

SALE STARTS OCTOBER 15<sup>th</sup> THRU OCTOBER 21<sup>st</sup>, 2009

# SUPER A FOODS

Save Every Day



**Foster Farms Split Fryer Breast Value Pack**

**99¢ Lb.**

**Beef Rib Eye Steaks Bone-In**

**3.99 Lb.**

**Fresh Pork Loin Sirloin End Chops Family Pack**

**99¢ Lb.**



**Red Seedless Grapes**

**99¢ Lb.**



**Gala Apples**

**2.99 LBS**

**General Mills Cheerios MultiGrain Cheerios Cinnamon Toast Crunch**

**2 FOR \$5**

**Guerrero Riquisimas Flour Tortillas 35 oz.**

**2.59**

**Springfield Tomato Sauce Regular, 8 oz.**

**4 FOR \$1**

**Golden Creme Milk Whole, 1% or 2% Gallon**

**2 FOR 3.99**  
Single Gallon \$2.99

**Springfield Vegetable Oil 48 oz.**

**1.99**

**Pepsi, Diet Pepsi, Mountain Dew, Sierra Mist or Crush 2 Liter**

**3 FOR \$3**  
+CRV

## ONE DAY SALE FRIDAY, October 16th

<p><b>Miller Lite, Genieue Draft 18 Pack, 12 oz. Cans</b></p> <p><b>9.99</b> +CRV Limit 6</p>	<p><b>BV Coastal or Fetzer Wines 750 ml.</b></p> <p><b>4.99</b> Limit 6</p>	<p><b>Beef Flap Meat Carne Ranchera Regular or Prepared</b></p> <p><b>2.99 Lb.</b></p>	<p><b>Fresh Pork Picnic Shoulder Whole</b></p> <p><b>79¢ Lb.</b></p>	<p><b>Cantaloupe</b></p> <p><b>4.99 LBS</b></p>	<p><b>Tomatoes</b></p> <p><b>2.99 LBS</b></p>
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## ONE DAY SALE WEDNESDAY, October 21st

<p><b>Crystal Geyser Spring Water 24 Pack, 5 Liter</b></p> <p><b>2.99</b> +CRV Limit 4</p>	<p><b>Downy Fabric Softener 64 oz.</b></p> <p><b>2 FOR \$5</b> Limit 4</p>	<p><b>Viva Paper Towels 6 Pack</b></p> <p><b>4.99</b> Limit 4</p>	<p><b>Extra Large Eggs Dozen</b></p> <p><b>99¢</b> Limit 6</p>	<p><b>Mazola Corn Oil 40 oz.</b></p> <p><b>1.99</b> Limit 4</p>	<p><b>Tillamook Natural Cheese 16 oz.</b></p> <p><b>1.99</b> Limit 6</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)

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|---|---------------------------------------|--|---|---|
| <b>Monrovia</b><br>925 W. Duarte Rd.    | <b>Paramount</b><br>13120 Downey Ave. | <b>Bell Gardens</b><br>6380 E. Florence Ave. | <b>Eagle Rock</b><br>2245 Yosemite Dr.    | <b>Alhambra</b><br>300 W. Main St.      |
| <b>Los Angeles</b><br>2925 Division St. | <b>Los Angeles</b><br>425 Soto St.    | <b>Montebello</b><br>2034 Beverly Blvd.      | <b>South Gate</b><br>8116 California Ave. | <b>Highland Park</b><br>5250 York Blvd. |
|   |                                       |  | <b>Fillmore</b><br>725 Ventura St.        |   |

