



SALE STARTS FEBRUARY 26th THRU MARCH 4th, 2009

# SUPER A FOODS

Save Every Day

 <p><b>Beef Flap Meat Carne Ranchera</b> Regular or Prepared</p>	 <p><b>3.99</b> Lb.</p> <p><b>Fresh Boneless Skinless Fryer Breasts</b> Family Pack</p>	 <p><b>1.69</b> Lb.</p> <p><b>1.19</b> Lb.</p> <p><b>Fresh Pork Loin Sirloin End Chops</b> Family Pack</p>
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 <p><b>99¢</b> Lb.</p> <p><b>Red Flame Grapes</b></p>	 <p><b>3.99</b> 3 LBS</p> <p><b>Navel Oranges</b></p>
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 <p><b>1.29</b></p> <p><b>Large Brown Eggs</b> Dozen</p>	 <p><b>2 FOR \$3.99</b></p> <p><b>Golden Creme Milk</b> Homogenized, 1%, 2% Gallon</p> <p>Single Gallon 2.99 Ea.</p>
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 <p><b>29¢</b> +CRV</p> <p><b>Del Valle Nectars</b> 11.3 oz.</p>	 <p><b>38¢</b> Limit 6</p> <p><b>Springfield Lentils</b> 16 oz.</p>
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 <p><b>2 FOR \$5</b></p> <p><b>Mazola Oil</b> Corn, Vegetable, Canola or Corn Plus 40 oz.</p>	 <p><b>2 FOR \$6</b> +CRV With Coupon</p> <p><b>Powerade Sports Drinks</b> 8 Pack, 20 oz. Bottles</p>
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## ONE DAY SALE FRIDAY, February 27th

 <p><b>99¢</b> Limit 6</p> <p><b>Large Brown Eggs</b> 12 ea.</p>	 <p><b>2.99</b> Lb.</p> <p><b>Medium Shell-On Shrimp</b> Sold Frozen in 4 Lb. Box</p>	 <p><b>1.99</b> Lb.</p> <p><b>Boneless Pork Loin</b> Chops or Roast</p>	 <p><b>79¢</b> Ea.</p> <p><b>U.S. #1 Cello Potatoes</b> 5 Lb. Bag</p>	 <p><b>1.59</b> Ea.</p> <p><b>Granny Smith or Red Delicious Apples</b> 5 Lb. Bag While Supplies Last</p>
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## ONE DAY SALE WEDNESDAY, March 4th

 <p><b>1.49</b> Limit 6</p> <p><b>Plumrose Sliced Cooked Ham</b> 12 ea.</p>	 <p><b>1.89</b> 1.75 Liter</p> <p><b>Jose Cuervo Gold, White Tequila</b></p>	 <p><b>2.89</b> Limit 4</p> <p><b>Paseo Paper Towels</b> 6 Pack</p>	 <p><b>1.19</b> Limit 4</p> <p><b>Springfield Long Grain Rice</b> 3 Lb. Bag</p>	 <p><b>1.99</b> Limit 4</p> <p><b>Tropical Strawberry Preserves</b> 32 oz.</p>
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We Reserve The Right To Limit Quantities. Sales In Retail Quantities Only • Visit Our Website At [www.superfoods.com](http://www.superfoods.com)

Monrovia 935 W. Duarte Rd.	Pico Rivera 6101 S. Rosemead Blvd.	Paramount 11120 Dorway Ave.	Bell Gardens 6380 E. Florence Ave.	Eagle Rock 2245 Yosemite Dr.	Alhambra 300 W. Main St.
Los Angeles 2025 Division St.	Los Angeles 425 SoHo St.	Montebello 2024 Beverly Blvd.	South Gate 8116 California Ave.	Highland Park 3250 York Blvd.	Fillmore 725 Ventura St.

VISA	MasterCard	EBT	WE GLADLY ACCEPT FOOD STAMPS	MoneyGram
ATM	DISCOVER	GIFT CARDS		
Women Infants And Children				

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**Gatorade Thirst Quencher** Orange, Lemon Lime or Fruit Punch 8 Pack, 20 oz. Bottles **2 FOR \$11** +CRV

