

SALE STARTS SEPTEMBER 17th THRU SEPTEMBER 23rd, 2009

SUPER A FOODS

Save Every Day



Super A Fryer Drumsticks or Thighs
Family Pack

79¢
Lb.

Beef Rib Eye Steaks
Bone-In

3.99
Lb.

Fresh Pork Loin Sirloin End Chops
Family Pack

99¢
Lb.



Peaches or Nectarines

79¢
Lb.



Green Plums

79¢
Lb.

Save on Breakfast Favorites!

Get \$1.00 off

Golden Creme or Springfield Gallon Milk



when you buy two Springfield boxed cereals -- any variety

With Coupon

Golden Crème Milk
Whole, 1% or 2% Gallon



2 FOR 3.99

Single Gallon \$2.99

Coca Cola, Sprite, Squirt or Dr Pepper
12 Pack, 12 oz. Cans



2 FOR \$7

+CRV With Coupon

Starkist Chunk Light Tuna
In Oil or Water 5 oz.



59¢

Cacique Queso Fresco, Crema Mexicana
10-15 oz.



2 FOR \$4

ONE DAY SALE FRIDAY, September 18th



Tinkerbell I Can't Be Sweet All the Time Sweatshirts
Adult & Youth While Supplies Last

2.99

Don Julio Silver Tequila
750 ml.

24.99
Limit 6

Beef Flap Meat Carne Ranchera
Regular or Prepared

3.49
Lb.

Bar-S Sliced Bacon
12 oz.

2 FOR 3

Bananas
Lb.

3.99

Iceberg Lettuce
3 Pack

3.99

ONE DAY SALE WEDNESDAY, September 23rd



Crystal Geyser Spring Water
24 Pack, 5 Liter

2.99
+CRV Limit 6

Tropical Strawberry Jam
32 oz.

1.99
Limit 4

Bud or Bud Light Beer
18 Pack, 12 oz. Cans

9.99
+CRV Limit 4

Ajax Dish Liquid
16 oz.

79¢
Limit 6

Extra Large Eggs
1 Dozen

99¢
Limit 6

Springfield Microwave Popcorn
3 Pack

79¢
Limit 4

We Reserve The Right To Limit Quantities. Sales In Retail Quantities Only • Visit Our Website At www.superfoods.com

Monrovia 935 W. Duarte Rd.
Paramount 13120 Dreyfus Ave.
Bell Gardens 6380 B. Rosemead Ave.
Eagle Rock 2245 Yucca St.
Alhambra 300 W. Main St.
Los Angeles 3925 Division St.
Los Angeles 425 Soto St.
Montebello 3924 Beverly Blvd.
South Gate 8116 California Ave.
Highland Park 3290 York Blvd.
Fillmore 725 Vermont St.

WE GLADLY ACCEPT **FOOD STAMPS**

 MoneyGram
 Women Infants And Children

Super A Fri 09/18/09

Gatorade Thirst Quencher Assorted Flavors 32 oz. 99¢ +CRV

Jarritos, Sidal Mundet or Sangria Señorial 1.5 Liter 99¢ +CRV

Folgers Coffee Brazilian Blend or Classic 27.8-33.9 oz. 5.99

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

Hunt's Tomato Sauce Regular 8 oz. 3 FOR \$1

Best Foods Mayonnaise 30 oz. 3.59

Maruchan Instant Lunch 2.25 oz. 3 FOR \$1

Sara Lee Soft'n Smooth Bread 100% Whole Wheat, Classic White Sandwich 24 oz. 1.99

Thomas Plain Bagels or Regular Muffins 6 Pack 2 FOR \$4

Oroweat Double Fiber, 12 Grain or Country Potato 24 oz. or Francisco Long Sour or Long Slice French 16 oz. 2 FOR \$5

