99
- 8118 GATORADE® KID-SIZE VARIETY PCK**  
24-12 oz. plastic bottles/\$15.89
- 8088 NESTLE® JUICY JUICE® - APPLE**  
24-10 oz. plastic bottles/\$19.59
- 8116 TROPICANA® ORANGE JUICE SINGLES**  
24-8 oz. cartons/\$15.49

## SEASONINGS

- 7282 A SALT FOR ALL SEASONINGS**  
Sea salt, lemon peel, garlic & red bell pepper.  
6.56 oz./\$5.99
- 7290 BROWN SUGAR BBQ RUB**  
Sweet and smoky with just a bit of zip.  
5.12 oz./\$5.99
- 7293 CITRUS HERB BLEND**  
Citrus fruit zest and aromatic herbs.  
5.92 oz./\$5.99
- 7292 GARLIC PARMESAN BLEND**  
Garlic, Italian cheeses and a touch of anchovies.  
4.0 oz./\$5.99

## CLEANSERS

- 3702 3X LAUNDRY DETERGENT**  
50 fl. oz. triple-power liquid detergent/  
washes 50 loads/\$11.99  
★★★★★
- 3704 FLOOR CLEANSER CONCENTRATE**  
Suds away grime & dust. Safe for hard surfaces.  
2-16 oz. bottles concentrated cleanser/  
makes 32 gallons/\$7.99
- 3705 KITCHEN CLEANSER CONCENTRATE**  
Breaks down baked-on buildups.  
3-1 fl. oz. concentrated cleanser packets,  
1-16 oz. spray bottle/makes 3 bottles/\$8.99
- 3701 STAIN ERASER WIPES**  
On-the-go solution for quick clean-ups.  
15 biodegradable towelettes/\$6.49  
★★★★★

## ICON GUIDE

- Taste for Health®**  
Contain no more than 300 calories,  
10g total fat, & 600mg sodium per serving.
- Market Day Naturals®**  
No preservatives, artificial flavors or  
colors and have 0 grams trans fat.
- Microwaveable**  
Easily prepared with great results  
in the microwave.
- Quick Cook**  
From freezer to table in 15 minutes or less.
- Peanut/Nut Free**  
Check website for most up-to-date info.
- Gluten Free**  
Check website for most up-to-date info.
- Last Month This Season**  
Stock up, these items will not appear in  
next month's Order Guide.
- USDA Choice Meat**  
USDA grade of Choice is known for  
exquisite taste and tenderness.

For nutrition and allergy information visit [marketday.com](http://marketday.com)



Customer Ratings  
See more at [marketday.com](http://marketday.com)

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Satisfaction Guaranteed!

BL

# Soups & Sandwiches

Warm up a bowl of true comfort food and pair it with your favorite sandwich. Our delicious soups and sandwiches make the perfect duo for a wholesome, flavorful and easy dinner any night of the week.

## 7007 Philly Cheese Steak Kit 🇺🇸 🍴 🍷

Authentic and delicious! Ready in less than 15 minutes. Kit includes beef steaks, rolls, diced onions & shredded mozzarella. 4 sandwiches/2.63 lbs./\$13.99 **\$12.99**  
★★★★★

## 7057 Turkey Chili 🌱 🍴 🍷 🍷

Ground turkey with hearty black beans in a chunky tomato sauce. Mild flavor with 17 grams of protein and only 230 calories per serving. 32 oz. pouch/\$11.99 **\$11.29**

## 7065 Smoked Ham & Provolone Pretzel Sandwich 🍴 🍷 🍷

This hearty Bavarian Pretzelwich is perfect for a tasty grab and go lunch or fast dinner-better than the drive through. 6-5.8 oz./\$15.29 **\$14.29**

## 7151 Cheesy Baked Potato Soup 🍴 🍷

The Big Cheese of Soups. Potato chunks, cheese, crisp bacon, sour cream and butter. Nothing to add but a big spoon. Heat and serve. 32 oz. pouch/\$10.69 **\$10.19**