**Springfield Apple Juice** 64 oz. **2 FOR \$3**

**CapriSun or Kool-Aid Jammers Drinks** 10 Pack **2 FOR \$5**

**Springfield Tomato Sauce** Regular 8 oz. **4 FOR \$1**

**Springfield Whole Kernel Corn** 15.25 oz. **2 FOR \$1**

**Mazola Oil** Corn, Vegetable, Canola or Corn Plus 40 oz. **2 FOR \$5**

**Hostess Donuts or Donettes** Variety Pack 12-20 oz. **2 FOR \$6**

**Sara Lee Classic Bread** White, Wheat Round Top 20 oz. **2 FOR \$4**

**Bimbo Sandwich Bread** White or Wheat 24 oz. **2 FOR \$4**

**Springfield Golden Pride Giant Bread** 24 oz. **1.99**

**American Beauty Coil Vermicelli** 10 oz. **1.19**

**Del Monte Ketchup** 24 oz. **1.19**

**Maizena Drink Mix** Assorted Varieties 1.6 oz. **5 FOR \$1**

**Knorr Pasta Soups** 3.5 oz. **2 FOR \$1**

**Fritos Corn Chips** 9.25 oz. or **Cheetos** 7.5 oz. **2 FOR \$4**

**Poore Brothers Kettle Chips** 5 oz. **9.99¢**

**Betty Crocker Super Moist Cake Mixes** 18.25 oz. Select Varieties **2 FOR \$3**

**Springfield Sodas** 12 Pack, 12 oz. Cans **2 FOR \$5** +CRV

**Starkist Chunk Light Tuna** 5 oz. Oil or Water **69¢**

**Sun-Vista Pinto Beans** 29 oz. **99¢**

**El Pato Tomato Sauce** 7.75 oz. **2 FOR \$1**

**General Mills Cheerios** 14 oz., **Trix** 14.8 oz., **Lucky Charms** 16 oz. or **Cinnamon Toast Crunch** 17 oz. **2.99**

**Kellogg's Frosted Flakes Cereal** 17 oz. **2.99**

**Spring! Spring Water** 24 Pack, .5 Liter Bottles **3 FOR \$9.99** +CRV

**Soft'n Gentle Bath Tissue** 24 Pack **5.99**

**Sparkle Paper Towels** 6 Pack **5.99**

**Angel Soft Bath Tissue** Big Roll 12 Pack **5.99**

**Guerrero Family Pack Corn Tortillas** 73.3 oz. **2.49**

**Guerrero Tostada Casera or Norteña** 13-14 oz. **2 FOR \$3**

**La Fruta Drinkable Yogurt** 8 oz. **2 FOR \$1**

**Yoplait Fridge Pack Yogurt** 8 Pack **3.99**

**Guerrero Family Riquismas Flour Tortillas** 35 oz. **3.79**

**Glen Oaks Drinkable Yogurt** 32 oz. **2.99**

**Chiquita Nectars** 64 oz. **2 FOR \$4**

**Springfield Yogurt** 32 oz. **2 FOR \$3**

**Lent Specials**

**Tomato or Chili, 15 oz. Crown Prince Oval Sardines** **4 FOR \$5**

**Crown Prince Imitation Abalone** 15 oz. **2.99**

**Doña Maria Nopalitos** 30 oz. **1.79**

**Springfield Lentils** 16 oz. **38¢** Limit 6

**Crown Prince Whole Clams** 10 oz. **1.59**

**Embasa Whole Jalapeños** 25 oz. **99¢**

**Doña Maria Red Mole** 8.25 oz. **1.89**

**Herdez Red or Green Salsa** Bonus, 10.4 oz. **79¢**

## Beer, Wine & Soda

**Budweiser, Bud Light, Coors, Coors Light, Miller Genuine Draft or Lite** 18 Pack, 12 oz. Cans or Bottles **11.99** +CRV

