

round, round get a round!

Prices Good
9/28/11-10/4/11



DOUBLE R RANCH
Northwest Beef



USDA Choice
**Boneless Full Cut
Round Steak**
\$2.67
lb.



Ripe & Ready to Eat!
**Hass
Avacadoes**

68¢
Ea.

66¢
Ea.

**Chicken of the Sea
Chunk White
Albacore Tuna**
5 oz., Water Pack
First 6 Total Per Family Please



great prices, everyday!
~ it's that simple ~

Visit us online at tradingcostores.com

No sales to dealers. We reserve the right to limit quantities. Not responsible for typographical errors. Some advertised items may not be available due to circumstances beyond our control.



"like" us
on facebook!

CASE SALE!

**BUY THE
CASE & SAVE!**



**Look
Inside!**



Fresh Express Premium Garden Salad 9-12 oz., Selected Varieties Your Choice, Mix or Match

2 for \$4

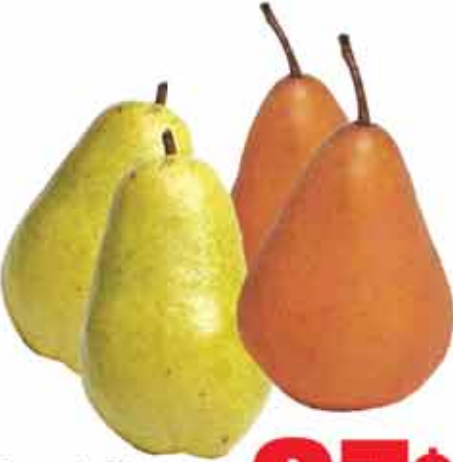
US #1 Russet Potatoes

\$1.88 Ea.

100% Natural Boneless Pork Sirloin Chops

\$1.97 lb.

U.S.D.A. CHOICE Boneless Sirloin Tip Roast \$3.27 lb.



Sweet, Ripe Bartlett or Bosc Pears

87¢ lb.

Fresh, Crisp Green Bell Peppers

33¢ Ea.

100% Natural Fresh Pork Spare Ribs

\$2.47 lb.

U.S.D.A. CHOICE Boneless Top Sirloin Steak \$4.97 lb.



Sweet, Juicy Personal Watermelons

\$2.98 Ea.

Peeled Mini Carrots 2 lb. Bag

\$1.98 Ea.

100% Natural Fresh Pork Bone In Picnic Roast

\$1.57 lb.

Bone In Split Fryer Breast Southern Grown, Previously Frozen \$1.37 lb.



White or Wheat Baked Fresh In Store! Dinner Rolls 1 dz., 16 oz., Your choice

97¢ dz.

Almond Poppy, Blueberry, Bran & More! Baked Fresh In Store! Muffins 4 ct., 20 oz., Selected Varieties

\$2.77 Ea.

Reser's Baja Café Salsas 16 oz., Selected Varieties

\$2.47 Ea.

Deli Fresh! Hot & Ready to Enjoy! Whole Roasted Chicken \$5.98 Ea.



Ore-Ida Potatoes or Onion Rings 16-32 oz., Selected Varieties Your Choice, Mix or Match

2 for \$5

Coffee-Mate Creamer 32 oz., Selected Varieties Your Choice

\$2.98 Ea.

Idahoan Potatoes 3.8-4.1 oz., Selected Varieties Your Choice

97¢ Ea.

Oroweat Pan Style Breads 24 oz., Your Choice Mix or Match Buy One, Get One FREE!



Western Family Soft White Light Bulbs 4 pk., Your Choice Mix or Match

Buy One, Get One FREE!

Xtra Liquid Laundry Detergent 62.5-75 oz., Selected Varieties Your Choice

\$2.48 Ea.

Western Family American Cheese Singles 16 oz., 24 Slices

\$1.98 Ea.

InnovAsian Frozen Entrees 12-18 oz., Selected Varieties Your Choice \$2.97 Ea.

