

Bender's Foods

Deli • Fresh Meat • Produce • Liquor • Cold Beer

www.bendersfoods.com

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Find us on:  
facebook®

USDA  
CHOICE  
Grade

Serving you in 4 locations!

Muscodas

Fannimore

Guttenberg

Bellevue

Proud to be locally owned & operated

619 S. Hwy 52 | Guttenberg, IA 52052 | (563)252-1410

Store Hours: 7AM-9 PM • 7 Days a Week



Family Pack

Bone-In Pork

Assorted Pork Chops

179 Lb.

Bone-In Chicken

Split Fryer Breasts

199 Lb.

USDA Choice

Boneless Beef

Stir Fry

799 Lb.

93% Lean

Ground Beef

799 Lb.



USDA Choice

Boneless Beef

Bottom Round

Roast

599 Lb.



349

12 Oz.

Selected Varieties

Jimmy Dean

Bacon



1199 Lb.

USDA Choice

Family Pack

Beef T-Bone

Steaks

FIRST OF THE Season!

59¢ Ea.

Imported

Navel

Oranges

499

3 Lb. Bag, Imported

Navel

Oranges

PICKED AT Peak!

149 Lb.

Washington Premium

Honeycrisp

Apples

64 Oz..

Zeigler's Old Fashioned Apple Cider

329

Broccoli Crowns

199 Lb.

MORNING ESSENTIALS

BUY 6 SAVE \$3 Save \$3 instantly when you purchase Any 6 participating products!

Simply Orange

Simply Orange

46-52 Oz.

Selected Varieties

Simply

Orange Juice

3.49 EA.

WHEN YOU BUY 6

mix & match

Folgers

Dunkin'

18-25.9 Oz

Selected Varieties

Folgers, Dunkin'

or Bustelo Coffee

9.99 EA.

WHEN YOU BUY 6

mix & match

Daisy

COTTAGE CHEESE

Daisy

COTTAGE CHEESE

6-8 Oz.

Selected Varieties

Daisy

Cottage

Cheese or

Sour Cream

2/\$3

Fruity Pebbles

Cocoa Pebbles

13.5-16 Oz.

Selected Varieties

Post

Cereal

399

Progresso

Progresso

18-19 Oz.

Selected Varieties

Progresso

Soup

4/\$8

Tony's

Tony's

18.56-20.6 Oz.

Selected Varieties

Tony's

Pizza

3/\$9

Banquet

Banquet

24-28 Oz.

Selected Varieties

Banquet

Family Size

Entrées

349

Hot Pockets

Hot Pockets

4 Pk.

Selected Varieties

Hot Pocket

Frozen

Sandwiches

399

Pop-Tarts

Pop-Tarts

5-8 Ct.

Selected Varieties

Kellogg's

Pop-Tarts

299

599

12 Pk./12 Oz. Cans

Selected Varieties

Pepsi

Products

Mountain Dew

Pepsi

499

8 Pk./20 Oz. Bottles

Selected Varieties

Powerade

Sports Drinks

Powerade

Powerade

Powerade

Powerade

1199

24 Pk./12 Oz. Cans

Selected Varieties

Coke

Products

Coca-Cola

ORIGINAL TASTE

399

6 Pk./5 Liter Bottles

Selected Varieties

Coke

Products

Coke

Coca-Cola

Coca-Cola

Coca-Cola

2/\$10

6 Pk./12 Oz. Cans

Selected Varieties

Bubbl'r

Sparkling Water

Bubbl'r

Bubbl'r

Bubbl'r

Bubbl'r

3/\$5

28 Oz.

Selected Varieties

Gatorade

Thirst Quencher

Gatorade

Gatorade

599

16 Oz.

Shullsburg

Party Slices

PARTY SLICES

PARTY SLICES

THIS WEEK'S Deals!

399

12 Inch

Selected Varieties

Nancy's

Thin Crust

Pizza

Nancy's

CHEESE

2/\$6

8-13 Oz.

Selected Varieties

Old Dutch

Restaurante or

Ripples Chips

Old Dutch

Ripples

POTATO CHIPS

2/\$5

5-8 Oz.

Selected Varieties

Frito-Lay

Lay's or

Kettle Chips

Lay's

Lay's

2/\$8

6.5-8.5 Oz.

