



Bonus Days Are Here

Your group earns more. See page 3.



NOW 2 SIZES!

3069 | **12-PACK**

3146 | **4-PACK**



1144



3069 ChicNSteakes - 12-Pack ▲ 🍷 🍷 🍷

Top Seller. Top Taste. Beautifully trimmed and are as juicy as they are versatile. Individually wrapped. 99% fat free, 100% easy.

12-4 oz./\$14.89 **\$13.89**

★ ★ ★ ★ ★

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

3146 ChicNSteakes - Trial Size ▲ 🍷 🍷 🍷

4-4 oz./\$5.29

1144 Petite Boneless Sliced Ham 🍷 🍷 🍷

A slice above the rest. Smoked hickory with a touch of honey. 97% fat free. 2.5 lbs./\$15.49 **\$14.49**

4688 Broccoli Florets ▲ 🍷 🍷 🍷 🍷 🍷

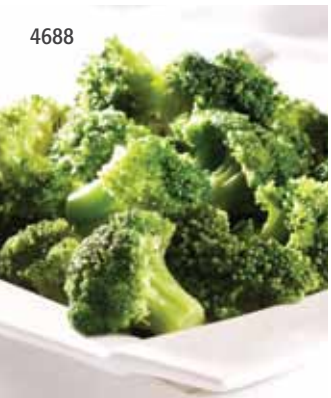
Make room on your plate for Grade A fancy florets.

No stalks or stems. 2-2 lb. resealable bags/\$9.49 **\$8.99**

★ ★ ★ ★ ★

43¢
per serving

4688



3402



5131



3402 Chocolate Chip Cookie Dough Cups 🍷 🍷

This fun dessert is cookie dough that's meant to be eaten frozen. Egg-free. 8-3 oz. cups/\$7.99 **\$7.49**

94¢
each

5131 French Toast Sticks 🍷 🍷 🍷

Serve these crisp, thick-cut batter fried sticks for a kid-friendly breakfast. 43-45 sticks/2.5 lbs./\$7.99 **\$7.49**

75¢
per serving

2189 Krispy Krunchy Cod ▲

This flaky N. Atlantic cod coated with breadcrumbs makes a quick entrée. 9-3.6 oz./\$14.59 **\$13.59**

\$1.51
per serving

1054 French Dip 🍷 🍷 🍷

A fast French favorite. Loads of roast beef sliced ultra thin with au jus. 2-2 lb. tubs/\$15.99 **\$14.99**

\$1.25
per serving

2189



1054



FREE
Pork Tenderloin
w/\$90 online purchase
Promo Code: **MARBONUS**

NEW!



1695 Stuffed Peppers 🍷 🍷 🍷 🍷 🍷
A classic comfort food. Delicious individual entrées, made with green bell peppers stuffed with white rice, ground beef & tomato sauce. 4-10 oz./\$13.49

NEW!



2156 Shrimp Scampi 🍷 🍷 🍷 🍷 🍷
Deliciously convenient. Delicate & tender large shrimp enrobed in a butter & garlic sauce. Easy skillet meal in minutes. 2-8 oz. pouches/\$12.99

NEW!



2114 Margarita Tilapia 🍷 🍷 🍷
Hint of lime on a lightly breaded mild, moist, and flaky fish. Sustainably raised. Bakes up extra crispy. 5-8 fillets/1.5 lbs./\$12.99

8180



8162



▲ Taste For Health®

Try these delicious better-for-you selections. All items contain no more than 300 calories, 10g total fat and 600mg sodium.

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/\$8.99 **\$8.49**
★★★★★

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/\$9.69 **\$9.19**
★★★★★

1318



1318 Boneless Pork Chops ▲ 🍷 🍷 🍷

As much juicy flavor as you'd get in a restaurant. Cut from the succulent center of the loin. Individually wrapped. 6-5 oz./\$12.29 **\$11.29**

4079 Oatmeal with Mixed Berries ▲ 🍷 🍷 🍷

140 calorie delicious grab n' go breakfast! Whole-grain, rolled oats with mixed berries in microwavable cup. New Cooking Instructions! 8-6 oz./\$9.49 **\$8.99**

4079 | **6g FIBER**



2245



8107



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./\$13.89 **\$12.89**
★★★★★

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 and serve. 24-8 oz. plastic bottles/\$19.49 **\$18.49**
★★★★★

78¢ each

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/\$7.99 **\$7.49**
75¢ per serving

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/\$8.29 **\$7.79**

5111 Fruit Singles® ▲ 🌱 🍃 🍷 🍷 🍷

Only fresh harvested Freestone Peaches are cut and packaged in white grape juice with a fresh strawberry garnish for this delicious & healthy snack. 12-4 oz. cups/\$9.99 **\$9.49**
80¢ each

5171 | **7g FIBER**



5111 | **NO SUGAR ADDED**



3458



3458 Dried Fruit Medley ▲

Perfectly sized packets to snack on the run or top your oatmeal or yogurt. Dried blueberries, cherries, cranberries and golden raisins. 18-1 oz./\$10.49 **\$10.29**

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/\$8.29 **\$7.79**

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/\$13.99 **\$12.99**
\$1.19 per serving

8188



3173



OVER 75 ▲ TASTE FOR HEALTH® SELECTIONS EACH MONTH ON MARKETDAY.COM

DESSERT

Bonus Days

The more desserts purchased,
the more we earn!