Bimbo Bread 100% Whole Wheat, Oats or Double Fiber 20-24 oz. 1.99

Dole Fruit Cups 4 Pack 2 FOR \$5

Betty Crocker Super Moist Cake Mix 18.5 oz. 4 FOR \$5

Betty Crocker Hamburger Helper Assorted Varieties & Sizes 4 FOR \$5

Ragú Spaghetti Sauce 26 oz. 1.99

Lays Potato Chips 10.5-11 oz. 2 FOR \$5

Jumex Nectars 11.2 oz. 3 FOR \$1 +CRV

Post Raisin Bran 20 oz., Fruity or Cocoa Pebbles 11 oz. or Honey Bunches of Oats with Almonds 14 oz. 2 FOR \$5

Quaker Oats Regular 42 oz., Instant Assorted Sizes & Varieties 2.99

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

Hansen's Apple Juice 64 oz. 2 FOR \$4

Clorox Bleach 82-96 oz. 1.89

Viva Paper Towels 6 Pack 5.99

Springfield • SPECIAL VALUE SALE

Springfield Apple Juice 64 oz. 2 FOR \$3

Springfield Fruit Cocktail or Peaches 29-30 oz. 2 FOR \$3

Springfield Sandwich Cookies 2 Lb. 1.99

Springfield Cereal Magic Stars 11.5 oz., Cocoa Crispy Rice 15 oz., Honey Nut Taste O's 12.5 oz. 1.99

Springfield Vegetable Oil 48 oz. 1.99

Springfield Corn, Peas or Green Beans 14.5-15.25 oz. 59¢

Special Value Tomato Sauce Regular 8 oz. 4 FOR \$1

Special Value Bathroom Tissue 24 Pack 4.99

1 Lb. Springfield Butter 2 FOR \$5

8 oz. Springfield Cream Cheese 1.19

32 oz. Springfield Golden Pride Jumbo Bread 1.99

Oats & More 14.4 oz., Cinnamon Rice 12 oz. or Fruit Rings 12.2 oz. 1.99

Corn or Canola Oil 48 oz. Springfield Oil 2.39

5 Lb. Springfield Long Grain Rice 1.99

32 oz. Special Value Mayonnaise 99¢

180 Ct. Special Value Napkins 99¢

Springfield Blended Vegetables 16 oz. 1.49

Springfield Yogurt 32 oz. 1.69

Springfield Golden Pride Hot Dog or Hamburger Buns 16 Ct. 1.99

Springfield Sodas 12 Pack, 12 oz. Cans +CRV 1.99

Springfield Prize Cat Food 5.5 oz. 3 FOR \$1

Springfield Pastas Selected Varieties 12-16 oz. 1.19

Special Value Macaroni & Cheese Dinner 6.2 oz. 3 FOR \$1

Regular Roll Paper Towels 5.99

16 oz. Springfield Natural Cheese 2 FOR \$6

Family Pack 32 oz. Springfield Vegetables 1.99

3 Pack Springfield Microwave Popcorn 99¢

3 Liter Springfield Sodas +CRV 1.19

Springfield Prize Dog Food 22 oz. 89¢

Springfield Lasagna 16 oz. 1.49

Fruit Punch or Cranberry-Apple 64 oz. Special Value Delight Punch 1.19

96 oz. Special Value Bleach 99¢

Beer, Wine & Soda

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

Sutter Home or Madria Sangria Wines 750 ml. 2 FOR \$6

Pepsi, Sierra Mist, Mountain Dew or Crush 12 Pack, 12 oz. Cans 2 FOR \$8 +CRV

Sutter Home or Madria Sangria Wines 1.5 Liter 5.99

Pepsi, Crush, Sierra Mist or Mountain Dew 6 Pack, 16.2 oz. 2.97 +CRV

Budweiser, Bud Light, Coors Light, Miller Genuine Draft, Miller Lite or Tecate 30 Pack, 12 oz. Cans 17.99 +CRV