Selected Varieties

Frito-Lay

Cheetos

Cheetos

Cheetos

8.44 Oz., Selected Varieties

Little Debbie

Mini Muffins

279

6-12 Ct., Selected Varieties

Blue Bunny

Bomb Pops

299

1.77-4.2 Oz., Selected Varieties

M&M's or Skittles

Share Size Candy

229

6 Ct., Selected Varieties

Mars

Ice Cream Bars

449

BUY 6 SAVE \$3

Save \$3 instantly when you purchase Any 6 participating products!

mix & match



8-10 Ct.  
Selected Varieties  
**Smucker's  
Uncrustables**

**5.49** EA.  
WHEN YOU BUY 6



6 Ct.  
Selected Varieties  
**Bays  
English Muffins**

**2.49** EA.  
WHEN YOU BUY 6



7-9 Oz.  
Selected Varieties  
**Jimmy Dean  
Breakfast Bowls**

**1.99** EA.  
WHEN YOU BUY 6



48 Oz.  
Selected Varieties  
**Stok  
Cold Brew**

**4.49** EA.  
WHEN YOU BUY 6



**1.49** EA.  
WHEN YOU BUY 6

5-8 Oz.  
Selected Varieties  
**Borden  
Shredded Cheese**



**2.99** EA.  
WHEN YOU BUY 6

25.4-32 Oz.  
Selected Varieties  
**International  
Delight or Too  
Good Creamer**



28 Oz.  
Selected Varieties  
**Jif Peanut  
Butter**

**3.49** EA.  
WHEN YOU BUY 6



**3.49** EA.  
WHEN YOU BUY 6

6 Ct.  
Selected Varieties  
**V8 Energy,  
Vegetable or  
Tomato Juice**



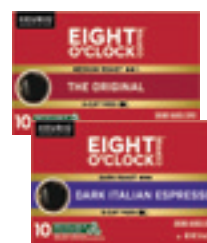
**3.99** EA.  
WHEN YOU BUY 6

14-64 Oz.  
Selected Varieties  
**Dunkin' Donuts or  
International  
Delight Cold Foam  
or Creamer**



**2.99** EA.  
WHEN YOU BUY 6

40 Oz.  
**Jiffy  
All Purpose  
Baking Mix**



**5.99** EA.  
WHEN YOU BUY 6

10 Ct.  
Selected Varieties  
**Eight O'Clock  
K-Cups**



**3.00** EA.  
WHEN YOU BUY 6

5-11 Oz.  
Selected Varieties  
**Tabasco  
Hot Sauce**



**5.49** EA.  
WHEN YOU BUY 6

4 Pk. or 32 Oz.  
Selected Varieties  
**Dannon Oikos Pro,  
Zero or Too Good  
Greek Yogurt**



**2.49** EA.  
WHEN YOU BUY 6

14-50 Ct.  
Selected Varieties  
**Dixie Plates,  
Bowls or Cups**



**9.49** EA.  
WHEN YOU BUY 6

3.17-32 Oz. or 10 Ct.  
Selected Varieties  
**Starbucks Bag  
Coffee or K-Cups**



**1.49** EA.  
WHEN YOU BUY 6

9.25-10.75 Oz.  
Selected Varieties  
**Hostess  
Donettes**



**3.49** EA.  
WHEN YOU BUY 6

30 Oz.  
**Smucker's  
Strawberry Jam  
or Fruit Spread**



**1.99** EA.  
WHEN YOU BUY 6

30 Oz.  
Selected Varieties  
**Smucker's  
Grape Jam  
or Fruit Spread**



**2/\$7**

5-18 Oz.  
Selected Varieties  
**Kashi Bear Naked  
Cereals or Granola**



**2.99**

6-12 Ct.  
Selected Varieties  
**Nutri-Grain Breakfast  
Bars, Rice Krispies Treats  
or Special K Crisps**

## SAVE ON Home & Health



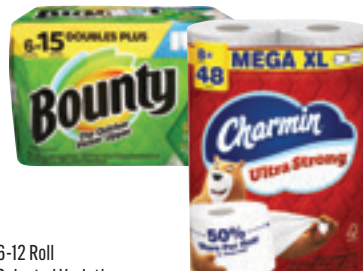
84-144 Oz. or 60 Ct.  
Selected Varieties  
**Gain Laundry  
Detergent**