Up to 99 Desserts... Earn 15% Profit

100-499 Desserts... Earn 30% Profit

500+ Desserts... Earn 45% Profit

4893 | **NEW!**



4896 | **NEW!**



4628



4800



4861



4880



4863



4864



4878



NEW! 4893 Strawberry Rhubarb

The ultimate blend of spring-sweet strawberries and tender rhubarb. Made with a flaky double crust. 9 inch/\$12.00

4800 French Silk Pie

Send your taste buds into to sensory overload with a silky smooth filling topped with mounds of real whipped cream and chocolate curls. 10 inch/\$14.00

4863 Triple Berry Supreme Pie

Pastry shell with creamy whipped fruit filling. Topped with blueberries, raspberries, boysenberries and whipped cream. Thaw and serve. 9 inch/\$14.00

NEW! 4896 Key Lime Pie

Nothing says spring like the taste fresh tangy key limes blended with cream on a classic graham cracker crust. Real whipped cream top. 9 inch/\$14.00

4861 Cherry Streusel Pie

Tender, golden flaky pie crust generously filled with juicy tart red cherries and topped with a rich, buttery streusel. 9 inch/\$13.00

4864 Mint Brownie Blast Pie

A flaky crust with a brownie bottom and a cool mint silk with brownie pieces, finished with a whipped topping. Thaw and serve. 9 inch/\$14.00

4628 Classic Apple Pie

Gourmet pie packed with apples. Homemade taste. Bake & serve. Made with Michigan apples. 10 inch/\$12.00

4880 Grandma's Carrot Cake

Rich and moist, just like homemade. Cream cheese frosting. Thaw and serve. 8 inch/\$13.00

4878 Turtle Cheesecake

Deliciously rich and super creamy vanilla cheesecake on a graham cracker crust. Topped with rich chocolate ganache, caramel and pecans. 8 inch/pre-sliced/\$14.00



Perfect
For Holiday
Dinner!

NEW! 4902 Lemon Cake

Brighten up your spring get together with a beautifully dressed vanilla cake with lemon cream cheese frosting and white chocolate curls. 8 inch/\$15.00





2117



2145



2082

Fish & Seafood

Make your Friday dinners more interesting this month. Delight in our wide variety of choices!

2117 Battered Alaska Cod

A mild white flaky fish that's golden battered for that pub-style taste. Great for fish dinners, fish tacos or crispy sandwiches. 2-12 oz. Bags/\$9.89 **\$9.39**

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./\$13.99 **\$12.99**

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/\$15.79 **\$14.79**

2113 Breaded Fish Nuggets

Crunchy, bite-sized fish nuggets cut from Alaskan Pollock fillets. Mild, flakey, white fish. Easy to prepare and fun to eat. 2-12 oz. bags/\$11.99 **\$10.99**

"Bought this to re-introduce my family to fish... The breading is light and the amount of fish per nugget is appropriate. I would say that they were a lot better than fish sticks." -Fort Wayne, IN

2050 Seasoned Salmon

Easy and elegant. Premium flaky fillets with mild seasonings. Expertly skinned. Individually wrapped. No mess. No trans fats. Healthy! 4-5 oz./\$17.49 **\$16.49**
★★★★★

2017 Potato Encrusted Pollock

Alaskan Pollock is a mild but flaky white fish that melds perfectly with the crunchy potato exterior. Just bake for fantastic results. 6-4 oz./\$10.99 **\$10.49**

2141 Garlic & Herb Shrimp

Feast upon large, tender tail-off tiger shrimp. Marinated in a mouth-watering herbed garlic sauce. Ready to devour in five minutes. 51-60 per lb./1 lb./\$14.99 **\$13.99**

2081 Breaded Fish Squares

A perfect fish sandwich or main dish. This all natural mild white fish sourced from Alaska bakes up crispy and crunchy right from your oven. 5-8 pieces/21 oz./\$10.99 **\$9.99**

2090 Jumbo Party Shrimp w/Sauce

Beautiful tail-on shrimp. Pre-cooked, peeled and deveined-just thaw and serve. Cocktail sauce included. ADDITIVE FREE, farm raised. 26-30 per lb./1 lb./\$15.89 **\$14.89**
★★★★★

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. /\$16.69 **\$15.69**

2171 Premier Popcorn Shrimp

Deep fried taste that's fast baked. Perfect pop-in-your-mouth size. Soon to be your most-requested party appetizer. Tail off. 67-98 pieces/1.5 lbs./\$8.69 **\$7.69**

97¢ per serving

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/\$14.69 **\$13.69**
★★★★★



2113



2050



2017



2141



2081



2090



2125 | ADDITIVE FREE



2171



2014

4

Microwaveable Quick Cook



DESSERT BONUS DAYS - P. 3

- **4861 CHERRY STREUSEL PIE**
9 inch/\$13.00
- **4628 CLASSIC APPLE PIE**
10 inch/\$12.00
- **4800 FRENCH SILK PIE**
10 inch/\$14.00
- **4880 GRANDMA'S CARROT CAKE**
8 inch/\$13.00
- **4896 KEY LIME PIE** NEW
9 inch/\$14.00
- **4902 LEMON CAKE** NEW
8 inch/\$15.00
- **4864 MINT BROWNIE BLAST PIE**
9 inch/\$14.00
- **4893 STRAWBERRY RHUBARB PIE** NEW
9 inch/\$12.00
- **4863 TRIPLE BERRY SUPREME PIE**
9 inch/\$14.00
- **4878 TURTLE CHEESECAKE**
8 inch/pre-sliced/\$14.00

MEATS

- **1264 MIXED GRILL**
4-1/4 lb Patties, 4-ChicNSteakes,
4-Boneless Pork Chops/\$16.99