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

**Gatorade All Stars** 32 oz. **89¢** +CRV

**Langers Apple Juice** 64 oz. **2 FOR \$4**

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

**Nescafé Clásico Instant Coffee** 7 oz. **3.99**

**Best Foods Mayonnaise** 30 oz. **3.59**

**Mazola Corn Oil** Gallon **6.99**

**Maruchan Instant Lunch** 2.25 oz. **3 FOR \$1**

**Sara Lee Classic White or Soft & Smooth 100% Whole Wheat Sandwich Bread** 20 oz. **1.99**

**Francisco Long Sliced French, Long Sour French 16 oz. Oroweat Double Fiber or Buttermilk** 16-24 oz. **2 FOR \$5**

**Thomas' Muffins or Bagels Entenmann's Little Bites** 16-22 oz. **2 FOR \$5**

**Telco Sliced Cake** 16 oz. All Varieties **2.99**

**La Lechera Sweetened Condensed Milk** 14 oz. **1.29**

**Kraft Macaroni & Cheese Dinner** 5 Pack **3.99**

**Campbell's Chicken Noodle or Tomato Soup** 10.75 oz. **4 FOR \$3**

**StarKist Chunk Light Tuna** 5 oz. In Water or Oil **79¢**

**Fritos Corn Chips** 11.25 oz. or Cheetos 7.25 oz. **3 FOR \$5**

**Trident Layers Gum** Wild Strawberry with Citrus, Green Apple with Pineapple, 14 Ct. **1.19**

**Bonerts Pumpkin Pie** 8 Inch, 24 oz. **3.99**

**Nabisco Premium Crackers** 16 oz. **2.29**

**Post Honey Bunches Of Oats** 18 oz. **2.99**

**Hi-C Fruit Drinks** 10 Pack **1.89**

**C&H Pure Cane Sugar** 5 Lb. Bag **2.49**

**Knorr Chicken, Beef or Tomato Bouillon** 7.9 oz. **2 FOR \$3**

**Springfield** **SPRINGFIELD • SPECIAL VALUE FALL SALE**

**Kellogg's Frosted Flakes** 17 oz. **2 FOR \$5**

**Mother's Cookies** Bags or Sandwich Assorted Varieties & Sizes **2 FOR \$5**

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

**Springfield Whole Kernel Corn** 15.25 oz. **59¢**

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

**Springfield Vegetable Oil** 48 oz. **1.99**

**Special Value Mayonnaise** 32 oz. **1.99**

**Special Value Bath Tissue** 24 Pack **4.99**

**Mission Estilo, Casero Corn Tortillas** Family Pack **1.99**

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

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

**Springfield Soft Drinks** 12 Pack, 12 oz. Cans, Cola, Orange or Lemon Lime **1.99** +CRV

**Springfield Tomatoes** 14.5 oz., Whole or Stewed **69¢**

**Springfield Corn Oil** 48 oz. **2.39**

**Special Value Aluminum Foil** 12"x25" **79¢**

**Special Value Napkins** 180 Ct. **99¢**

**Mission Flour Tortillas** 24 Ct. Soft Taco Size **2.99**

**Lifeway Kefir** 32 oz. **2 FOR \$5**

**Springfield Pineapple** 20 oz. **99¢**

**Springfield Corn Flakes** 12 oz. **99¢**

**Springfield Long Grain Rice** 5 Lb. **2.39**

**Springfield Golden Pride Jumbo Bread** 32 oz. **1.99**

**Special Value Facial Tissue** 175 Ct., Flat or 85 Ct. Cube **79¢**

**Special Value Paper Towels** Regular Roll **59¢**

**Mission Flour Tortillas** 24 Ct. Soft Taco Size **2.99**

**Assorted Springfield Instant Oatmeal** **1.99**

**Springfield Oatmeal** 42 oz. **1.89**

**Springfield Flour** 5 Lb. Bag **1.99**

**Special Value Air Refresher** 12 oz. Aerosol **79¢**

**Special Value Bleach** 96 oz. **99¢**

**Beer, Wine & Soda**

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

**Patrón Tequila** 750 ml. Silver **34.99**, Reposado **39.99**, Añejo **39.99**

**Fanta** **2 FOR \$7** +CRV

**Pepsi, Diet Pepsi, Crush or Fanta** 12 Pack, 12 oz. Cans **2.99** +CRV

**Corona, Heineken, Dos Equis or New Castle** 24 Pack, 12 oz. Bottles **21.99** +CRV

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