**15.99**



2-6 Roll  
**Brawny or Quilted  
Northern Paper Towels  
or Bath Tissue**

**7.99**



6-12 Roll  
Selected Varieties  
**Charmin Bath  
Tissue or Bounty  
Paper Towels**

**14.99**



13 Oz.  
Selected Varieties  
**Rachael Ray  
Nutrish Wet Dog  
Food**

**2.29**



6.3 Oz.  
Selected Varieties  
**Rachael Ray  
Nutrish - Dog Treats**

**2.99**



16 Lb.  
Selected Varieties  
**Kibbles 'n Bits  
Dry Dog Food**

**15.99**



14 Lb.  
Selected Varieties  
**Scoop Away Cat  
Litter**

**6.99**



2.5-3 Lb.  
Selected Varieties  
**Rachael Ray Nutrish  
Dry Cat Food**

**5.99**

BIG FLAVOR, *Made Easy*



8 Ct., Selected Varieties  
**Mott's Apple Juice**

**3<sup>59</sup>**



3 Pk., Selected Varieties  
**Kraft Deluxe or Velveeta  
Mac & Cheese Dinners**

**7<sup>49</sup>**



12 Oz.  
Selected Varieties  
**Buffalo Wild Wings  
Sauces**

**3<sup>69</sup>**



**3<sup>69</sup>**

64 Oz., Selected Varieties  
**Mott's Apple Juice**



**3<sup>99</sup>**

5 Pk., Selected Varieties  
**Kraft Blue Box  
Mac & Cheese**



**4<sup>99</sup>**

29.5-31 Oz.,  
Selected Varieties  
**Heinz Simply  
Ketchup**



**2<sup>49</sup>**

20 Oz.  
**Heinz Mustard**



**3<sup>99</sup>**

38 Oz.  
Selected Varieties  
**Heinz Ketchup**



**2/\$<sup>7</sup>**

45 Oz., Selected Varieties  
**Ragú Pasta  
Sauce**

*Hot* DEALS



2 Lb.  
**Mahatma  
Jasmine Rice**

**2<sup>99</sup>**



2 Lb.  
**Mahatma  
Basmati Rice**

**2<sup>79</sup>**



8-16 Oz.  
Selected Varieties  
**Creamette Lasagna**

**2/\$<sup>4</sup>**



32 Oz.  
Selected Varieties  
**Creamette Pasta**

**2/\$<sup>6</sup>**

YOUR FAMILY *Favorites*



**2/\$<sup>4</sup>**

16 Oz.  
Selected Varieties  
**San Giorgio  
Lasagna**



**2/\$<sup>3</sup>**

5.3-5.8 Oz.  
Selected Varieties  
**Chef Boyardee  
Skillets**



**2/\$<sup>6</sup>**

15 Oz.  
Selected Varieties  
**Bertolli Alfredo  
Sauce**



**2/\$<sup>7</sup>**

16.9 Oz.  
Selected Varieties  
**Bertolli d'Italia  
Pasta Sauce**



32 Oz.  
Selected Varieties  
**Lifeway Kefir Drink**

**3<sup>49</sup>**



18 Oz., Selected Varieties  
**Stubb's  
BBQ Sauce**

**3<sup>99</sup>**



8 Oz.  
**Red Gold  
Tomato Sauce**

**79¢**



3.5-8.1 Oz.  
Selected Varieties  
**Nescafé Clasico  
Coffee**

**8<sup>99</sup>**

GROCERY *Goodies*

89¢

10z.  
Ortega Taco  
Seasoning

159

4 Oz.  
Ortega Diced  
Green Chiles



12 Pk.  
Selected Varieties  
Snack Pack Family Size  
Pudding or Gelatin

3<sup>99</sup>



18 Oz.  
Selected Varieties  
Country Bob's  
Wing Sauce

3<sup>99</sup>



6.5-24 Oz.  
Selected Varieties  
Barilla Pasta or  
Pesto Sauce

2/\$6



15-24 Oz.  
Selected Varieties  
Classico Pasta  
Sauce

2<sup>99</sup>



5 Oz.  
Water or Oil  
Starkist Chunk  
Light Tuna

4/\$5



6-8 Pk.  
Selected Varieties  
Hawaiian Punch  
Juice

2<sup>49</sup>



15 Oz.  
Wendy's Chili  