## 1061 Beef Brisket with Sauce 🍴 🍷 🍷 🍷

The rich smoky sauce is the only way to top USDA choice thinly sliced beef. Slow cooking makes it long on flavor, with a sweet kick. 1.5 lbs./\$12.99 **\$11.99**

## 7165 Tomato Basil Raviolini Condensed Soup 🍴 🍷

Delicate purses of pasta are stuffed with Ricotta and Romano cheeses in a smooth blend of ripe tomato, mild garlic and sweet basil. 32 oz. pouch/yields 64 oz./\$11.99 **\$10.99**

## 7181 Roasted Steak and Barley Soup 🍴 🍷

Hearty, satisfying & only 3 fat grams! Made with beef stock, steak, toasted barley & vegetables. Filling & guilt-free. Heat & serve. 32 oz. pouch/\$10.99 **\$10.49**

## 7021 Uno's® Pepperoni Tastefulls™ 🍴 🍷 🍷

Hot lunch on a whole new level from the legendary Pizzeria Uno®. Creamy mozzarella and pepperoni layered between calzone-style dough. 6-4 oz. individually wrapped/\$11.99 **\$11.49**

## 7168 Broccoli Cheddar Soup 🍴 🍷

Serve it as a soup or a sauce. Rich and creamy, it's as versatile as it is delicious. Made with real cheddar cheese, cream and broccoli. 32 oz. pouch/\$10.89 **\$9.89**

## 6153 Chop House® Cheeseburgers 🍴 🍷 🍷

The best thing under the bun. Thick burgers of 100% pure beef topped off with Kraft® American cheese. Fully cooked. 6-4.8 oz./\$12.79 **\$11.79**  
★★★★★

## 7163 Italian Wedding Condensed Soup 🍴 🍷

Lean ground beef Italian-seasoned meatballs mingle with tiny acini de pepe pasta, spinach and garlic in a light chicken broth. 32 oz. pouch/yields 64 oz./\$10.69 **\$10.19**

## 7173 Turkey and Cheese Pretzel Sandwich 🍴 🍷 🍷

Hankering for a healthy sandwich? Gobble up lean turkey and golden American cheese on a chewy pretzel style bun. Thaw and devour. 6-5oz./\$15.39 **\$14.39**



🌱 Peanut/Nut Free 🍷 Gluten Free

4291



3153



# Quick & Easy Meals

Choose from a variety of meal solutions that will make your life easier. With little to no prep, you'll have dinner on the table in minutes.

## 4291 Cheese Ravioli

75¢ per serving

The taste of homemade without taking an Italian cooking class. Pillows of pasta filled with creamy ricotta. Perfect with any sauce. 100 ravioli/3 lbs./\$10.99 **\$10.49**

2125 | ADDITIVE FREE



## 3153 General Tso's Chicken

Chinese take-out from your microwave in under 5 minutes. Tempura chicken, white rice and veggies in our General Tso's sauce. 4-10 oz. trays/\$12.99 **\$12.49**

## 2125 Naked Haddock Fillets

Delicious flaky white fish, with a mild taste and firm texture that seafood lovers crave. Additive free. Individually wrapped. 6-4 oz./\$17.49 **\$16.49**

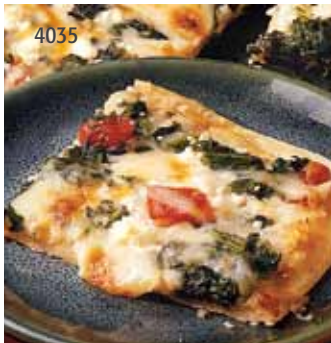
## 4680 Quick 'n' Crispy Shoestring French Fries

Tender potato inside, golden and crunchy on the outside, right from the oven. Zero trans fats. 2.5 lb. resealable bag/\$7.99 **\$7.49**

