



0 008400 2

HELP TEENS LIKE BB LIVE LONGER AND GROW STRONGER

DONATE TODAY

BB, living with a neuromuscular disease

MDA Muscular Dystrophy Association
MDA.org/retail

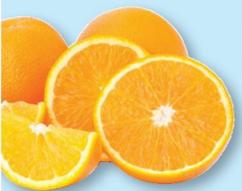
BEST PICKED PRODUCE



1⁹⁹ ^{lb}
Cosmic Crisp Apples
Fresh



2⁴⁹ ^{lb}
Red Seedless Grapes
Fresh



3⁹⁹
Sweet Navel Oranges
3 lb bag, Fresh, California

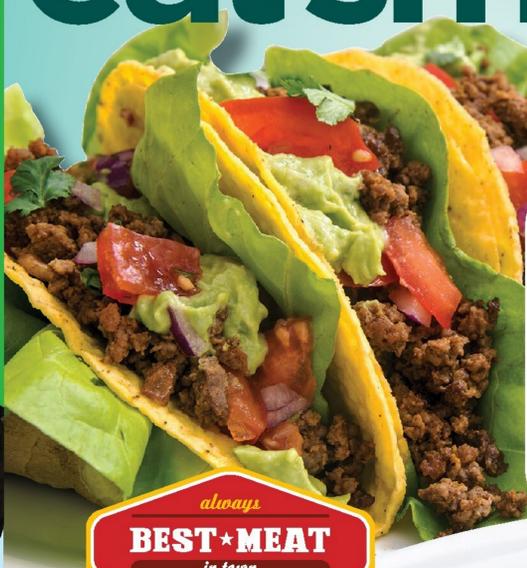


3⁹⁹ ^{lb}
Asparagus
Fresh

eat smart!



EAT LITE. EAT RIGHT.



always
BEST MEAT
in town
FOR OVER 70 YEARS

5⁴⁹ ^{lb}
Fresh 85% Lean Ground Chuck
USDA Inspected

5⁹⁹ ^{lb}
Boneless Top Round Roast
USDA Choice, Sentry Angus Beef



Pork Spare Ribs
USDA Inspected, Tender and Juicy

2⁴⁹ ^{lb}

Gold'n Plump Boneless Skinless Breast
Fresh, Family Pack

3⁴⁹ ^{lb}

always
BEST MEAT
in town



SAVE WITH COUPON



Cheez-It Puff'd, Snap'd or Crunch or Kellogg's Town House Crackers
5.75-7.5 oz Cheez-It or 9.2-13.8 oz Town House, Selected Varieties

2/6



Essential Everyday Natural Sliced Cheese
6-8 oz pkg, Selected Varieties

2/5



Chobani Greek or Zero Sugar Yogurt
4 ct pkg, Selected Varieties

2/8



Creamette Pasta
12-16 oz box, Selected Varieties

4/5



Edy's Premium Ice Cream
48 oz ctn, Selected Varieties

3⁹⁹



Jack's Original Pizza
13.8-15.8 oz pkg, Selected Varieties

3/9



Essential Everyday Apple Juice
64 oz btl, Selected Varieties

2/5



7Up Products
6 pk, .5 ltr btl, Selected Varieties

2/7



Michelob Ultra Beer
12 pk, 12 oz cans or btl

13⁹⁹ AFTER COUPON

Sale Price \$15.99
AFTER \$2 INSTANT IN-STORE COUPON

PRICES EFFECTIVE MARCH 5 THRU MARCH 11, 2026

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125 Meadow Road
Iola, WI 54945
715-445-3316

visit us online at
www.sentryfoods.com



always
BEST MEAT
in town
FOR OVER 70 YEARS

WHILE SUPPLIES LAST.
ALL ITEMS MAY NOT BE AVAILABLE.
NO RAINCHECKS



7⁹⁹
lb
**Boneless
Top Round Steak**
USDA Choice,
Sentry Angus Beef



12⁹⁹
lb
**T-Bone
Steak**
USDA Choice,
Sentry Angus Beef



2²⁹
lb
**Boneless Pork
Sirloin Roast**
USDA Inspected,
Tender and Juicy



2⁴⁹
lb
**Boneless Pork
Sirloin Chops**
USDA Inspected,
Tender and Juicy



2⁹⁹
lb
**Whole Pork
Tenderloins**
USDA Inspected,
Tender and Juicy



4⁹⁹
**Sugardale
Sliced Bacon**
16 oz pkg,
Selected Varieties



11⁹⁹
**Lloyd's
Baby Back Ribs**
24 oz pkg



5⁹⁹
**Lloyd's
BBQ Tub**
15-16 oz pkg,
Selected Varieties



5⁹⁹
**Sugardale
Jumbo
Hot Dogs**
3 lb pkg



2/3
**Sugardale
Meat Hot Dogs**
12 oz pkg



4⁹⁹
**Gilbert's
Chicken Sausage**
10 oz pkg,
Selected Varieties



4⁹⁹
**Johnsonville
Smoked Sausage,
Brat Patties or
Bratwurst**
12-14 oz pkg,
Selected Varieties