Sterling Chardonnay or Pinot Grigio Wines 750 ml. 6.99

Coca Cola, Sprite, Squirt or Dr Pepper 2 Liter 2 FOR \$3 +CRV

Coca Cola, Sprite, Squirt or Dr Pepper 6 Pack, 16.2 oz. 2.97 +CRV

Beck's, Bass, Corona, Widmer, Modelo Especial, Negra Modelo, Stella Artois or Heineken 12 Pack, 12 oz. Bottles 12.99 +CRV

Chivas Regal, Courvoisier, Sauza Hornitos or Ciroc Vodka 750 ml. 19.99

7-Up, SunKist, Hawaiian Punch A&W or RC Cola 12 Pack, 12 oz. Cans 3 FOR \$10 +CRV

7-Up, SunKist, Hawaiian Punch, A&W or RC Cola 4.95

Cazadores, Grey Goose, Buchanan's, Hennessy or Corralejo 750 ml. 24.99

Turning Leaf Wines 750 ml. 3.99

Powerade Sports Drinks 32 oz. 79¢ +CRV

Dasani Water 16.2 oz. 4.99 +CRV

Deli Delights

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

Donald Duck Orange Juice 64 oz. 3.99

Extra Large Eggs 1 Dozen 2 FOR \$3

Señor Rico Rain or Rice Pudding 5.5 oz. 4 FOR \$1

Señor Rico Flan or Rice Pudding 4 oz. 79¢

El Mexicano Queso Fresco, Panela or Crema Mexicana 10-15 oz. 2 FOR \$4

Golden California Natural Cheese 16 oz. 2 FOR \$6

Bar-5 Jumbo Franks Meat, Chicken or Turkey 16 oz. 99¢

Mission Estilo Casero Corn Tortillas Family Size, 7.3 oz. 2.29

Mission Estilo Casero Soft Taco Flour Tortillas 24 Ct. 2.99

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

Kraft Philadelphia Soft Cream Cheese 8 oz. Tub 2 FOR \$3

Oscar Mayer Fun Pack Lunchables 9-10 oz. 1.99

Oscar Mayer Sliced Cooked Ham 16 oz. 3.49

Carl Buddig Deli Cuts 12 oz. 2 FOR \$5

Carl Buddig Deli Tubs 10 oz. 2 FOR \$4

Gold'n Soft Spread 45 oz. 1.99

Non Foods

Women's Designer V-Necks Selected Varieties 2 FOR \$5

Scope Outlast Mouthwash 710-750 ml. 3.99

DayQuil Plus Vitamin C 10 Ct. 4.59

NyQuil Plus Vitamin C Caplets 10 Ct. 3.49

Crest Premium Toothpaste Assorted Varieties 6-6.2 oz. 3.49

Always Feminine Napkins Value Pack 20-36 Ct. 6.99

Head & Shoulders Shampoo or Conditioner 13.5-14.2 oz. 5.49

Pampers Baby Wipes 64-77 Ct. 3.19

Brut Deodorant 2-2.5 oz. 2.99

Gillette Good News! Razors 12 Ct. 8.99

Brut Deodorant 6 oz. Aerosol 4.19

Meat Department

**Beef Chuck
Flanken Ribs**

2¹⁹
Lb.

**Beef Rib
Rib Eye Steaks**
Boneless

5⁹⁹
Lb.

**Beef Chuck
Short Ribs**

2¹⁹
Lb.

**Lean
Ground Beef**
Less than 22% Fat

2⁴⁹
Lb.

**Lean
Ground Beef**
Less than 22% Fat

2⁴⁹
Lb.

**Beef Shanks
Center Cut**

1⁶⁹
Lb.

**Hoffy
Sliced Bacon**
16 oz.

2⁵
FOR

**Los Altos
Queso Fresco**
Bulk
Los Altos
Crema Natural

2⁹⁹
Lb.

**Lamb
Shoulder Chops**
Defrosted

2⁷⁹
Lb.