**Coke, Diet Coke, Pepsi or Diet Pepsi** 6 Pack, 16.9 oz. Bottle **2.99** +CRV

**Coke, Sprite, Pepsi or Diet Pepsi** 2 Liter **2.99** +CRV

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

**7-Up, Sunkist, A&W, Welch's or RC Cola** 2 Liter **2 FOR \$3** +CRV

**Vitamin Water, Sobe Glass or Life Water** 20 oz. Fuzze 18.5 oz. or Smart Water 1.5 Liter **4 FOR \$5** +CRV

**Turning Leaf or Beringer Wines** 750 ml. **3.99**

**Lipton Tea** Gallon **2.99** +CRV

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

**Powerade** 32 oz. **99¢**

**Deli Delights**

**Extra Large Eggs** 1 Dozen **2.99**

**El Dorado Corn Tortillas** 90 Ct. **1.99**

**Farmland Franks or Meat Bologna** 12 oz. **99¢**

**Farmland Ham** 14 oz. **2.99**

**Queso Fresco** 10 oz. or Crema Mexicana 15 oz. **1.99**

**Sunny Delight Citrus Punch** Gallon or 8 Pack **2 FOR \$5** +CRV

**Lala Drinkable Yogurt** 32 oz. **99¢**

**Señor Rico Rainbow or Vanilla Gelatin** 5.5 oz. **4 FOR \$1**

**Señor Rico Gelatins** 12 Pack, 4 oz. Cups **2 FOR \$5**

**Oscar Mayer Complete Lunchables** 11.4-14.6 oz. **2 FOR \$5**

**Oscar Mayer Fun Pack Lunchables** 9.5-10.7 oz. **2.49**

**Reser's Parfait or Gelatin** 20-22 oz. **1.99**

**Land O'Frost Deli Shaved** 10 oz. **2 FOR \$5**

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

**Sandwich-Mate Singles** 10.67 oz. **99¢**

**Evergood Sausage** 1 Lb. **2.99**

**Non Foods**

**Kotex Feminine Pads or Tampons** 14-24 Ct. **2.79**

**Kotex Lightdays Liners** 40-44 Ct. **2.79**

**NyQuil or DayQuil** Assorted Varieties 10 oz. **6.99**

**Swave Shampoo & Conditioner** 22.5 oz. **1.69**

**Crest Premium Toothpaste** Assorted Varieties 6-6.2 oz. **2.99**

**Huggies Baby Wipes** 64-72 Ct. Tub **2 FOR \$5**

**Gillette Good News! or Daisy Razors** 5 Ct. **3.99**

**Glide Dental Floss** 35-50 Meters **2.99**

**Oral B Indicator Toothbrush** Assorted Varieties 1 Ct. **1.99**

**Crest Pro Health Mouthwash** 1 Liter **5.99**

**Vicks VapoRub** 3.53 oz. **6.99**

# Meat Department

 <p><b>Beef Chuck Flanken Ribs</b></p> <p><b>1.99</b> Lb.</p>	 <p><b>Beef Rib Eye Steaks Boneless</b></p> <p><b>5.99</b> Lb.</p>	 <p><b>Beef Chuck Short Ribs</b></p> <p><b>1.99</b> Lb.</p>
 <p><b>Lean Ground Beef Less than 22% Fat</b></p> <p><b>2.49</b> Lb.</p>	 <p><b>Beef Shanks Center Cut</b></p> <p><b>1.69</b> Lb.</p>	

 <p><b>Jimmy Dean Sliced Bacon Original, 12 oz.</b></p> <p><b>2 FOR \$5</b></p>	 <p><b>Los Altos Queso Fresco Bulk</b></p> <p><b>2.99</b> Lb.</p>	 <p><b>Lamb Shoulder Chops Defrosted</b></p> <p><b>2.99</b> Lb.</p>
 <p><b>Jimmy Dean Pork Sausage All Varieties 16 oz. Roll</b></p> <p><b>2 FOR \$6</b></p>	 <p><b>Jimmy Dean Links or Patties Fully Cooked Original, 9.6 oz.</b></p> <p><b>2 FOR \$6</b></p>	 <p><b>Tina's Burritos All Varieties, 4 oz.</b></p> <p><b>3 FOR \$1</b></p>
 <p><b>Foster Farms Whole Cut-Up Fryers</b></p> <p><b>99¢</b> Lb.</p>	 <p><b>Foster Farms Fresh Ground Turkey 16 oz.</b></p> <p><b>2.99</b> Ea.</p>	 <p><b>Bar-S Corn Dogs 3 Lb.</b></p> <p><b>4.99</b></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 Meat Flaked</b></p> <p><b>1.99</b> Lb.</p>	 <p><b>100 Piece Fried Chicken Drumsticks &amp; Thighs</b></p> <p><b>5.49</b> Lb.</p>	 <p><b>Pork Shoulder Carnitas</b></p> <p><b>5.49</b> Lb.</p>
 <p><b>Whole Cleaned Tilapia</b></p> <p><b>1.29</b> Lb.</p>	 <p><b>Large Shell-On Shrimp Defrosted</b></p> <p><b>4.99</b> Lb.</p>	 <p><b>Foster Farms Smoked Turkey Breast (Bulk Sliced)</b></p> <p><b>3.29</b> Lb.</p>	 <p><b>Braselton Chicken Nuggets or Tenders</b></p> <p><b>3.29</b> Lb.</p>