6⁹⁹
**Johnsonville
Grillers, Meatballs
or Sausage Slices**
22-24 oz pkg,
Selected Varieties



4⁹⁹
**Farmland
Diced, Cubed, Sliced
Ham or Ham Steaks**
16 oz pkg,
Selected Varieties



5⁹⁹
**Oscar Mayer
Deli Fresh
Lunchmeats**
16 oz pkg,
Selected Varieties



3⁹⁹
**Hormel
Pepperoni**
5-6 oz pkg,
Selected Varieties



10⁹⁹
**Just Bare
Breaded Chicken**
24 oz pkg,
Selected Varieties



7⁹⁹
**Kevin's
Chicken
Entrées**
16-17 oz pkg,
Selected Varieties



5⁹⁹
**El Monterey
Burritos**
30.4-32.4 oz pkg,
Selected Varieties

SEAFOOD

WHILE SUPPLIES LAST.
ALL ITEMS MAY NOT BE AVAILABLE.
NO RAINCHECKS



5⁹⁹
**Supreme Choice
Tilapia Fillets**
16 oz pkg



8⁹⁹
**Supreme Choice
Catfish Fillets**
16 oz pkg



6⁹⁹
**Supreme Choice
Raw EZ Peel Shrimp**
16 oz pkg,
41-50 ct



9⁹⁹
**Supreme Choice
Cooked Shrimp**
16 oz pkg,
41-50 ct, Tail-On

**BEST PICKED
PRODUCE**

WHILE SUPPLIES LAST.
ALL ITEMS MAY NOT BE AVAILABLE.
NO RAINCHECKS



4⁹⁹
lb
**Cotton Candy
Grapes**
Crisp



99¢
lb
**Jumbo
Sweet Onions**
Fresh



1⁹⁹
ea
**Dole
Celery**
Sleeved



3⁹⁹
**Farmer's Promise
Idaho Russet Potatoes**
8 lb bag



3⁴⁹
**NatureSweet
Glorys Tomatoes**
10 oz pkg



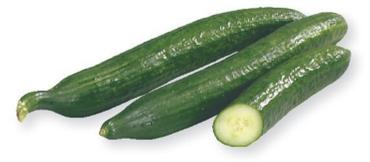
2/5
**Green Giant
Sweet Fixin's Carrots**
10 oz bag



1⁹⁹
lb
Green Peppers
Large



2/5
**Giorgio Baby
Portabella
Mushrooms**
8 oz pkg, Whole or Sliced



2⁴⁹
ea
**Seedless
Cucumbers**
Fresh



2/5
**Fresh Express
Chopped Salad Kits**
10.78-12.87 oz pkg,
Selected Varieties

ITALIAN MEATBALL & CHEESE TORTELLINI SOUP



- what you need...
- 2 Tbsp butter
 - 1 onion, diced
 - 2 quarts chicken broth
 - ½ cup diced carrots
 - Half a pkg of frozen spinach (or more, if desired)
 - 1 Tbsp Italian seasoning
 - 1 lb frozen, cooked Italian-style meatballs
 - 1 lb frozen, cheese tortellini
 - 2 Tbsp grated Parmesan cheese

- make it...
- MELT** the butter in a large pot over medium-high heat; cook the onion in the melted butter until tender, 5 to 7 minutes.
- POUR** the chicken broth into the pot; add the carrots, spinach and Italian seasoning. Bring the mixture to a boil. Stir in the meatballs and tortellini; return to a boil and cook until meatballs and tortellini are cooked thoroughly.
- LADLE** into bowls and top with Parmesan cheese.