BEEF

- **PICTURED – SAVE UP TO \$1.00**
- **1054 FRENCH DIP P. 1**
2-2 lb. tubs/\$15.99 **\$14.99**
- **3159 MARINATED SIRLOIN ROAST P. 8**
2.25 lbs./\$18.99 **\$17.99**
- **1695 STUFFED PEPPERS P. 1** NEW
4-10 oz./\$13.49
- **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./\$16.99
- **1061 BEEF BRISKET WITH SAUCE**
Slow cooked. Long on flavor.
1.5 lbs./\$11.99
- **1113 BEEF STEW MEAT** LM
3-1 lb. pkg./\$18.49
- **1122 FULLY COOKED POT ROAST**
Lean tender beef in natural juice gravy.
2.25 lbs./\$15.69
- **1245 GROUND BEEF - TRIAL SIZE**
2-1 lb. pkg./\$9.49
- **1058 GROUND BEEF - 4 LBS.** NOW IN 2 SIZES!
4-1 lb. pkg./\$17.79
- **7630 HEARTY BEEF STEW** LM
2.25 lb. bag/\$12.59
- **1096 HOME-STYLE GRAVY & BEEF TIPS**
Beef and mushrooms in a beef gravy.
2.5 lb. pouch/\$14.29
- **1215 ITALIAN STYLE MEATBALLS**
59-71 pieces/3 lb. resealable bag/\$13.49
- **7058 MEAT LOAF SLICES**
Hearty homestyle taste, individual slices.
8-3.5 oz./\$10.99
- **1131 RANCH STEAKS***
Boneless center-cut steaks, trimmed lean.
6-5 oz./\$17.29
- **1280 WHOLE BEEF FLAT IRON**
100% USDA choice beef. Juicy and flavorful.
16 oz./\$10.99

PORK

- **PICTURED – SAVE UP TO \$1.00**
- **1318 BONELESS PORK CHOPS P. 2**
6-5 oz./\$12.29 **\$11.29**
- **1144 PETITE BONELESS SLICED HAM P. 1**
97% fat free. 2.5 lbs./\$15.49 **\$14.49**
- **1460 SPIRAL SLICED HAM P. 8**
14.5-18 lbs.* @ \$3.27 **\$3.05 per lb.**
- **1192 STUFFED PORK ROAST P. 8** LM
3 lbs./\$15.69 **\$14.69**
- **1226 BACON WRAP PORK TORNEDOS**
6-4 oz./\$12.59
- **1202 BBQ PULLED PORK**
2-1.5 lb. tubs/\$15.69
- **7050 BONELESS PORK RIBLETs**
36-37 pieces/1.75 lbs./\$12.29
- **1250 FULLY COOK BB RIBS W/SAUCE** LM
1 slab/1.65 lbs./\$15.59
- **3177 RACK OF PORK ROAST**
A customer favorite!
2.5-3 lbs.* @ \$5.99 per lb.
- **1316 STUFFED PORK CHOPS** LM
4-8 oz./\$14.29
- **1108 WHOLE PORK TENDERLOINS**
2-3 pieces/2.25 lbs./\$14.69

POULTRY

- **PICTURED – SAVE UP TO \$1.00**
- **3146 CHICNSTEAKES - TRIAL SIZE P. 1**
4-4 oz./\$5.29
- **3069 CHICNSTEAKES - 12 PK P. 1** NOW IN 2 SIZES!
12-4 oz./\$14.89 **\$13.89**
- **3091 CRÈME BRIE STUFF CHICK BRST P. 8**
4-6 oz./\$12.49 **\$11.49**
- **3173 DICED CHICKEN TENDERLOINS P. 2**
2-1 lb. bags/\$13.99 **\$12.99**
- **3153 GENERAL TSO'S CHICKEN P. 9**
4-10 oz. trays/\$11.99 **\$11.49**
- **3218 LEMN PEPPR CHICNSTEAKES P. 9,10**
8-4 oz./\$11.89 **\$11.39**
- **3174 NKD MSHRM & CHEES STUF CHIC P. 9**
4-5 oz./\$10.99 **\$10.49**
- **3178 OVEN RDY BONLSS TRKY BRST P. 8**
4-6 lbs.* @ \$4.99 **\$4.79 per lb.**
- **1037 STUFFED CHICKEN ROAST P. 8** LM
2.5 lbs./\$17.99 **\$16.99**
- **3193 TURKEY SAUSAGE LINKS P. 9**
40-8 oz./\$8.49 **\$7.99**
- **3141 ARTCHK PARM STUFF CHIC BRST**
4-5 oz./\$11.49
- **3208 ASIAN STYLE NO BONZ CHIC BOWL**
4-5 oz. microwaveable bowls/\$10.99
- **3171 BREAD CHICKEN BREAST PATTIES**
15-17 pieces/3 lbs./\$14.39
- **3156 BROCC & CHEES STUFF CHICKEN**
8-6 oz./\$15.99
- **7054 CHICKEN & DUMPLINGS**
2.5 lb. pouch/\$10.99
- **3048 CHICKEN CORDON BLEU**
8-6 oz./\$15.99
- **3108 CHICKEN FRIES**
96-120 pieces/3 lb. resealable bag/\$14.99
- **3027 CHICKEN GEMS***
3 lb. resealable bag/\$13.99
- **3033 CHICKEN NUGGETS**
62-72 pieces/3 lb. resealable bag/\$13.89
- **3103 CHICKEN PARMESAN PATTIES**
8-3.55 oz./\$13.99

