



CELEBRATE EARTH DAY, APRIL 22ND

Sale Starts Sunday, April 14th thru Saturday, April 20th, 2024

SUN. 14	MON. 15	TUES. 16	WED. 17	THUR. 18	FRI. 19	SAT. 20
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GO GREEN, SAVE GREEN



Happy Passover Monday, April 22 to Tuesday, April 30

FOODMARKETS METFOODS.COM SHOP. EAT. LOVE METFOODS

\$4.99 lb. Chuck Steaks USDA Choice Beef



\$9.99 lb. Veal Cutlets Fresh, All Natural, Cut from the Leg



\$1.99 lb. Center Cut Pork Chops Grain Fed Bone-In



\$1.29 lb. Perdue Whole Chicken Legs Grade A, Fresh All Natural Family Pack



2/\$4 for Fresh Broccoli Bunches



2/\$4 for Sweet Cantaloupes



\$1.49 lb. Green Bell Peppers



\$1.49 lb. Tomatoes On-the-Vine



\$1.49 lb. Fresh Eggplant



\$3.99 5 oz. clamshell Organic Girl Salads Certified Organic Assorted Varieties



FIND THE PERFECT RECIPE AT METFOODS.COM!

3/\$12 for

MIX & MATCH!



Chock Full o' Nuts Coffee Selected Varieties (Excludes Decaf) 10.2-11.3 oz. conts. OR General Mills Family Size Cereal Original Cheerios (18 oz.), Corn Chex (18 oz.), Cinnamon Toast Crunch (18.8 oz.), Lucky Charms (18.6 oz.) or Multi Grain Cheerios (18 oz.)

Pearl Milling Company Self-Rising Flour 5 lb. pkgs. OR Kraft Deluxe Macaroni & Cheese or Velveeta (9.4-12 oz.) 11.9-14 oz. pkgs. OR Vintage Mixers 12 Pack 12 oz. Cans Selected Varieties (Plus Deposit Where Required) 144 oz. pkgs.

\$5.99 ea. YOUR CHOICE!

Downy Fabric Softener Selected Varieties 44 oz. btl. OR Gain Liquid Laundry Detergent or Gain Flings! Laundry Detergent Pacs (16 ct. pkg.) 46 oz. btl.

2/\$5 32 oz. btl. Hunt's Tomato Ketchup Original



3/\$5 28-29 oz. cans Hunt's Tomatoes or Tomato Sauce Selected Varieties



2/\$5 24 oz. jars Barilla Pasta Sauce Selected Varieties



2/\$3 7-16 oz. pkgs. Barilla Pasta Selected Varieties



5/\$5 5 oz. cans Chicken of the Sea Chunk Light Tuna In Oil or In Water



2/\$6 13 oz. pkgs. Thomas' English Muffins 6 Pack Original



2/\$5 64 oz. btl. Mott's Apple Juice or Juices or Juice Drinks



\$6.99 82.6 oz. cont. 4C Iced Tea Mix Makes 35 Quarts Lemon or Raspberry



\$7.99 816 ct. pkg. Scott Paper Towels 8 Pack Choose-A-Sheet Mega Rolls



\$11.99 20,000 ct. pkg. Avenue A Bath Tissue 20 Pack 1-Ply Regular Rolls



2/\$7 52 oz. conts. Florida's Natural Premium Orange Juice or Grapefruit Juice



2/\$7 18 ct. pkgs. Eggland's Best Large Eggs



\$4.99 86 oz. cont. Planet Oat Oatmilk Selected Varieties



3/\$10 11.6 oz. pkgs. Kellogg's Eggo Thick & Fluffy Waffles Selected Varieties



2/\$7 14.76-19.64 oz. pkgs. Ellio's Pizza or Cheesy Breadsticks (13.62 oz.)



2/\$7 7.2-8 oz. pkgs. Smucker's Uncrustables Sandwiches Selected Varieties



2/\$8 48 oz. conts. Edy's Ice Cream or Frozen Yogurt or Sherbet



DAIRY SAVINGS!