With Beans

4<sup>49</sup>



15 Oz.  
Wendy's Chili  
No Beans

4<sup>99</sup>



3<sup>99</sup>

8 Pk./12 Oz. Cans  
Selected Varieties  
Bubly Sparkling Water



2/\$3

4 Oz., Selected Varieties  
Betty Crocker  
Potatoes



2/\$4

20 Oz., Selected Varieties  
Libby's  
Pineapple



3/\$5

2.5 Oz., Selected Varieties  
Nissin Fire Wok Bowls or Old El  
Paso or Totino's Noodle Cups

EVEN MORE SAVINGS ON *Home & Health*



112-216 Ct.  
Selected Varieties  
Pampers Wipes

6<sup>99</sup>



18-32 Ct.  
Selected Varieties  
Luvs Platinum  
Jumbo Diapers

7<sup>99</sup>



16-41 Oz. or 3-5 Ct.  
Selected Varieties  
Mr. Clean Household  
Cleaner or Magic Eraser

5<sup>99</sup>



33.8 Oz.  
Selected Varieties  
Fabuloso All Purpose  
Cleaner

3<sup>99</sup>



8 Oz.  
Pepto  
Bismol

5<sup>49</sup>



3.8 Oz.  
Selected Varieties  
Gillette  
Deodorant

6<sup>49</sup>



96 Ct.  
Always  
Feminine Care

8<sup>99</sup>



3.3-7.2 Oz.  
Selected Varieties  
Crest Oral  
Care

4<sup>99</sup>



1 Ct.  
Selected Varieties  
Oral-B Toothbrush

5<sup>99</sup>



2.6-5.1 Oz.  
Selected Varieties  
Old Spice  
Deodorant

7<sup>99</sup>



6 Pk.  
Selected Varieties  
Qtonic Mixers

6<sup>99</sup>

DON'T MISS OUT ON THESE *Great Savings!*

2/\$7

9-14.5 Oz.  
Selected Varieties  
**Chex Mix, Buggles  
or Gardettos**

5<sup>99</sup>

10-16.36 Oz. or 10 Ct.  
Selected Varieties  
**Nabisco Multipack  
Cookies or Crackers**

4<sup>49</sup>

11-14.4 Oz.  
Selected Varieties  
**Nabisco Honey Maid  
Grahams or Nilla  
Wafers**

2<sup>99</sup>

5.5 Oz.  
Selected Varieties  
**Pringles  
Mingles or  
Party Stacks**

6<sup>49</sup>

18-28.8 Oz.  
Selected Varieties  
**Nabisco Party  
Size Cookies or  
Crackers**

2/\$3

10.5-10.75 Oz.  
Selected Varieties  
**Campbell's  
Condensed  
Soup**

4<sup>29</sup>

40 Oz.  
Selected Varieties  
**Bisquick Baking Mix**

3<sup>99</sup>

32 Oz.  
Selected Varieties  
**Pearl Milling Co.  
Original  
Pancake Mix**

3<sup>99</sup>

24 Oz.  
Selected Varieties  
**Pearl Milling Co.  
Pancake Syrup**

89<sup>¢</sup>

6.5-9 Oz.  
Selected Varieties  
**Jiffy Fruit Muffin,  
Pie or Pizza Crust  
Mix**

69<sup>¢</sup>

8.5 Oz.  
Selected Varieties  
**Jiffy Corn  
Muffin Mix**

4<sup>49</sup>

8 Oz.  
Selected Varieties  
**Pompeian  
Robust Olive Oil**

2<sup>19</sup>

7.5-8 Oz.  
Selected Varieties  
**Ortega Taco  
Sauce**

2/\$4

64 Oz.  
Selected Varieties  
**Old Orchard  
Juice**

## DAIRY & Frozen

2/\$5

8-16.3 Oz.  
Selected Varieties  
**Pillsbury  
Grands! Biscuits,  
Crescents or  
Cinnamon Rolls**

4<sup>49</sup>

59 Oz., Selected Varieties  
**Minute Maid  
Orange Juice**

4<sup>49</sup>

24-48 Oz.  
Selected Varieties  
**Chobani Creamer  
or La Colombe Cold  
Brew**

4.5-5.3 Oz.  
Selected Varieties  
**Chobani Flips,  
Greek, Less  
Sugar or Zero  
Sugar Yogurt**