Beef Tongue
Defrosted

2¹⁹
Lb.

**Bar-S
Hot Link Sausage**
3 Lb.

6²⁹
Ea.

**Foster Farms
Chicken Nuggets
or Patties**
Bulk

2²⁹
Lb.

**Foster Farms
Whole Cut-Up
Fryers**

1²⁹
Lb.

**Foster Farms
Picnic Pack
Drumsticks
& Thighs**
Value Pack

1²⁹
Lb.

**The Turkey Store
Fresh
Ground Turkey**
20 oz.

2⁹⁹
Ea.

Seafood Department

Deli & Hot Foods

Tilapia Fillets
Defrosted

2⁴⁹
Lb.

Imitation Crab
Flaked

1⁹⁹
Lb.

**100 Piece
Fried Chicken**
Drumsticks & Thighs

5⁴⁹
Ea.

**Whole
Cleaned Tilapia**

1²⁹
Lb.

**Smoked
Turkey Breast**
Bulk Sliced

3²⁹
Lb.

**Pork Shoulder
Carnitas**

5⁴⁹
Lb.

**Large
Shell-On
Shrimp**
Defrosted

4⁹⁹
Lb.

**Smoked
Turkey Breast**
Bulk Sliced

3²⁹
Lb.

**Brasletton
Chicken
Nuggets
or Tenders**

3²⁹
Lb.

SAVE EVERY DAY Double Coupon • Double Savings! Present this coupon along with any one MFG. "Certs Off" coupon. Face amount plus doubled amount not to exceed \$100. 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 8/17 thru 8/23/08. Limit 1 Per Coupon + 4 Coupons Per Customer.

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Super A Savers!

Knudsen Sour Cream
8 oz.

1.19



ACTIVIA
Fiber



Dannon Activia or Fiber
4 Pack

2 FOR \$4

Daisy Sour Cream
24 oz.

2 FOR \$5



Lala Drinkable Yogurt 2 FOR \$5



Florida's Natural Orange Juice
64 oz.

2 FOR \$5

Dannon Activia
8 Pack

3.99



Knudsen Sour Cream
48 oz.



4.99

Knudsen Sour Cream
24 oz.

2 FOR \$5



Don Jose Horchata
Gallon

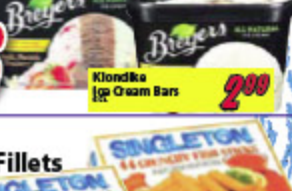


3.99
+CRV

Freezer Pleasers

Breyers Ice Cream
48 oz.

2 FOR \$6



Klondike Ice Cream Bars 2.99

Singleton Fish Sticks or Fillets
18-22 oz.

3.49



Shoestring Corte Fino



T.J. Farms Shoestring Potatoes
20 oz.

69¢

disfruta una lección refrescante

Entra para tener la oportunidad de **GANAR un curso completo de Inglés sin Barreras.**

Visita el sitio web de la tienda o llama al Servicio de Atención al Cliente para más información.

Inglés sin Barreras

visita www.coke-hablar-ingles.com

SAVE \$1 AHORRA \$1

when you buy any two (2) 12 can Fridge Pack® packages

con la compra de dos (2) paquetes de 12 latas Fridge Pack®

62330

1-800-992377 (810030 62093)

\$1.00 Off Milk

one gallon of Full-Cream or Springfield

with the purchase of two (2) 11.5oz. 11.5oz. size Springfield cereals - any variety

PLU: 700

Produce Department

Bartlett Pears **2^{LBS} 99¢**

79¢^{Lb.} Red and Green Seedless Grapes

Hass Avocados **3^{FOR} 99¢**

2^{LBS} 99¢ Washington Fuji Apples

5^{FOR} 99¢ Cactus Pears

Tomatillos or Jalapeño Chiles **3^{LBS} 99¢**

3^{LBS} 99¢ Chayote Squash