Spokane Valley 13014 E. Sprague 509.928.9122 RX-509.926.2200

Latah Creek 4235 S. Cheney-Spokane Rd. 509.838.1198 RX-509.838.0896

Post Falls 1501 E. Seltice Way 208.773.3383 RX-208.773.2499

Cheney 4 Cheney-Spokane Rd. 509.235.6310

Store hours: 6 am - 11 pm

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buy the case and save

orders must be placed by Monday, October 3, 2011 for pickup October 6, 7 & 8, 2011



WESTERN FAMILY MACARONI & CHEESE DINNER

24-Pack Case \$9.00
 4110-3 7.25 oz. Box



WESTERN FAMILY CONDENSED SOUP

24-Pack Case \$16.00
 16993-8 10.5 oz. Cream of Chicken
 16998-7 10.5 oz. Cream of Mushroom



WESTERN FAMILY CHILI CON CARNE

Tray of 12 \$10.00
 14624-1 15 oz. Hot
 14626-6 15 oz. With Beans
 14638-1 15 oz. Thick
 230454-4 15 oz. Turkey



CAMPBELL'S SOUP

24-Pack Case \$15.00
 17100-9 10.75 oz. Tomato
 17127-2 10.75 oz. Chicken Noodle



WESTERN FAMILY STEMS & PIECES MUSHROOMS

24-Pack Case \$14.00
 9254-4 4 oz. Can



WESTERN FAMILY TOMATO SAUCE

Tray of 24 \$7.50
 10976-9 8 oz. Can



WESTERN FAMILY APPLE JUICE & CIDER

8-Pack Case \$11.00
 11594-9 64 oz. Juice
 11595-6 64 oz. Cider



WESTERN FAMILY VEGETABLES

Tray of 12 \$5.50
 10336-6 15.25 oz. Corn
 10338-2 14.5 oz. Cream Corn
 10072-7 14.5 oz. Sliced Green Beans
 10070-1 14.5 oz. Cut Green Beans
 10598-1 15 oz. Sweet Peas



WESTERN FAMILY EVAPORATED MILK

24-Pack Case \$17.00
 22112-7 12 oz. Can



WESTERN FAMILY OATS

12-Pack Case \$22.00
 4729-0 42 oz. Old Fashioned
 4731-6 42 oz. Quick



WESTERN FAMILY VEGETABLES

24-Pack Case \$15.00
 10184-0 15 oz. Shoestring Beets
 10248-3 14.5 oz. Sliced Carrots
 10250-9 14.5 oz. Diced Carrots
 10190-7 16 oz. Beets Sliced
 10193-1 15 oz. Diced Beets



WESTERN FAMILY TOMATOES

24-Pack Case \$14.50
 10895-1 14.5 oz. Diced Peeled
 10897-7 14.5 oz. Italian Style Stewed
 10898-5 14.5 oz. Crushed in Puree
 10902-5 14.5 oz. Stewed Mexican
 10800-1 14.5 oz. Diced Petite
 10896-9 14.5 oz. Stewed
 10914-0 14.5 oz. With Chilies
 10917-3 14.5 oz. Diced with Lime/Cilantro
 10919-9 14.5 oz. Diced with Onion
 10920-7 14.5 oz. Diced with Garlic
 10904-1 14.5 oz. No Salt Whole Peeled
 10929-8 14.5 oz. No Salt Diced
 10910-8 14.5 oz. Whole Peeled



HUNT'S PASTA SAUCE

12-Pack Case \$11.00
 10977-7 26.5 oz. Zesty & Spicy
 16554-8 26.5 oz. Italian Cheese & Garlic
 16555-5 26.5 oz. Italian Sausage
 16557-1 26.5 oz. Traditional
 16558-9 26.5 oz. Mushroom
 16565-4 26 oz. Garlic & Herb
 16566-2 26 oz. Roasted Garlic & Onion
 16568-8 26 oz. Four Cheese