4680



4035



2082



## 4035 Mediterranean Pizzas

Spinach, sweet tomatoes, mozzarella and feta cheese on a thin, crispy crust. Great as an appetizer or light meal. 2-7x9 inch/\$9.99 **\$9.49**

★★★★★

## 2082 Wild Alaskan Grilled Salmon

Get your fill of fresh grilled taste without firing up the barbie. Boneless, skinless and fully cooked. All you do is enjoy. 6-4 oz. fillets/\$16.79 **\$15.79**

★★★★★

4281



## 4281 Sweet Potato Fries

Loaded with vitamins and no trans fats, these great tasting fries bake up crispy in the oven. 130 calories and 4.5 grams of fat! 2-1 lb. bags/\$8.99 **\$8.49**

## 7091 Chicken Stir-Fry Kit

So easy, anyone can be a wok star. Just sizzle up in a wok or skillet. Crunchy and authentic taste. Serve over rice or Asian noodles. 4-6 servings/2.4 lbs./\$15.99 **\$14.99**

## 4026 Tuscan Chicken Flatbread

Grilled chicken, pesto, spinach, tomatoes and whole milk mozzarella top a handmade all-natural cracker-thin crust for a light flatbread. 11 oz./\$7.99 **\$7.49**

7091



4026



2405



## 2405 Oven-Ready Butterfly Shrimp

Crispy and quick straight from your oven. Big butterfly shrimp bursting with flavor then breaded in a crunchy topping. 18-25 per lb./2 lbs./\$17.99 **\$16.99**

## 3208 Asian Style No Bonz Chicken Bowl

Tender, lightly breaded chicken breast chunks smothered in a mild, savory yet sweet Asian chili sauce. Microwaveable. 4-5 oz. microwaveable bowls/\$11.99 **\$11.49**

## 4608 Easy Serve Mac & Cheese by Kraft

Same classic "blue box" flavor, made with real milk. Single serve. No mix, no water. Microwave and serve. Market Day exclusive. Good source of calcium. 8-7 oz. packages/\$11.59 **\$9.59**

\$1.20 per serving

★★★★★

3208



4608 | GREAT PRICE



# Kid-Friendly Snacks

Put a smile on your kid's face with these delicious snacks! So good you won't be able to resist sneaking one for yourself.

## 8107 Nesquik® Low Fat Chocolate Milk

This cool packaging can be stored at room temp yet still delivers 100% chocolatey milk kids crave. Chill, shake & serve. 24-8 oz. plastic bottles/\$20.49 **\$18.49**



78¢ each



4809



7851



## 4809 Chocolate Chip Cookie Dough

These mega drops of cookie dough are ready to bake into the perfect kid-sized cookie. Tons of chocolate chips. Soft and sensational. 61-75 pieces/3 lbs./\$8.99 **\$7.99**



12¢ per serving

3451



3499



## 7851 Li'l Bagel Dogs

Tasty bite size 100% pure beef mini hot dogs wrapped in a traditional soft bagel dough. Heat & serve with your favorite dipping sauce. 28-32 pieces/1.25 lbs./\$10.29 **\$9.79**

## 3451 Jumbo Count Sweet & Salty Mix

A classic mix for snacking on the go. Whole peanuts, raisins, sunflower seeds and candy-coated chocolates. 36-5 oz. pouches/\$9.99 **\$9.49**



27¢ each

## 3499 30 Count String Cheese

Pack the snack that's packed with calcium. A creamy taste kids love that you can feel good about. 80 calories. 30-1 oz. sticks/\$12.49 **\$11.99**

## 2245 Bosco® Breadsticks

Kids go crazy for them at school; now the entire family can enjoy them too! Soft & chewy stuffed with gooey 100% mozzarella cheese. 18-3.1 oz./\$14.89 **\$14.39**