- **7138 CHICKEN POT PIE**
2.5 lbs./\$10.49
- **7091 CHICKEN STIR-FRY KIT**
4-6 servings/2.4 lbs./\$14.99
- **3070 CHICKEN TENDERS**
2 lb. resealable bag/\$14.79
- **3151 FULLY COOK BUFFALO CHIC BITES**
2 lb. resealable bag/\$13.99
- **3168 HICKORY SMOKED BBQ CHICKEN**
2-1 lb. bags/\$10.99
- **3136 HONEY BBQ CHICKEN TENDERS**
2 lb. resealable bag/\$13.99
- **7170 INDIVIDUAL CHICKEN POT PIES**
4-10 oz. trays/\$9.99
- **3184 NAKED BROCC & CHEESE STUFF CHIC**
4-5 oz./\$10.59
- **3190 NAKED CORDON BLEU STUFF CHIC**
4-5 oz./\$10.99
- **3167 NO BONZ BUFFALO CHICKEN BOWL**
4-5 oz. microwaveable bowls/\$10.99
- **7175 ORANGE CHIC W/VEGGI FRIED RICE**
13 oz. tempura chicken/29 oz. vegetable fried rice/10 oz. sauce/\$13.59
- **3073 ORIENTAL STYLE CHIC W/SCE**
2 lbs. w/2-4 oz. sauce packets/\$12.79
- **3158 POPCORN CHICKEN**
2 lb. resealable bag/\$10.99
- **3164 SEASONED CHICK BREAST STRIPS**
2 lb. resealable bag/\$14.69
- **3072 TERIYAKI CHICNSTEAKES**
Skinless, boneless, marinated chicken breasts.
8-4 oz./\$11.89

SEAFOOD

- **PICTURED – SAVE UP TO \$1.00**
- **2117 BATTERED ALASKA COD P. 4**
2-12 oz. bags/\$9.89 **\$9.39**
- **2113 BREADED FISH NUGGETS P. 4**
2-12 oz. bags/\$11.99 **\$10.99**
- **2081 BREADED FISH SQUARES P. 4** LM
5-8 pieces/21 oz./\$10.99 **\$9.99**
- **2145 CRAB CAKES P. 4**
8-2 oz./\$13.99 **\$12.99**
- **2141 GARLIC & HERB SHRIMP P. 4**
51-60 per lb./1 lb./\$14.99 **\$13.99**
- **2125 HADDOCK FILLETS P. 4**
6-4 oz./\$16.69 **\$15.69**
- **2090 JUMBO PARTY SHRIMP W/SCE P. 4**
26-30 per lb./1 lb./\$15.89 **\$14.89**
- **2189 KRISPY KRUNCHY COD P. 1**
9-3.6 oz./\$14.59 **\$13.59**
- **2178 LEMON PARMESAN SALMON P. 9**
4-5 oz./\$17.49 **\$16.49**
- **2014 LEMN PEPR BRD HADDDK FILTS P. 4**
1.5 lbs/\$14.69 **\$13.69**
- **2114 MARGARITA TILAPIA P. 1** NEW
5-8 fillets/1.5 lbs./\$12.99
- **2017 POTATO ENCRUSTED POLLOCK P. 4**
6-4 oz./\$10.99 **\$10.49**
- **2171 PREMIER POPCORN SHRIMP P. 4**
67-98 pieces/1.5 lbs./\$8.69 **\$7.69**
- **2050 SEASONED SALMON P. 4**
4-5 oz./\$17.49 **\$16.49**
- **2156 SHRIMP SCAMPI P. 1** NEW
2-8 oz. pouches/\$12.99
- **2082 WILD ALASKAN GRILL SALMN P. 4**
6-4 oz. fillets/\$15.79 **\$14.79**
- **2041 GOURMET STUFFED FLOUNDER**
6-5 oz. fillets/\$19.69

- **2086 LARGE SHRIMP**
31-40 per lb./1 lb./\$14.69
- **2129 OVEN READY BRD COCONUT SHRMP**
31-37 servings/2.4 lbs./\$14.99
- **2405 OVEN-READY BUTTERFLY SHRMP**
18-25 per lb./2 lbs./\$16.99
- **2074 TILAPIA FILLETS**
5-8 fillets/1.5 lbs./\$12.79

BREAKFAST

- **PICTURED – SAVE UP TO \$0.00**
- **5171 APPLE BERRY BRKFAST BOWL P. 2**
4-5.8 oz. bowls/\$8.29 **\$7.79**
- **5131 FRENCH TOAST STICKS P. 1**
43-45 sticks/2.5 lbs./\$7.99 **\$7.49**
- **4079 OATMEAL W/MIXED BERRIES P. 2**
8-6 oz./\$9.49 **\$8.99**
- **5003 BACON QUICHE** LM
10 inch/2.375 lbs./\$9.79
- **5119 BREAKFAST CASSEROLE** LM
2-1.5 lb. trays/\$12.69
- **2281 BREAKFAST PIZZAS**
6-6 inch pizzas/\$11.29
- **5117 BREAKFAST QUESADILLAS**
8-3.75 oz./\$13.49
- **5053 CHERRY & CHEESE BLINTZES** LM
10-2.25 oz./\$8.99
- **5160 CHOCO CHIP MINI PANCAKES**
2-48 packs/1.65 lbs./\$11.29
- **5169 CINN CRNCH FRNCH TST BITES**
44-48 sticks/2 lbs./\$8.99
- **5086 CINNAMON SCONES**
12-2.5 oz./\$10.39
- **4068 FULLY COOKED BACON SLICES**
40 slices/\$15.19
- **5092 GOURMET CINNAMON ROLLS**
12-3 oz. rolls & 12 icing packs/\$9.99
- **5044 HAM, EGG WHT, CHEESE ENG MUFFIN**
6-4 oz./\$9.69
- **5091 MICROWAVE PANCAKES**
18-3 packs/3.75 in. dia./3 lbs./\$10.69
- **5157 MINI CHEESE OMELETS**
12-2 oz./\$9.49
- **5022 MINI DONUTS W/CINN SUGAR KIT**
6-6 donuts/6 cinnamon sugar packets/
6 shaker bags/\$9.99
- **5076 SUPREME BREAKFAST PIZZA** LM
2-12 inch/\$13.99
- **5094 ULTIMATE BREAKFAST COOKIE**
12-2.2 oz./\$9.49
- **5184 WAFFLE STICKS - MAPLE**
12-2.33 oz./\$10.99