PROGRESSO SOUP

12-Pack Case \$16.00
 17097-7 19 oz. Beef Barley
 17102-5 19 oz. Chicken Noodle
 17116-5 19 oz. Chicken & Rice w/Vegetable
 17118-1 19 oz. Potato Broccoli/Cheese
 17132-2 19 oz. Turkey Noodle
 17310-4 18.5 oz. Italian Wedding Soup
 17513-3 19 oz. Split Pea w/Ham
 17430-0 18.5 oz. Chicken Tortilla
 17103-3 18.5 oz. New England Style Clam Chowder
 17154-6 19 oz. Chicken & Wild Rice
 17331-0 18.5 oz. Chicken & Vegetable
 17096-9 18.5 oz. Lt. Savory Vegetable Barley
 17146-2 18.5 oz. Lt. Italian Style Vegetable
 17402-9 18.5 oz. Lt. Santa Fe Chicken
 17404-5 18.5 oz. Lt. Chicken Noodle
 17405-2 18.5 oz. Lt. Beef Pot Roast
 17407-8 18.5 oz. Lt. Low Salt Chicken Vegetable
 17431-8 18.5 oz. Lite New England Clam Chowder
 17421-9 18.5 oz. Lt. Italian Style Meatballs
 17422-7 18.5 oz. Lt. Chicken Dumpling
 17170-2 18.5oz. Low Salt Chicken/Wild Rice
 17361-7 18.5 oz. Low Salt Chicken Noodle
 17363-3 19 oz. Low Salt Minestrone
 17408-6 18.5 oz. Low Salt Beef Vegetable
 17244-5 19 oz. 99% Fat Free Chicken Noodle
 17419-3 19 oz. High Fiber Chicken Tomato Basil
 17420-1 19 oz. High Fiber Chicken Tuscany
 17327-8 18.5 oz. High Fiber 3 Bean Chili
 17207-2 19 oz. R&H Chicken Homestyle Noodle
 17307-0 18.5 oz. R&H New England Clam Chowder
 17308-8 18.5 oz. R&H Steak & Homestyle Noodle
 17227-0 18.5 oz. R&H Corn Chowder



WESTERN FAMILY MANDARIN ORANGES

24-Pack Case \$13.50
 12367-9 11 oz.

Please mark your desired number of cases to be ordered in the corresponding square. Turn in this order form along with your name, address and a phone number by Monday, October 3 and your order will be processed for your pick up on October 6, 7 or 8, 2011.

Name _____

Address _____

Phone Number _____

Pick Up Date: October 6 ___ October 7 ___ October 8 ___

remember...

orders must be placed by Monday, October 3, 2011 for pickup October 6, 7 & 8, 2011

ITALIAN CHEF PASTA

- 12-Pack Case \$10.00
- 4430-5 16 oz. Sea Shells
 - 4444-6 16 oz. Long Spaghetti
 - 4448-7 16 oz. Elbow Macaroni
 - 4450-3 16 oz. Capellini
 - 4453-7 16 oz. Rotini
 - 4454-5 16 oz. Penne
 - 4458-6 16 oz. Radiatore
 - 4459-4 16 oz. Rigatoni
 - 4461-0 16 oz. Fettuccini
 - 4463-6 16 oz. Linguini
 - 4519-5 16 oz. Rainbow Rotini
 - 4520-3 16 oz. Ditalin Salad Macaroni
 - 4464-4 16 oz. Thin Spaghetti
 - 4455-2 16 oz. Extra Wide Noodle (9 Pack Case)
 - 4521-1 16 oz. Fancy Egg Noodles (9 Pack Case)



WESTERN FAMILY DRINKING WATER

- 24-Pack Case \$2.75
- 29077-5 16.9 oz. Bottle



WESTERN FAMILY APPLESAUCE

- 24-Pack Case \$16.00
- 11796-0 15.5 oz. Blended



CHICKEN OF THE SEA CHUNK WHITE ALBACORE TUNA

- 24-Pack Case \$19.00
- 14594-6 5 oz. Water Pack



SWANSON MEAT PIES

- 24-Pack Case \$15.00
- 92100-7 7 oz. Beef
 - 92120-5 7 oz. Chicken
 - 92140-3 7 oz. Turkey



HUNGRY MAN DINNERS

- 8-Pack Case \$16.00
- 91960-5 16 oz. Turkey Breast
 - 91962-1 16 oz. Boneless Fried Chicken Breast
 - 91964-7 16 oz. Boneless Pork
 - 91985-2 14.5 oz. Pub Favorites



Beer Battered Chicken

- 91991-0 16 oz. Salisbury Steak
- 91996-9 17 oz. Mexican Fiesta
- 91998-5 16 oz. Meatloaf
- 91999-3 16 oz. Country Fried Chicken
- 92034-8 15 oz. Pub Favorites



- 92040-5 14.1 oz. Pub Favorites Popcorn
- 92041-3 13.1 oz. Honey Bourbon

- 91997-7 16 oz. Classic Fried Chicken



WESTERN FAMILY APPLE JUICE

- 24-Pack Case \$24.00
- 96442-9 12 oz.