**El Jimador, Baileys, Jack Daniels or Jagermeister** 750 ml. **16.99**

**Crush, Manzanita Sol, Fanta or Mug Root Beer** 2 Liter **4 FOR \$5** +CRV

**Coke or Diet Coke** 2 Liter **2.99**

**Corona, Corona Light, Heineken or Dos Equis** 24 Pack, 12 oz. Bottles **22.99** +CRV

**Popov or Black Velvet** 1.75 Liter **10.99**

**Pepsi, Diet Pepsi, 7-Up, Sunkist, A&W, Crush, Mountain Dew or Sierra Mist** 12 Pack, 12 oz. Cans **3 FOR \$10** +CRV

**Beck's, Bass, Widmer or Pacifico** 12 Pack, 12 oz. Bottles **9.99** +CRV

**Rockstar or Monster Energy Drink** 16 oz. **2 FOR \$3** +CRV

**Dasani Water** 24 Pack, 16.9 oz. Bottles **4.99** +CRV

**Nestlé Iced Tea** 12 Pack, 16.9 oz. Bottles **4.99** +CRV

**Sutter Home Wines** 750 ml. **2 FOR \$6**

**Coke, Diet Coke Pepsi or Diet Pepsi** 8 Pack, 10.9 oz. Bottles **2 FOR \$7** +CRV

**Sobe Life Water** 20 oz. or **Lipton Tea** 1.5 Liter **4 FOR \$5** +CRV

## Deli Delights

**Large Brown Eggs** Dozen **1.29**

**Donald Duck Orange Juice** 64 oz. **2 FOR \$4**

**Donald Duck Orange Juice** 64 oz. **3.99**

**Ranchero Queso Fresco or Cacique Crema Salvadoreña** 10-15 oz. **2 FOR \$5**

**Oscar Mayer Meat Bologna or Cotto Salami** 12 oz. **2 FOR \$5**

**Sunny Delight Citrus Punch** Gallon **2.49** +CRV

**Jumbo Franks** 10 oz. **99¢**

**Bar-S Jumbo Franks** 10 oz. **99¢**

**El Mexicano Queso Fresco, Panela or Crema Mexicana** 12-15 oz. **2 FOR \$5**

**Messana Mozzarella Balls** 10 oz. **3.99**

**Bar-S Sliced Cooked Ham or Turkey Breast** 12 oz. **2 FOR \$5**

**Margarita's Gelatina** 4 oz. **6 FOR \$1**

**Margarita's Rainbow Gelatins** 5.5 oz. **4 FOR \$1**

**Danola Black Forest Ham or Turkey Breast** 12 oz. **2.99**

**Double Eagle Sliced Cooked Ham or Turkey** 12 oz. **2 FOR \$5**

**Kozy Shack Pudding** 6 Pack, 4 oz. Cups **2.49**

**Dole Orange Juice or 100% Fruit Juice Blends** 64 oz. **2 FOR \$5**

## Non Foods

**Pantene Shampoo or Conditioner** 12.6 oz. **3.99**

**Colgate Total Toothpaste** 6 oz. **2.99**

**BC Comfort 3 Disposable Razor** 4 ct. **3.69**

**TRESemmé Shampoo or Conditioner** 32 oz. **3.99**

**Secret, Gillette or Old Spice Deodorant** Assorted Sizes **50¢ OFF** Regular Price

**Duracell Ultra Batteries** AAA or AA 4 Pack **4.39**

**White Rain Body Wash** 12 oz. **99¢**

**Jergens All Purpose Face Cream** 15 oz. **3.49**

**Barbasol Ultra Shave Gel** 7 oz. **1.99**

# Meat Department

 <p><b>Beef Loin T-Bone Steaks Family Pack</b></p> <p><b>4.99</b> Lb.</p>	 <p><b>Beef Loin Porterhouse Steak Family Pack</b></p> <p><b>5.29</b> Lb.</p>	 <p><b>Lean Ground Beef Less Than 22% Fat</b></p> <p><b>2.49</b> Lb.</p>
	<p><b>Beef Loin New York Steaks Boneless</b></p> <p><b>5.99</b> Lb.</p>	<p><b>Beef Chuck Flanken Ribs</b></p> <p><b>2.49</b> Lb.</p>

 <p><b>Fresh Pork Neck Bones</b></p> <p><b>79¢</b> Lb.</p>	 <p><b>Beef Back Ribs Defrosted</b></p> <p><b>79¢</b> Lb.</p>	 <p><b>Pork Stew Boneless</b></p> <p><b>1.49</b> Lb.</p>	 <p><b>Reynaldo's Soya Chorizo 12 Oz.</b></p> <p><b>1.09</b> Ea.</p>
 <p><b>Hoffy Premium Sliced Bacon 16 Oz.</b></p> <p><b>2.99</b> Ea.</p>	 <p><b>Bar-S Corn Dog 3 Lb.</b></p> <p><b>4.49</b> Ea.</p>	 <p><b>Jack or Mild Cheddar Cheese Fresh-Cut</b></p> <p><b>1.69</b> Lb.</p>	
 <p><b>Foster Farms Picnic Pack Drumsticks Thighs Combo Value Pack</b></p> <p><b>1.29</b> Lb.</p>	 <p><b>Foster Farms Whole Chicken Seasoned Marinated</b></p> <p><b>1.49</b> Lb.</p>	 <p><b>Los Altos Queso Fresco Bulk</b></p> <p><b>2.99</b> Lb.</p>	

