



Family Foods

Group B

Our Family Serving Yours

AD DATES EFFECTIVE OCTOBER 5 THRU 11, 2011



**Boneless Beef
Top Round
Roast**

2⁹⁸
lb.



**Large Green
Bell Peppers**

Ideal for cooking,
salads or snacking!

3⁹⁹
FOR



**Tony's
Original
Crust Pizza**

Selected Vtys.,
12.6 to 14.3-oz., Frozen

5¹⁰
FOR



**Boneless Pork
Sirloin Chops**
100% Natural Pork

2¹⁹
lb.



**Extra Fancy
New Crop
Fuji Apples**

Crisp, sweet and nutritious!
Northwest Grown

1¹⁹
lb.

 <p>Nissin Cup Noodles Selected Vtys., 2.25-oz.</p> <p>4¹ FOR</p>  <p>Limit 8 with this coupon. Additional at regular price. Good only at participating Family Foods stores. Coupon valid October 5 thru 11, 2011. One coupon per customer. Cash value 1/20¢. PLU 943</p>	 <p>Nestle Candy Selected Vtys., 1-ct.</p> <p>2¹ FOR</p>  <p>Limit 6 with this coupon. Additional at regular price. Good only at participating Family Foods stores. Coupon valid October 5 thru 11, 2011. One coupon per customer. Cash value 1/20¢. PLU 944</p>
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OUR FAMILY SERVING YOURS!

Lay's Potato Chips

Selected Vtys.,
10 to 10.5-oz.

2\$5
FOR



Meadow Gold Ice Cream

Selected Vtys.,
48-oz, Frozen

2\$89

Capri Sun or Kool-Aid Jammers Juice Drink Blends

Selected Vtys., 10-ct.

2\$4
FOR



Florida's Natural Orange Juice

Selected Vtys., 59-oz.

2\$69



Progresso Soup

Selected Vtys.,
18.5 to 19-oz.

3\$4
FOR



Hunt's Premium Pasta Sauce

Selected Vtys.,
26 to 26.5-oz.

99¢



Nabisco Newtons
Selected Vtys.,
10.5 to 14-oz.
\$2.99

Snack Pack Pudding

Selected Vtys.,
Four 3.5-oz.

99¢

Pillsbury Toaster Pastries

Selected Vtys.,
10 to 11.5-oz, Frozen

1\$89



Kellogg's Cereal

17-oz. Frosted Flakes,
18-oz. Corn Flakes or
20-oz. Raisin Bran

2\$5
FOR



Betty Crocker Fruit Snacks

Selected Vtys.,
4.5 to 8-oz.

2\$4

Chicken of the Sea Tuna

5-oz. Chunk White in Water,
Chunk Light in Oil

89¢



Nestle Fun Size Candy

Selected Vtys.,
9.2 to 12.8-oz.

2\$5
FOR



Darigold Sour Cream

Selected Vtys.,
16-oz.

2\$3
FOR

OUR FAMILY SERVING YOURS!



**2x Ultra
All Liquid
Laundry
Detergent**
Selected Vtys., 50-oz.
4⁴⁹



**Western
Family
Cat Food**
7-lbs.
4⁹⁹



**Crest
Toothpaste**
Selected Vtys.,
4 to 6.4-oz.
1⁹⁹



**Dixie
Tableware**
Selected Vtys.,
20 to 54-ct.
2⁵
FOR



**Sylvania
Double Life
or Daylight
Light Bulbs**
Selected Vtys., 4-ct.
2⁵
FOR **4**



**Nature's
Blend
Dietary
Supplements**
Selected Vtys.,
30 to 300-ct.
**50%
OFF**

Grilled Chicken Breasts and Green Onion Sauce

- 4 fresh split chicken breasts
- 1/2 cup brown sugar
- 2 1/2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1/2 teaspoon salt
- 1 cup olive oil
- 8 green onions
- 1/4 cup apple cider vinegar
- 2 tablespoons whole grain mustard
- 1 tablespoon peppercorns

Preheat grill to high.

In medium bowl, stir together brown sugar, garlic powder, onion powder and salt. Rub mixture all over split breast pieces, being sure to get under the skin; discard any unused rub.

Place breasts on grill and cook over medium-high, indirect heat.

While breasts are cooking, drizzle about 1 tablespoon of oil on onions. Grill over direct heat about 5 minutes, or until lightly browned.

In food processor, combine vinegar, mustard and peppercorns; pulse until beginning to blend. Slowly add remaining oil, pulsing to incorporate. Add grilled onions and pulse until mixture is well blended.

Remove breast from grill when a meat thermometer inserted into the thickest part of the breast reaches 170°F; 45 to 55 minutes.

Serve with green onion sauce.

Recipe Courtesy National Chicken Council



OUR FAMILY SERVING YOURS!



**Boneless Beef
Top Round
Steak**

3³⁸
lb.



**Draper Valley
Farms Split
Fryer Breasts**

Fresh, Northwest Grown

1⁹⁸
lb.



**John Morrell
Sliced Bacon**

Selected Vtys., 12-oz.

2⁷⁸
ea.



**Land O'Frost
Premium
Lunch Meat**

Selected Vtys., 16-oz.

3¹⁸
ea.



**Oscar Mayer
Turkey Franks
or Meat Wieners**

16-oz.

2²⁸
ea.

**Oscar Mayer Beef Franks
or Cheese Dogs**

Selected Vtys., 14 to 16-oz.

3⁴⁸
ea.



**Jumbo
Yellow Onions**

A cooking staple!

4^{\$1}
LBS.



**Zucchini
Squash**

Great for soups or steam
and serve with butter!

99¢
lb.



**Ripe & Flavorful
Cantaloupe**

Serve with strawberries and
grapes for a sweet and
juicy fruit salad!

59¢
lb.



**Fresh Express
Salad Blends**

Ready to serve!
Selected Vtys., 6 to 12-oz.

2^{\$5}
FOR

RAIN CHECKS-All the advertised items will be available for sale except circumstances beyond our control. If an advertised item is not available, or due to geographical location some advertised items may not be available, we will use a FAMILY FOODS RAIN CHECK. This will enable you to purchase the item when stock arrives or substitute like items whenever possible. We will gladly accept USDA Food Stamps. No sales to dealers. Not responsible for typographical or pictorial errors. Rights reserved to limit quantities.

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