WESTERN FAMILY CAT FOOD

- 24-Pack Cans \$9.00
- 22404-8 5.5 oz. Fisherman's Catch
 - 22409-7 5.5 oz. Beef & Liver
 - 22410-5 5.5 oz. Turkey/Giblets
 - 22412-1 5.5 oz. Chicken & Liver
 - 22414-7 5.5 oz. Chicken & Tuna
 - 22418-8 5.5 oz. Tuna
 - 22419-6 5.5 oz. Chicken
 - 22420-4 5.5 oz. Mixed Grill
 - 22442-8 5.5 oz. Salmon Dinner
 - 22444-4 5.5 oz. Deluxe Dinner
 - 22464-2 5.5 oz. Shredded Turkey & Cheese



WESTERN FAMILY TOMATO PASTE

- 48-Pack Case \$20.00
- 10956-1 6 oz. Can



WESTERN FAMILY REFRIED BEANS

- 24-Pack Case \$16.00
- 14620-9 16 oz. Traditional
 - 14622-5 16 oz. No Fat
 - 16358-4 16 oz. Vegetarian



WESTERN FAMILY SALTINES

- 12-Pack Case \$15.00
- 19313-6 16 oz. Original
 - 19314-4 16 oz. Unsalted



WESTERN FAMILY CANNED BEANS

- 24-Pack Case \$15.00
- 14819-7 15 oz. Chili
 - 10058-6 15 oz. Large Butter
 - 14810-6 15 oz. Black
 - 14812-2 15 oz. Great Northern
 - 14814-8 15 oz. Garbanzo
 - 14816-3 15 oz. Pinto
 - 14817-1 15 oz. Small Red
 - 14818-9 15 oz. Black Eye Pea
 - 14821-3 15 oz. Reduced Sodium Garbanzo
 - 14822-1 15 oz. Reduced Sodium Black
 - 14809-8 15 oz. Dark Red Kidney
 - 14811-4 15 oz. Light Red Kidney
 - 14815-5 15 oz. Reduced Sodium Dark Red Kidney
 - 14824-7 16 oz. Baked Bean



WESTERN FAMILY BROTH

- 24-Pack Case \$15.00
- 17174-4 14.75 Chicken
 - 16996-1 14.75 Beef
 - 16997-9 14.75 Fat Free Chicken



WESTERN FAMILY CANNED FRUIT

- 24-Pack Case \$21.00
- 12593-0 15.25 oz. Pears Sliced
 - 12594-8 15.25 oz. Pears Halves
 - 12599-7 15 oz. Pears Halves Lite
 - 12603-7 15 oz. Pears Halves w/Splenda
 - 12194-7 15.25 oz. Fruit Cocktail
 - 12196-2 15 oz. Light Fruit Cocktail/Splenda
 - 12197-0 15 oz. Light Chunk Mix Fruit
 - 12472-7 15.25 oz. YC Peach Slices
 - 12482-6 15 oz. Light YC Peach Slices/Splenda
 - 12484-2 15 oz. YC Peaches in Juice
 - 12478-4 15.25 oz. Peach Halves in Syrup
 - 12201-0 15 oz. Fruit Cocktail in Syrup
 - 12204-4 15 oz. Tropical Fruit Salad



NISSIN CUP NOODLES

- 12-Pack Case \$3.00
- 17090-2 2.25 oz. Shrimp
 - 17091-0 2.25 oz. Chicken
 - 17092-8 2.25 oz. Beef
 - 17093-6 2.25 oz. Chili Chicken
 - 17045-6 2.25 oz. Hearty Chicken
 - 17077-9 2.25 oz. Creamy Chicken
 - 17081-1 2.25 oz. Chicken Vegetable



NISSIN RAMEN NOODLES

- 24-Pack Case \$4.00
- 4353-9 3 oz. Shrimp
 - 4356-2 3 oz. Oriental
 - 4357-0 3 oz. Chicken
 - 4358-8 3 oz. Beef
 - 4365-3 3 oz. Picante Beef