SIDE DISHES

- **PICTURED – SAVE UP TO \$1.00**
- **8205 9 GRAIN ORZO BLEND P. 9,10**
1.5 lb. resealable bag/\$7.99 **\$7.49**
- **8175 BABY BAKED POTATOES P. 8**
2 lb. resealable bag/\$10.19 **\$9.69**
- **8189 BAJA ROASTED CORN BLEND P. 2**
2 lb. resealable bag/\$7.99 **\$7.49**
- **2245 BOSCO* BREADSTICKS P. 2**
18-3.1 oz./\$13.89 **\$12.89**
- **4688 BROCCOLI FLORETS P. 1**
2-2 lb. resealable bags/\$9.49 **\$8.99**
- **8162 "EXTRA YOUNG" TINY PEAS P. 2**
2-2 lb. resealable bags/\$9.69 **\$9.19**
- **4261 FIVE CHEESE GARLIC TOAST P. 9**
16 slices/\$6.49 **\$5.99**

- 7782 FRENCH BREADSTICKS P. 8**
20-1.5 oz./\$9.29 **\$8.79**
- 8168 GOURMET GREEN BEANS P. 8**
2-2 lb. resealable bags/\$10.29 **\$9.79**
- 8188 MANDARIN CITRUS BLEND P. 2**
2-1 lb. bags/\$8.29 **\$7.79**
- 7787 PRINE SWT PTATO CSSRLE P. 8** (LM)
2 lb. tray/\$8.59
- 8180 SUPERSWEET CORN P. 2**
2-2 lb. resealable bags/\$8.99 **\$8.49**
- 4615 SWEET CORN CASSEROLE P. 8** (LM)
2 lb. tray/\$8.99
- 4281 SWEET POTATO FRIES P. 9**
2-1 lb. bags/\$8.49 **\$7.99**
- 4250 SWEET POTATO MEDLEY P. 8**
1.5 lb. resealable bag/\$9.69 **\$9.19**
- 7763 VEGETABLE FRIED RICE P. 7**
2-1 lb. rice & sauce/\$8.49 **\$7.99**
- 8130 ASPARAGUS SPEARS**
2-1.1 lb. bags/\$11.49
- 7792 HOME-STYLE BISCUIT DOUGH**
22-24 pieces/3.75 lbs/\$8.59
- 8150 KYOTO BLEND**
2 lb. resealable bag/\$8.99
- 4296 LONG GRAIN & WILD RICE MEDLEY**
2/1 lb./\$7.29
- 4694 MASHED POTATO PATTIES**
12-3 oz./resealable bag/\$7.99
- 8174 NANTUCKET ISLAND BLEND**
2 lb. bag/\$7.39
- 4680 QUICK 'N' CRISPY FRENCH FRIES**
2.5 lb. resealable bag/\$7.99
- 4098 STEAKHOUSE ONION RINGS**
2 lbs./\$7.99
- 8143 YIN YANG VEGETABLE BLEND**
2 lbs./\$8.29
- 8169 YUKON GOLD POTATO & VEG BLEND**
2 lbs./\$7.39

APPETIZERS

PICTURED - SAVE UP TO \$1.00

- 4120 THREE CHEES MINI PIZZA BGLS P. 9**
36 bagels/\$10.59 **\$10.09**
- 4042 BRD MOZZILLA STICK W/SCE P. 7**
35-45 sticks/6 sce packs/3.25 lbs./\$13.39 **\$12.39**
- 4030 BUFFALO CHICKEN STICKS**
2.5 lbs./approx. 40 sticks/\$12.79
- 4048 EGG ROLLS WITH SAUCE**
24-1.5 oz. egg rolls/3 sce packets/\$14.49
- 7851 LI'L BAGEL DOGS**
28-32 pieces/1.25 lbs./\$9.99
- 4067 MINI CHICK CORDON BLEU BITES**
31-33 pieces/2 lbs./\$11.99
- 6020 POTATO SKINS**
Approx. 15 pieces/1 lb./\$8.29
- 4108 STUFFED APPETIZER BREAD**
2-22 oz. loaves/\$12.79
- 4058 STUF SHRP W/MNTRY JACK CHEESE**
2-12 oz. bags/\$13.39

PIZZA & PASTA

PICTURED - SAVE UP TO \$1.00

- 7148 BAKED MANICOTTI P. 7**
6 manicotti/2.18 lb. tray/\$10.29 **\$9.79**
- 7135 CHEESE LASAGNA ROLLUPS P. 7**
12-2.75 oz./\$11.99 **\$11.49**

- 7081 CHEESE PIZZAS P. 7**
3-12 inch/\$12.99 **\$11.99**
- 4291 CHEESE RAVIOLI P. 7**
100 ravioli/3 lbs./\$9.99 **\$9.49**
- 4608 EASY MAC & CHEES BY KRAFT® P. 7**
8-7 oz. packages/\$10.59 **\$10.09**
- 7068 MARGHERITA FLATBREAD P. 7**
crust. 12.75 oz./\$6.79 **\$6.29**
- 4035 MEDITERRANEAN PIZZAS P. 7**
2-7x9 inch/\$8.99 **\$8.49**
- 7076 STUFFED EGGPLANT P. 7**
8-3.5 oz. pcs./\$9.69 **\$9.19**
- 7847 STUF RIGTNI W/ITLIAN SASGE P. 9**
4-10 oz. trays/\$14.99 **\$13.99**
- 7816 TACO PIZZA P. 9**
2-12 inch pizzas/\$11.29
- 3455 CHEESE PIZZA EAT-ZZAS™**
6-5 inch/\$8.39
- 3456 PEPPERONI PIZZA EAT-ZZAS™**
6-5 inch/\$8.99
- 7088 PEPPERONI THIN CRUST PIZZA**
3-12 inch/\$13.99
- 4026 TUSCAN CHICKEN FLATBREAD**
11 oz./\$6.99