80¢ each

2245



## 5094 Ultimate Breakfast Cookie

100% whole grain cinnamon oatmeal cookie. High in fiber and protein and ind. wrapped, they're a great grab 'n go breakfast or snack. 12-2.2 oz./\$10.49 **\$9.49**

## 3454 Double Chocolate Protein Bars

Double chocolate crisp protein bar. Filling & better for you. 180 calories. No trans fat. Ready for mom's purse & kid's backpacks. 8-1.70 oz./\$10.99 **\$10.49**

## 6166 Quaker Chewy® Granola Bar Variety Pack

8g whole grains. No high fructose corn syrup. 8 of each: chocolate chip, peanut butter chocolate chip and S'mores. 24-.84 oz./\$9.29 **\$8.79**

## 8091 Arnold Palmer® Iced Tea Lemonade Stix

Half iced tea and half lemonade drink made easy in any 16.9 oz bottle of water. No preservatives, artificial colors or flavors. 2-30 count boxes/\$15.99 **\$14.99**

## 3480 Granola Snack Packs

A salty and sweet taste flavored by sea salt, aromatic cinnamon and molasses. Infused with flax & pumpkin seeds. 16-1 oz. pouches/\$9.49 **\$8.99**



42¢ each

## 3436 Colby Jack Snack Sticks

A tasty treat and calcium kick all in one. Low carb and big on taste, these sticks are perfect for lunch boxes of kids of all ages. 24-83 oz. sticks/\$10.49 **\$9.99**



5094



3454 | 10g PROTEIN, 5g FIBER



6166



8091



3480



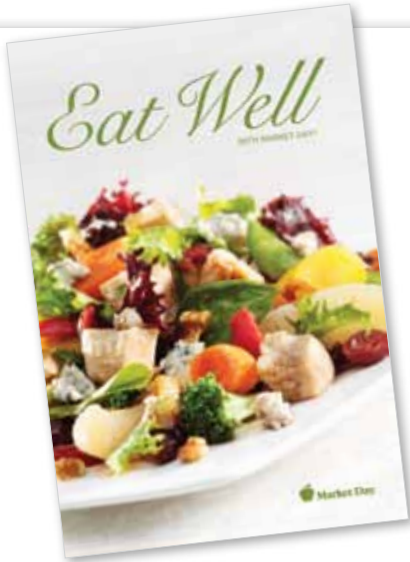
3436 | 100% REAL CHEESE



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# FREE Eat Well Guide

with any purchase\*

It's easier than ever to make healthy food choices with our new Eat Well Guide.

- 36 page full color guide
- Over 35 delicious recipes
- Easy serving suggestions
- Healthy eating tips

\*Limit 1 free Eat Well Guide per customer order. Promotion not available in Market Day/Sara Lee stores or on Peapod orders. No substitutions. Promotion subject to change or termination without notice.

## Freequent Buyer®



JUMBO  
SIZE

## Get Your FREE Insulated Bag!

If you've been participating in the Freequent Buyer® program this is the month to redeem your reward. If you made two purchases of \$40\* or more between October and December, simply make a third \$40\* purchase this month to receive a FREE Insulated Bag at your January sale pick-up.

- Insulated Bag
- 17"h x 13"w x 13"d
- Perfect for all your Market Day items

\*Free insulated bag with qualifying purchase; purchase amount is calculated after applicable discounts/coupons and before tax. Market Day may substitute a free item of equal value if quantities of insulated bags are depleted. Not valid at Market Day/Sara Lee stores or on Peapod orders. Limit 1 qualifying order per customer per promotional period. Promotion effective for pick-up dates 9/25/11-1/28/12. Promotion subject to change or termination without notice.

## EAT WELL FOR LESS



**\$3.00 per serving**

### SHOPPING LIST

1318 Boneless Pork Chops (6 - 5 oz. chops)	\$12.29
8150 Kyoto Blend (2 lb. resealable bag)	\$9.49
<b>Total:</b>	<b>\$21.78</b>

More **Eat Well For Less** at [marketday.com](http://marketday.com).



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