10/\$10

12 Oz.  
**Kraft Deli  
Deluxe Slices**

4<sup>49</sup>

48 Oz.  
**Califia Farms  
Almond, Oat or  
Coconut Milk**

3<sup>99</sup>

59 Oz.  
Selected Varieties  
**Minute Maid  
Lemonades or  
Punch**

1<sup>99</sup>

### Chill DEAL

7-11 Oz.  
Selected Varieties  
**Rana Pasta or  
Pasta Sauce**

3<sup>99</sup>

3<sup>99</sup>

50 Ct.  
Selected Varieties  
**Totino's Pizza  
Rolls**

5<sup>49</sup>

24 Oz., Selected Varieties  
**Banquet Mega  
Chicken  
Filets**

40-48 Oz.  
Selected Varieties  
**Arby's or  
Checkers Frozen  
Potatoes**

6<sup>99</sup>

2/\$8

19.3-21.3 Oz.  
**Tombstone or  
Jack's Natural  
Rising Pizza**

2/\$4

8-14 Oz.  
Selected Varieties  
**PictSweet  
Farm Favorites  
or Southern  
Classic  
Vegetables**

2<sup>99</sup>

12.84-16 Oz.  
Selected Varieties  
**Mrs. T's  
Pierogis**

15<sup>99</sup>

57-96 Oz.  
**Stouffer's  
Party Size  
Entrées**

2<sup>99</sup>

10 Oz.  
**Farm Rich  
Mozzarella  
Sticks**

2/\$6

10-15 Oz.  
Selected Varieties  
**Birds Eye  
Premium  
Vegetables**

3<sup>29</sup>

24-32 Oz., Selected Varieties  
**Mr. Dell's  
Hash Browns**

2/\$7

20 Oz.  
Selected Varieties  
**PictSweet  
Frozen Sweet  
Potato Fries**

2/\$8

6-20 Oz.  
Selected Varieties  
**Stouffer's,  
Tapatio, or Mings  
Single Serve  
Meals**

2<sup>99</sup>

9-11 Oz.  
Selected Varieties  
**Tai Pei Single  
Serve Entrées**

PREMIUM QUALITY *Meat Selections*



Family Pack  
**BONE-IN PORK CENTER CUT PORK CHOPS**

**2<sup>19</sup>**  
*Lb.*



USDA Choice  
**BONELESS BEEF BOTTOM ROUND STEAKS**

**6<sup>49</sup>**  
*Lb.*



**WHOLE PORK TENDERLOIN**

**2<sup>99</sup>**  
*Lb.*



Family Pack  
**Bone-In Pork Thin Cut Breakfast Pork Chops**

**2<sup>49</sup>**  
*Lb.*



Family Pack  
**Breakfast Thin Sliced Pork Tenderloin**

**3<sup>29</sup>**  
*Lb.*



USDA Choice  
**Boneless Beef Cube Steaks**

**6<sup>99</sup>**  
*Lb.*

8-12 Oz., Selected Varieties  
**FARMLAND ROLL SAUSAGE OR LINKS**

**2/\$4**

30 Oz.  
**JIMMY DEAN FAMILY PACK PANCAKE & SAUSAGE**

**8<sup>99</sup>**

16 Oz., Selected Varieties  
**FARMLAND HAM STEAKS OR DICED HAM**

**3<sup>99</sup>**

20-29 Oz., Selected Varieties  
**TYSON BREADED CHICKEN**

**4<sup>99</sup>**

2.5 Lb., Selected Varieties  
**TYSON INDIVIDUALLY FROZEN BONELESS SKINLESS CHICKEN BREAST OR TENDERS**

**5<sup>99</sup>**

5-6 Oz., Selected Varieties  
**HORMEL PEPPERONI**

**2<sup>99</sup>**

9.6-16 Oz., Links, Patties or Ground Pork  
**JOHNSONVILLE FRESH OR FULLY COOKED BREAKFAST SAUSAGE**