SOUP & SANDWICHES

PICTURED - SAVE UP TO 70¢

- 7204 LOBSTER BISQUE P. 7** (LM)
32 oz. pouch/\$10.29
- 7057 TURKEY CHILI P. 9**
32 oz. pouch/\$10.99 **\$10.29**
- 7168 BROCCOLI & CHEDDAR SOUP**
32 oz. pouch/\$9.89
- 7151 CHEESY BAKED POTATO SOUP**
32 oz. pouch/\$9.69
- 6153 CHOP HOUSE® CHEESEBURGERS**
6-4.8 oz./\$11.99
- 7163 ITALIAN WEDDING SOUP**
32 oz. pouch/yields 64 oz./\$9.69
- 3434 PB&J SQUAREWICHES®**
8-2.7 oz./\$9.49
- 7007 PHILLY CHEESE STEAK KIT**
4 sandwiches/2.63 lbs./\$12.99
- 7181 ROAST STEAK & BARLEY SOUP**
32 oz. pouch/\$9.99
- 7065 SMK HAM & PRVLN PRTZL SND**
6-5.8 oz./\$14.29
- 7165 TOMATO BASIL RAVIOLINI SOUP**
Condensed. 32 oz./yields 64 oz./\$10.99
- 7173 TURKEY & CHEESE PRETZEL SAND**
6-5 oz./\$14.39
- 7021 UNO'S® PEPPERONI TASTEFULLS™**
6-4 oz. individually wrapped/\$10.99

DESSERTS

PICTURED - SAVE UP TO 50¢

- 3402 CHOC CHIP COOKIE DGH CUPS P. 1**
8-3 oz. cups/\$7.99 **\$7.49**
- 4910 APPLE BLOSSOMS®**
8-4 oz./\$11.59
- 7680 CHOCO-CHOCO CHIP CAKES**
12-2 oz. individual cakes/\$10.99
- 4809 CHOCOLATE CHIP COOKIE DOUGH**
61-75 pieces/3 lbs./\$7.99
- 4596 CHOCO CHIP COOKIE MELTDOWN**
4-4 oz./\$8.49

- 4660 PINEAPPLE UPSIDE DOWN CAKE**
4-4.9 oz./\$9.89
- 4942 VARIETY CHEESECAKE**
8 inch/pre-sliced/\$13.00

SNACKS

PICTURED - SAVE UP TO \$1.00

- 3458 DRIED FRUIT MEDLEY P. 2**
18-1 oz./\$10.49 **\$10.29**
- 5111 FRUIT SINGLES® P. 2**
12-4 oz. cups/\$9.99 **\$9.49**
- 3496 GOGO SQUEEZ™ P. 9**
18-3.2 oz./\$12.99 **\$11.99**
- 3438 40 PACK SNAP PRETZELS**
40-5 oz. bags/\$7.99
- 8858 AMERICAN CHEESE**
72 slices/3 lbs./\$13.79
- 3436 COLBY JACK SNACK STICKS**
24-.83 oz. sticks/\$9.49
- 3454 DOUBLE CHOC PROTEIN BARS**
8-1.70 oz./\$9.99
- 3426 FRUIT SNACKS VARIETY PACK**
28-.84 oz. pouches/\$6.99
- 3409 GNT CINNMN GLDFISH® GRMS**
25-.9 oz. pouches/\$6.99
- 3451 JUMBO COUNT SWEET & SALTY MIX**
36-.5 oz. pouches/\$8.99
- 3468 MOVIE NITE MIX™**
Chocolate covered raisins, peanuts, malt balls.
1.5 lb. resealable bag/\$9.99
- 3452 PB&J GRAHAMWICHES**
12-2.2 oz. sandwiches/\$10.99
- 6166 QUAKER CHEWY® GRNL BAR PK**
24-.84 oz./\$8.29
- 3499 STRING CHEESE**
30-1 oz. sticks/\$11.49

BEVERAGES

PICTURED - SAVE UP TO \$1.00

- 8107 NESQUIK® LOW FAT CHOC MILK P. 2**
24-8 oz. plastic bottles/\$19.49 **\$18.49**
- 8099 AriZona® CONCENTRATE - SWT TEA**
4-8 oz. cans/yields 2 gallons/\$8.29
- 8091 ARNLD PLMER® ICE TEA LMN STX**
2-30 count boxes/\$14.99
- 8105 CUPS FOR HOPE DAILY COFFEE**
2-12 oz. bags/\$15.99
- 8118 GATORADE® KID-SIZE VAR PK**
24-12 oz. plastic bottles/\$14.89
- 8088 NESTLE® JUICY JUICE® - APPLE**
24-10 oz. plastic bottles/\$18.59
- 8116 TROPICANA® ORGE JCE SINGLES**
24-8 oz. cartons/\$14.69

SEASONINGS

- 7282 A SALT FOR ALL SEASONINGS**
Sea salt, lemon peel, garlic & red bell pepper.
6.87 oz./\$4.99
- 7290 BROWN SUGAR BBQ RUB**
Sweet and smoky with just a bit of zip.
5.64 oz./\$4.99
- 7293 CITRUS HERB BLEND**
Citrus fruit zest and aromatic herbs.
5.11 oz./\$4.99
- 7292 GARLIC PARMESAN BLEND**
Garlic, Italian cheeses and a touch of anchovies.
3.88 oz./\$4.99

CLEANSERS

- 3702 3X LAUNDRY DETERGENT**
50 fl. oz. triple-power liquid detergent/
washes 50 loads/\$10.99
★★★★★
- 3704 FLOOR CLEANSER CONCENTRATE**
Suds away grime & dust. Safe for hard surfaces.
2-16 oz. bottles/concentrated cleanser/
makes 32 gallons/\$6.99
- 3705 KITCHEN CLEANSER CONCENTRATE**
Breaks down baked-on buildups.
3-1 fl. oz. concentrated cleanser packets,
1-16 oz. spray bottle/makes 3 bottles/\$7.99
- 3701 STAIN ERASER WIPES**
On-the-go solution for quick clean-ups.
15 biodegradable towelettes/\$5.49
★★★★★

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**
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- Gluten Free**
Check website for most up-to-date info.
- Last Month This Season**
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next month's Order Guide.
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USDA grade of Choice is known for
exquisite taste and tenderness.