## Seafood Department

## Deli & Hot Foods

All Stores Except Eagle Rock and Monrovia

 <p><b>Tilapia Fillets Defrosted</b></p> <p><b>2.49</b> Lb.</p>	 <p><b>Imitation Crab Flaked</b></p> <p><b>1.99</b> Lb.</p>
 <p><b>Whole Cleaned Tilapia</b></p> <p><b>1.29</b> Lb.</p>	 <p><b>Large Shell-On Shrimp</b></p> <p><b>4.99</b> Lb.</p>

 <p><b>Pork Shoulder Carnitas</b></p> <p><b>5.49</b> Lb.</p>	 <p><b>Foster Farms Oven Roasted Turkey Breast</b></p> <p><b>1.99</b> Lb.</p>
 <p><b>Whole Mojarra (Tilapia) Fried</b></p> <p><b>3.49</b> Lb.</p>	 <p><b>Foster Farms Chicken Tenders</b></p> <p><b>3.99</b> Lb.</p>

**SAVE EVERY DAY Double Coupon • Double Savings!**

Present this coupon along with any one MFG. "Cents Off" coupon. Face amount plus doubled amount not to exceed \$10.00. Does not apply to "Free" coupons. Doubled amount not to exceed price of item. Not eligible on tobacco, liquor or dairy products. Only one double coupon per MFG. coupon. Coupon effective 2/28 thru 2/28/26. Limit 1 Per Coupon + 4 Coupons Per Customer.

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# Produce Department

Hass Avocados

**2<sup>FOR</sup> 99¢**

**3<sup>LBS</sup> 99¢** Cantaloupe

Broccoli

**2<sup>LBS</sup> 99¢**

**5<sup>FOR</sup> 99¢** Radishes or Green Onions

Tomatillos or Jalapeño Chiles

**3<sup>LBS</sup> 99¢**

**1.29**  
Ea.

Dole Classic Salad  
12 oz.



Classic Iceberg

Ready to eat mix of iceberg, carrots & red cabbage

# Super A Savers!

**El Dorado Corn Tortillas**  
Regular or King Size  
3 Dozen, 50 Ct.

**1.29**

**El Dorado Burrito Flour Tortillas**  
10 Ct.

**1.29**

**LaLa Drinkable Yogurt**  
32 oz.

**2.99**

**LaLacult Dairy Beverage**  
5 Pack

**2 FOR \$3**  
+CRV

**Minute Maid Lemonade or Punch**  
Gallon

**2.99**  
+CRV

**El Paraiso Corn Tortillas**  
King Size, 3 Dozen

**1.19**

**El Paraiso Flour Tortillas**  
10 Ct., 16-17 oz.

**1.19**

**Freezer Pleasers**

**Breyers Ice Cream**  
1.5 Qt.

**2 FOR \$6**

**Celeste Pizza For One**  
5-7.81 oz.

**5 FOR \$5**

**Singleton Fish Fillets or Sticks**  
18-22 oz.

**2.99**

**Gorton's Fish Sticks**  
24.89 oz.

**4.99**

**Springfield Blended Vegetables**  
16 oz.

**.99**

**Nestle Hot Pockets**  
2 Pack

**2 FOR \$4**

**SAVE \$2 NOW**

**WHEN YOU BUY (TWO) 2 MULTI PACKS (any size) OF POWERADE OR POWERADE ZERO\***

**POWERADE ZERO**

CONSUMER: ONLY ONE COUPON PER PURCHASE YOU BUY SALES TAX, CIV AND/OR DEPOSIT CHARGE COUPON MAY NOT BE REDEMPTED, TRANSFERRED, SOLD, PURCHASED OR REPURCHASED AND OTHER SITE CONSTITUTES FRAUD. CASH VALUE 1/100 OF 1 CENT. BEVERAGES. WE WILL REIMBURSE YOU FOR THE FACE VALUE OF THIS COUPON PLUS BE HOLDING ALLOWANCE. IF YOU AND THE CODES MIB 845/COM FUND WITH OUR COUPON REDEMPTION POLICY AVAILABLE AT THE REDEMPTION ADDRESS. MAIL COUPONS TO: CMC DEPT. 8006, ONE HANCOCK DRIVE, OIL RID, TN 37060

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Super A - 2/28/08 Inside Gate