**3<sup>99</sup>**

2.25 - 4.4 Oz  
Selected Varieties  
**OSCAR MAYER BASIC LUNCHABLES**

WHEN YOU BUY 5 QUANTITIES LESS THAN 5 ARE \$1<sup>99</sup> EA

**99¢**



**Kentucky Legend Sliced Quartered Boneless Smoked Ham**

**3<sup>99</sup>**  
*Lb.*



**2/\$3**  
6.4 Oz., Selected Varieties  
**Banquet Fully Cooked Brown 'N Serve Sausage Patties or Links**

**9<sup>99</sup>**  
34-36 Oz, 8-20 Ct. Selected Varieties  
**Jimmy Dean Breakfast Sandwiches**



**3<sup>99</sup>**  
12-16 Oz., Selected Varieties  
**Bob Evans Sausage Rolls, Links or Patties**

**11<sup>99</sup>**  
40 Oz.  
**Wright Brand Sliced Bacon**

**1<sup>88</sup>**  
16 Oz., Selected Varieties  
**Bar-S Meat Franks**

**11<sup>99</sup>**  
32 Oz.  
**Holten's Ground Beef Patties Smashed Burgers**

**2/\$5**  
10 Oz., Selected Varieties  
**Cacique Queso Fresco**

**2/\$5**  
15 Oz., Selected Varieties  
**Cacique Crema**

**1<sup>00</sup>**  
9 Oz., Selected Varieties  
**Cacique Chorizo or Pork Chorizo**

**7<sup>99</sup>**  
28 Oz., Ham & Turkey  
**Oscar Mayer Sub Kits**

**2/\$5**  
2.64-10.7 Oz., Selected Varieties  
**Oscar Mayer Fun Pack Lunchables or Snackables**

**2/\$4**  
2-2.3 Oz., Selected Varieties  
**Oscar Mayer P3 Portable Protein**

**11<sup>99</sup>**  
40 Oz., Selected Varieties  
**Tennessee Pride Pork Sausage Patties**

PRODUCE FRESH *from the Farm!*



**3<sup>99</sup>**

6 Oz.  
**Raspberries or Blackberries**



**2<sup>49</sup>**  
*Lb.*

**Red Or Green Seedless Grapes**



**CANTALOUPE MELONS**

**3<sup>99</sup>**



**5<sup>99</sup>**

**Honeydew Melons**



**1<sup>99</sup>**  
*Ea.*

Selected Varieties  
**Affy Tapple Caramel Apples**



**1<sup>29</sup>**  
*Ea.*

**Red, Yellow or Orange Peppers**



**89¢**  
*Ea.*

**Hass Avocados**

**3<sup>99</sup>**  
15 Oz., Selected Varieties  
**¡Yo Quiero! Guacamole or Cantina Salsa**



**2<sup>99</sup>**

5 Lb. Bag  
**Best Choice Gold or Red Potatoes**

8-8.5 Oz., Healthy Harvest  
**Diced Yellow or Red Onions**

**3<sup>79</sup>**

8 Oz., Healthy Harvest  
**Fajita Mix or Diced Bell Peppers**

**3<sup>79</sup>**

1 Lb.  
**Bunny Luv Carrots**

**99¢**

8 Oz., White or Cremini  
**Sliced Mushrooms**

**2<sup>29</sup>**

**Tomatoes On The Vine**

**1<sup>99</sup>**  
*Lb.*

5-6 Oz., Selected Varieties  
**Fresh Express Salad**

**2<sup>99</sup>**

12 Oz., Selected Varieties  
**Marzetti Dips**

**3<sup>99</sup>**

*Deli & Bakery*



Kretschmar

Sliced to Order  
**Kretschmar Olive Loaf**

**5<sup>99</sup>**  
*Lb.*



Kretschmar

Sliced to Order  
**Kretschmar Colby Jack Cheese**

**5<sup>99</sup>**  
*Lb.*



Kretschmar

Sliced to Order  
**Kretschmar Off The Bone Ham**

**5<sup>49</sup>**  
*Lb.*



16 Oz., Selected Varieties  
**Brill Sliced Loaf Cake**

**5<sup>49</sup>**



7.5-12 Oz. Selected Varieties  
**Clyde's Donut Holes**

**2<sup>99</sup>**



8 Oz.  
**Bakeshop Mini Cookies**

**3<sup>49</sup>**



14-16 Oz., Selected Varieties  
**Rich's Double Layer 5 Inch Cakes**

**6<sup>99</sup>**



**15.99**

15 Pk./16 Oz. Aluminum Bottles  
**Busch Light**



**14.99**

12 Pk./12 Oz. Cans  
**Toppling Goliath Oktoberfest**



**9.99**

4 Pk./12 Oz. Cans, Selected Varieties  
**Carbliss Cocktails**



**22.99**

24 Pk./12 Oz. Cans  
**Coors Light**