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Home Phone _____ Cell or Other _____ Order Sheet # _____

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RD

Make It Meatless

Need a break from your everyday dinner menu? Change it up with some of these tasty options that will leave your family satisfied.

4291 Cheese Ravioli

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./\$9.99 **\$9.49**

68¢ per serving



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. 8-7 oz. packages/\$10.59 **\$10.09**



4608 | MARKET DAY EXCLUSIVE



7068

"Great for the price! One package serves two in my home, and it tastes just like Kraft mac & cheese from the box, but less time! Definitely recommend for busy moms!"
—Washington Court House, PA

7068 Margherita Flatbread

Diced tomatoes, mozzarella, olive oil, garlic and basil top a handmade all-natural cracker-thin crust. Great appetizer or light meal. 11 oz./\$6.79 **\$6.29**

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/\$8.99 **\$8.49**

★★★★★



4035



7204



7135

7204 Lobster Bisque

A perfect blend of minced sweet Maine lobster simmered in a delicate rich cream sauce. Ready to use. Simply heat & serve. Bon Appetit! 32 oz. pouch/\$10.29

7135 Cheese Lasagna Rollups

A trio of Italian cheeses tucked in a lasagna noodle. Top with your favorite sauce and bake whenever the craving strikes. All natural.

12-2.75 oz./\$11.99 **\$11.49**

96¢ per serving

7076 Stuffed Eggplant

Breaded slices of eggplant stuffed with ricotta cheese. Top with your own sauce. 8-3.5 oz. pcs./\$9.69 **\$9.19**



7076



7148

"This is a really good treat. Crispy outside and creamy inside. Good for kids and adults. A perfect lunch."
—Mundelein, IL

7148 Baked Manicotti

Teach your taste buds Italian with rolls of pasta loaded with ricotta, Romano, Parmesan & mozzarella cheeses, topped with zesty sauce. 6 manicotti/2.18 lb. tray/\$10.29 **\$9.79**

4042 Breaded Mozzarella Sticks with Sauce

Stretchy, chewy and covered with a crispy Italian style breading. Ready in minutes for snacking and dipping.

35-45 sticks/6 sauce packets/3.25 lbs./\$13.39 **\$12.39**



4042

7763 Vegetable Fried Rice

Everything but a fortune cookie. Loaded with crunchy carrots, peas, onions and eggs for authentic taste. Sauce packets included. 2-1 lb. rice/2-2 oz. sauce/\$8.49 **\$7.99**

80¢ per serving

"Tried this tonight for the first time, done in the skillet, and added some precooked frozen shrimp to it, was really good, sauce was light... Very easy to make too."
—Machesney Park, IL

7081 Cheese Pizzas

You can never be too thin or too crisp. Thin crust lavishly loaded with tangy Italian sauce and a blend of cheeses. Top seller. 3-12 inch/\$12.99 **\$11.99**



7763



7081

🌱 Peanut/Nut Free 🌾 Gluten Free

8168



1460



Family Celebrations

Get ready for Easter dinner with all these delicious deals. They're so good, your guests will surely ask for more.

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/\$10.29 **\$9.79**

47¢ per serving

4615



1460 Spiral Sliced Ham

A slice of the good life made easy! Hickory smoked for a rich flavor that's juicy every time. The included glaze adds a sweet touch. 14.5-18 lbs.* @ \$3.21 **\$3.05 per lb.**

4615 Sweet Corn Casserole

Whole kernel and creamed corn mixed with real butter and ground corn meal whipped into a soufflé. 2 lb. tray/\$8.99

7782 French Breadsticks

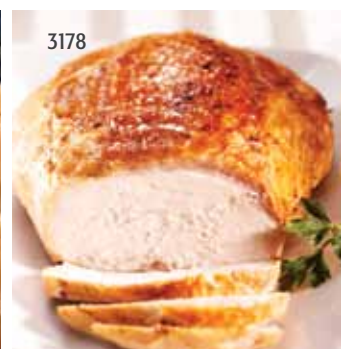
A bakery aroma and taste from your oven in minutes. Crispy on the outside, soft and chewy inside. Smear with butter. 20-1.5 oz./\$9.29 **\$8.79**

44¢ each

7782



3178



8175



3178 Oven Ready Boneless Turkey Breast

Lean and healthy. Delicious and easy. Freezer to oven in self basting bag so it's never dry. All white meat, boneless. 4-6 lbs.* @ \$4.99 **\$4.79 per lb.**

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/\$10.19 **\$9.69**

1192



1192 Stuffed Pork Roast

Dazzle family and guests with this succulent pork loin roast with classic herb and apple sage stuffing. Ready in just 2 hours. 3 lbs./\$15.69 **\$14.69**

\$1.23 per serving

7787 Praline Sweet Potato Casserole

The Sweet Side of Sides. Whipped sweet potatoes drizzled with a praline glaze of buttery brown sugar & chopped pecans. Microwaveable. 2 lb. tray/\$8.59

3159 Marinated Sirloin Roast

Expertly aged, then fully trimmed and lightly marinated with garlic and herbs. Easy to roast, broil or even grill. 2.25 lbs./\$18.99 **\$17.99**