<p>2/\$6 8 oz. conts. 7 pkgs.</p> <p>Breakstone's Butter Selected Varieties</p> 	<p>5/\$4 4.5 oz. conts.</p> <p>Yoplait Original, Light or Whips! Yogurt Selected Varieties (Excludes Greek)</p> 	<p>2/\$6 7.5 oz. pkgs.</p> <p>Crystal Farms Cheese Bars, Shredded Cheese or Cheese Slices Selected Varieties</p> 	<p>2/\$7 12.8 oz. 2 pkgs.</p> <p>Turkey Hill Drinks Selected Varieties</p> 
<p>\$5.99 32 oz. cont.</p> <p>Egg Beaters Liquid Egg Product Original or 100% Egg Whites</p> 	<p>2/\$6 8 oz. pkgs. 7 conts.</p> <p>Plugra European Style Butter Unsalted or Salted</p> 	<p>2/\$7 16 oz. pkgs.</p> <p>Fleischmann's Margarine Quarters Original or Unsalted</p> 	<p>\$3.99 7.5-8 oz. 16 conts.</p> <p>Philadelphia Cream Cheese Spread Selected Varieties</p> 
<p>\$3.99 24 oz. cont.</p> <p>Daisy Cottage Cheese Small Curd 4%</p> 	<p>2/\$7 16 oz. conts.</p> <p>Lactaid Lactose Free Cottage Cheese 4% Milkfat or Fat Free with Pineapple</p> 	<p>\$3.99 24 oz. cont.</p> <p>Daisy Sour Cream Original</p> 	<p>2/\$5 16 oz. conts.</p> <p>Lactaid Lactose Free Sour Cream</p> 
<p>3/\$5 4 oz. conts.</p> <p>Häagen-Dazs Cultured Crème Yogurt Selected Varieties</p> 	<p>3/\$5 5.3 oz. 5.3 oz. conts.</p> <p>Dannon Light & Fit or Oikos Triple Zero Greek Yogurt Selected Varieties</p> 	<p>\$3.99 16-24 oz. pkg.</p> <p>Stonyfield Organic Yogurt 6 Pack or Organic Yogurt Smoothie 6 Pack</p> 	<p>2/\$6 16 oz. conts.</p> <p>Fage Total Greek Yogurt 5% Plain, 0% Plain or 2% Plain</p> 
<p>\$5.99 48 oz. 6 pack.</p> <p>Tropicana Pure Premium Orange Juice Original or No Pulp with Calcium</p> 	<p>\$7.49 89 oz. 1 gal.</p> <p>Tropicana Pure Premium Orange Juice Selected Varieties</p> 	<p>2/\$6 52 oz. 2 pkgs.</p> <p>Tropicana Premium Lemonade or Juice Drinks Selected Varieties</p> 	<p>2/\$7 59 oz. 2 pkgs.</p> <p>Dole 100% Juice Selected Varieties</p> 
<p>2/\$6 55 oz. 2 pkgs.</p> <p>Pure Leaf Iced Tea Selected Varieties</p> 	<p>2/\$7 24 oz. 6 pack.</p> <p>Swiss Miss Pudding Selected Varieties</p> 	<p>2/\$6 1.5 oz. 10 pkgs.</p> <p>BelGioioso Fresh Mozzarella Cheese Balls Original or Smoked</p> 	<p>2/\$5 5.5 oz. 4 pkgs.</p> <p>Cedar's Hommus Selected Varieties</p> 
<p>2/\$7 6.15-7.33 oz. 6 pkgs.</p> <p>Stacy's Pita Chips or Bagel Chips or Pita Crisps</p> 			

TRENDING & HEALTHY IN THE DAIRY DEPARTMENT!

<p>\$3.99 12 ct. 1 pkgs.</p> <p>Eggland's Best Organic Large Brown Eggs</p> 	<p>2/\$7 4.2 oz. 7 pkgs.</p> <p>Tazo Organic Tea Selected Varieties</p> 	<p>2/\$12 32 oz. 12 pkgs.</p> <p>Lifeway Organic Kefir Smoothies or Probus Organic Kefir Smoothies 4 Pack (14 oz. pkgs.)</p> 
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FROZEN SAVINGS!