<p><b>Save Every Day</b></p> <p><b>Double Coupon • Double Savings!</b></p> <p>Present this coupon along with any one MFG. "Cents Off" coupon. Face amount plus doubled amount not to exceed \$1.00. 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 10/15 thru 10/21/08. Limit 1 Per Coupon • 4 Coupons Per Customer</p>	<p><b>Save Every Day</b></p> <p><b>Double Coupon • Double Savings!</b></p> <p>Present this coupon along with any one MFG. "Cents Off" coupon. Face amount plus doubled amount not to exceed \$1.00. 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 10/15 thru 10/21/08. Limit 1 Per Coupon • 4 Coupons Per Customer</p>	<p><b>Save Every Day</b></p> <p><b>Double Coupon • Double Savings!</b></p> <p>Present this coupon along with any one MFG. "Cents Off" coupon. Face amount plus doubled amount not to exceed \$1.00. 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 10/15 thru 10/21/08. Limit 1 Per Coupon • 4 Coupons Per Customer</p>	<p><b>Save Every Day</b></p> <p><b>Double Coupon • Double Savings!</b></p> <p>Present this coupon along with any one MFG. "Cents Off" coupon. Face amount plus doubled amount not to exceed \$1.00. 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 10/15 thru 10/21/08. Limit 1 Per Coupon • 4 Coupons Per Customer</p>
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# Super A Savers!

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

**1.29**



**El Paraiso  
Flour Tortillas**  
10 Ct.

**1.29**



**El Paraiso  
Tostadas Botaneras**  
14 oz.

**1.39**



**Almond Breeze  
Drinks**  
64 oz.

**2.19**



**Knudsen  
Sour Cream**  
16 oz.

**1.99**



**MaMa Rosa's  
Mini Pack Pizzas**  
17 oz.

**2 FOR \$5**



**8th Continent  
Soy milk**  
64 oz.

**2 FOR \$6**



**Mountain High  
Yogurt**  
32 oz.

**2 FOR \$5**



**Minute Maid or  
Simply Orange Juice**  
58-64 oz.

**2.99**



**Minute Maid  
Ade or Punches**  
64 oz.

**2 FOR \$3**



## Freezer Pleasers

**Hot Pockets**  
9 oz.

**1.99**



**Golden Creme  
Ice Cream**  
58 oz.

**2 FOR \$5**



**Golden Creme  
Giant Pops**  
12 Ct.

**2 FOR \$5**



**Bertolli  
Dinners**  
24 oz.

**6.99**



**Red Baron  
Pizza**  
21.8-22 oz.

**3.99**



# Produce Department

Red Leaf,  
Green Leaf,  
Romaine

**2<sup>FOR</sup> 99¢**

**2<sup>LBS</sup> 99¢**

Italian  
Squash

Green  
Cabbage

**4<sup>LBS</sup> 99¢**

**3<sup>LBS</sup> 99¢**

Red  
Onions

Jalapeños

**2<sup>LBS</sup> 99¢**

**3<sup>LBS</sup> 99¢**

Chayote  
Squash

Hass  
Avocados

**3<sup>FOR</sup> 99¢**

**2<sup>LBS</sup> 99¢**

Pineapple