7787



3159



1037



1037 Stuffed Chicken Roast

Save room for seconds when you serve our juicy tender white chicken roast fully loaded with cranberry and sage bread stuffing. 2.5 lbs./\$17.99 **\$16.99**

3091 Crème Brie Stuffed Chicken Breast

Gourmet chicken breasts filled with Brie cheese, apples and cranberries. An elegant dinner any day of the week. Individually wrapped. 4-6 oz./\$12.49 **\$11.49**

3091



4250



4250 Sweet Potato Medley

Warm up to roasted sweet potatoes, redskin potatoes and skin on russets. Seasoned to perfection and ready for the oven or grill. 1.5 lb. resealable bag/\$9.69 **\$9.19**



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USDA Choice Meat

Hot New Items

Checkout all the new items we've introduced this year! If you haven't had the chance to try them yet, make sure you take advantage of these great deals. They are soon to be customer favorites.

2178 Lemon Parmesan Salmon

Atlantic Salmon with a delicious & delicate Parmesan & lemon seasoning. Perfectly portioned. Individually wrapped.
4-5 oz./\$17.49 **\$16.49**



4261



7847



4261 Five Cheese Garlic Toast

Hearty bread topped with a blend of 5 gourmet cheeses with robust garlic, butter and parsley. Pre-sliced and ready in just 7 minutes. 16 slices/\$6.49 **\$5.99**
★★★★★



8205 | **6g FIBER**



7847 Stuffed Rigatoni with Italian Sausage

Single serve Italian in under six minutes! Stuffed with Ricotta & Pecorino Romano cheese. Topped with Italian sausage & marinara. 4-10 oz. trays/\$14.99 **\$13.99**

7816 Taco Pizzas

It's back! Loaded with cheddar cheese, ground beef, bean dip & black olives, green & red peppers & taco seasonings. Crispy thin crust. 2-12 inch pizzas/\$11.29

8205 9 Grain Orzo Blend

9-grain Orzo pasta with spinach, carrots, Garbanzo beans & red bell peppers. Ready in 5-7 minutes. Nutritious & delicious!
1.5 lbs./\$7.99 **\$7.49**



3218

3218 Lemon Pepper ChicNSteakes

Moist chicken breasts with a lemon pepper flavor. Individually wrapped & skillfully hand trimmed. 110 calories per serving.
8-4 oz./\$11.89 **\$11.39**

3193 Turkey Sausage Links

Fool your tastebuds with this quick and healthier version! Skillet-made taste in under 2 minutes! Fully cooked and browned. 40 links/2 lb. resealable bag/\$8.49 **\$7.99**

62¢ per serving



3193

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/\$8.49 **\$7.99**



4281

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./\$12.99 **\$11.99**



3496

3174 Naked Mushroom & Cheese Stuffed Chicken Breast

170 calories of yum! All white meat chicken breast stuffed with caramelized onions, mushrooms and Swiss cheese in a white wine sauce. 4-5 oz./\$10.99 **\$10.49**

3174 | **170 CALORIES**



3153



"These are terrific. The mushroom/onion mixture inside was so flavorful. The chicken was moist and overall these are just the right size to have with a side dish. Low in calories and fat. I highly recommend and I will be ordering more." —Columbus, OH

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/\$11.99 **\$11.49**

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/\$10.99 **\$10.29**



7057

4120 | **WHOLE-GRAIN**



4120 Three Cheese Mini Pizza Bagels

Whole grain bagels topped with real mozzarella, Cheddar, & Monterey Jack cheese. Quick and crispy in the microwave in under 3 minutes. 36 bagels/\$10.59 **\$10.09**

Prices valid for sale dates 2/26/12 – 3/24/12.

ONLINE ONLY!

FREE 1 lb. Pork Tenderloin

with \$90 online purchase*
Promo Code: **MARBONUS**



**Slow Cooker
Southwest
Shredded Pork**

Ingredients

- 2 pieces (2 lbs.) Whole Pork Tenderloins; thawed
- 1 medium onion; quartered
- 1 can (15 oz.) tomato sauce
- 1 can (14.5 oz.) diced tomatoes
- 1 packet (1 oz.) taco seasoning
- 12 flour tortillas

Directions

Pour tomato sauce on bottom of 5 or 6-quart slow cooker. Add Whole Pork Tenderloins (if necessary cut in half to fit in pot) and sprinkle taco seasoning packet over tenderloins. Top with onion and diced tomatoes. Cover and cook on High 4 to 5 hours or Low 6 to 7 hours. Using 2 forks, shred into chunks. Serve warm with tortillas and desired toppings such as shredded cheddar cheese, sliced avocado, sour cream and salsa.

EAT WELL FOR LESS



\$2.68 per serving

SHOPPING LIST

3218 Lemon Pepper ChicNSteaks (8-4 oz.)	\$11.39
8205 9 Grain Orzo Blend (1.5 lbs.)	\$7.49
Total:	\$18.88

*Purchase requirement before tax. Limit 1 free 1 lb. Pork Tenderloin per qualifying customer. Offer only valid for orders placed at marketday.com using promo code at checkout. Promotion not available in Market Day/Sara Lee stores, or on Peapod orders. No substitutions. Promotions subject to change or termination without notice.

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UP TO
24 SODA
CANS!**

- Insulated
- Zipper Closure
- Reinforced Handle
- Large Tapered Shape:
22"w x 11"h x 10"d
- Great for the pool,
beach or picnics



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Buy 3 Times— Earn a FREE Cooler Tote!

Make two purchases of \$40* between February and April. Then place a third order of \$40* in May to receive a FREE Cooler Tote at your May sale pick-up.

*Free Cooler Tote 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 cooler totes 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 1/29/12-5/26/12. Promotion subject to change or termination without notice.



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