<p>2/\$3 10-10.8 oz. 10 pkgs.</p> <p>Birds Eye Steamfresh Vegetables Selected Varieties</p> 	<p>2/\$9 8.1 oz. 9 pkgs.</p> <p>TGI Friday's Appetizers Selected Varieties</p> 	<p>\$6.99 21.6-31.6 oz. 2 pkgs.</p> <p>DiGiorno Rising Crust Pizza Selected Varieties</p> 	<p>2/\$7 5.8-9.3 oz. 3 pkgs.</p> <p>Dole Dippers, Smoothie Bowls or Acai Bowls Selected Varieties</p> 
<p>\$3.99 12 oz. 1 pkg.</p> <p>Jones Little Breakfast Pork Sausage Links</p> 	<p>\$3.99 7 oz. 1 pkg.</p> <p>Jones No Antibiotics Ever All Natural Sausage Turkey or Chicken</p> 	<p>2/\$7 16 oz. 16 pkgs.</p> <p>Jones Original Pork Sausage Roll or Country Style Scrupple</p> 	<p>2/\$4 5.02-5.07 oz. 16 pkgs.</p> <p>Banquet Brown 'N Serve Breakfast Meals Pancake or French Toast</p> 
<p>\$4.99 24-28 oz. 1 pkg.</p> <p>Grown in Idaho Potatoes Selected Varieties</p> 	<p>\$4.99 10.1-24.6 oz. 1 pkg.</p> <p>Mrs. Paul's Breaded Fish Sticks or Fillets Selected Varieties</p> 	<p>2/\$9 13.1-16 oz. 2 pkgs.</p> <p>Hungry-Man Dinners or Chicken Bowls or Meat Bowls</p> 	<p>2/\$6 9.25-9.3 oz. 12 pkgs.</p> <p>Healthy Choice Café Steamers Meals Selected Varieties</p> 
<p>\$4.99 10.25-11 oz. 1 pkg.</p> <p>P.F. Chang's Home Menu Meals or Noodle Bowls Selected Varieties</p> 	<p>\$4.99 48 oz. 1 pkg.</p> <p>Bridgford Ready-Dough White</p> 	<p>\$12.99 32 oz. 1 pkg.</p> <p>Sabrett 100% Beef Hamburgers 8 Count</p> 	<p>\$7.99 16 oz. 1 pkg.</p> <p>Nathan's Coney Island Beef Bagel Dogs or Pretzel Dogs</p> 
<p>\$4.99 12.5 oz. 1 pkg.</p> <p>Pepperidge Farm Turnovers Raspberry, Apple or Cherry</p> 	<p>\$4.99 10 oz. 1 pkg.</p> <p>Pepperidge Farm Puff Pastry Shells</p> 	<p>\$3.99 5 oz. 1 pkg.</p> <p>Trü Fru Parfait Poppers Strawberry, Raspberry or Blueberry</p> 	<p>\$6.49 22-24 oz. 1 pkg.</p> <p>Bibigo Korean Style Mini Wontons or Pagoda Egg Rolls Selected Varieties</p> 
<p>\$4.99 11.1 oz. 1 pkg.</p> <p>Talenti Mini Gelato or Mini Sorbetto Bars Selected Varieties</p> 	<p>\$6.99 28 oz. 1 pkg.</p> <p>Häagen-Dazs Ice Cream or Butter Cookie Cone Ice Cream Cones 4 Count (14.8 oz. pkg.)</p> 	<p>\$5.99 11.1 oz. 1 pkg.</p> <p>Häagen-Dazs Ice Cream Bars 6 Count Selected Varieties</p> 	<p>\$3.99 14 oz. 1 pkg.</p> <p>Baskin-Robbins Ice Cream or Sherbet</p> 
<p>\$1.99 6.5 oz. 1 pkg.</p> <p>Friendly's Single Serve Ice Cream Cake Selected Varieties</p> 	<p>2/\$10 10.6-14 oz. 2 pkgs.</p> <p>Yasso Frozen Greek Yogurt Bars or Greek Yogurt Poppables (6.84 oz.)</p> 	<p>\$4.99 7.5 oz. 1 pkg.</p> <p>Bubbies Mochi Ice Cream Selected Varieties</p> 	<p>\$2.99 36 oz. 1 pkg.</p> <p>Lindy's Homemade Italian Ice Selected Varieties</p> 
<p>\$3.99 10-12 oz. 1 pkg.</p> <p>Boca Plant-Based Nuggets, Burgers, Patties or Ground Crumbles Selected Varieties</p> 	<p>\$6.99 10.9-12 oz. 1 pkg.</p> <p>Caulipower Gluten-Free Cauliflower Crust Pizza or Gluten-Free Cauliflower Pizza Crust 2 Pack (11 oz.)</p> 	<p>\$5.99 9 oz. 1 pkg.</p> <p>Applegate Naturals Chicken Tenders or Nuggets Selected Varieties</p> 	
<p>2/\$7 5-6 oz. 7 pkgs.</p> <p>Amy's Burritos or Wraps Selected Varieties</p> 	<p>\$4.99 9 oz. 1 pkg.</p> <p>Amy's Gluten Free Rice Mac & Cheese or Mac & 3 Cheese (8 oz.)</p> 	<p>\$4.99 10 oz. 1 pkg.</p> <p>Birds Eye Steamfresh Veggie Swaps Veggie Pasta Side Dishes Selected Varieties</p> 	<p>\$4.99 8.4-13.7 oz. 1 pkg.</p> <p>Garden of Eatin' Meat Free Entrees Selected Varieties</p> 

TRENDING & HEALTHY IN THE FROZEN DEPARTMENT!

<p>\$4.99 6.5 oz. 1 pkg.</p> <p>Zomich's Challah Egg or Whole Wheat</p> 	<p>\$4.99 8 oz. 1 pkg.</p> <p>Reisman's Cookies & Pastries Selected Varieties</p> 	<p>\$3.99 12 oz. 1 pkg.</p> <p>Baketree Signature Apple Turnovers</p> 	<p>\$2.99 6 oz. 1 pkg.</p> <p>Baketree Fruit Bites 8 Pack Apple or Guava</p> 	<p>\$4.99 12 oz. 1 pkg.</p> <p>Sweet Sofia's Bakery Brownies 4 Pack Selected Varieties</p> 	<p>\$8.99 24 oz. 1 pkg.</p> <p>The Original Boston Coffee Cake Apple Walnut or Cinnamon Walnut or Marble Madness</p> 	<p>\$3.99 10.5 oz. 1 pkg.</p> <p>Café Valley Mini Muffins 12 Pack Selected Varieties</p>
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