GROCERY

WHILE SUPPLIES LAST. ALL ITEMS MAY NOT BE AVAILABLE. NO RAINCHECKS



3.99

Kellogg's Kids Cereal
8.8 oz Corn Pops, 8.9 oz Apple Jacks or Froot Loops or 12 oz Frosted Flakes



2/9

Frito-Lay Party Size Snacks, Potato Chips or Queso Dip
6-17 oz Party Size Snacks, 12.5-13 oz Lay's Potato Chips or 23 oz Dip, Selected Varieties



2/3

Rice-a-Roni or Pasta-Roni
1.97-7.2 oz pkg, Selected Varieties



5/5

Essential Everyday Chunk Light Tuna
5 oz can, Selected Varieties



2/4

Essential Everyday Brown or Powdered Sugar
2 lb pkg, Selected Varieties

Essential EVERYDAY®

YOU'LL LOVE IT
We Guarantee It

100% Quality GUARANTEED

Like it, or let us make it right. That's our quality promise. Visit EssentialEveryday.com for details.



2/4

Essential Everyday Saltines
16 oz pkg, Selected Varieties



1.79

Essential Everyday Broth or Stock
32 oz pkg, Selected Varieties



1.79

Essential Everyday Lasagna Noodles
12-16 oz box, Selected Varieties



5/5

Essential Everyday Pasta Side Dishes
4-4.8 oz box, Selected Varieties



2.29

Essential Everyday Pasta Sauce
23-24 oz jar, Selected Varieties



3.99

Essential Everyday Mayonnaise or Whipped Dressing
20 oz btl, Selected Varieties



1.49

Essential Everyday White Vinegar
32 oz btl



2/6

Kellogg's Nutri Grain Bars
10.4 oz box, Selected Varieties



2.99

Kellogg's Pop-Tarts Crunchy Poppers
5 oz pkg, Selected Varieties



2/5

Homestyle Rice Krispies Treats
6 ct pkg

CLIPLESS REDEEMABLE COUPON VALID 3/5/26 - 3/11/26 RVO300

Buy ANY THREE (3) Participating Kellanova Crackers, Nutri Grain Bars or Pop Tart Bites or Crunchy

SAVE \$3.00

RETAILER: Return to UNFI COUPON SERVICES via UNFI Redemption Form. VOID IF COPIED, TRANSFERRED, PURCHASED OR SOLD. ONE COUPON PER PURCHASE. DO NOT DOUBLE. GOOD ONLY AT SENTRY STORES



4.99

Nabisco Multi-Pack Cookies or Crackers
10-18 ct pkg, Selected Varieties



7.99

Pop-Secret Popcorn
12 ct pkg, Selected Varieties



2/7

Frito Lay Rold Gold Pretzels or Tostitos Salsa
10-16 oz Pretzels or 15.5 oz Salsa, Selected Varieties



3.49

Betty Crocker Mashed Potatoes
28 oz box



13.99

Pompeian Extra Virgin Olive Oil
25.4-32 oz btl, Selected Varieties

CLIPLESS REDEEMABLE COUPON VALID: 3/5/26-3/11/26 RVO100

Buy Two Kellogg's Cereals

SAVE \$1.00

Corn Pops 8.8 oz, Apple Jacks or Froot Loops 8.9 oz or Frosted Flakes 12 oz

RETAILER: Return to UNFI COUPON SERVICES via UNFI Redemption Form. VOID IF COPIED, TRANSFERRED, PURCHASED OR SOLD. ONE COUPON PER PURCHASE. GOOD ONLY AT SENTRY STORES



2/5

Progresso or Old El Paso Soup
18-19 oz can, Selected Varieties



2/3

Starkist Solid White Tuna
5 oz can



5/2

Maruchan Instant Lunch
3 oz pkg, Selected Varieties



3.99

Bertolli Organic Pasta Sauce
16.9-24 oz jar, Selected Varieties



3.99

Ragu Pasta Sauce
45 oz jar, Selected Varieties



2.99

Ken's Salad Dressing
16 oz btl, Selected Varieties



2/5

Kraft Dressing
16 oz btl, Selected Varieties



7.99

Scott Comfort Plus Bath Tissue or Paper Towels
12 ct pkg Mega Rolls Bath Tissue or 6 ct pkg Paper Towels, Selected Varieties



7.99

Brawny Paper Towels
4 ct Double Rolls, Selected Varieties



5.99

Gain Liquid or Flings! Laundry Detergent or Fabric Softener
46 oz btl Detergent, 16 ct Flings or 44 oz Softener, Selected Varieties



5.99

Bounce Fabric Softener Sheets
60-120 ct box, Selected Varieties

NATURAL & ORGANIC

WHILE SUPPLIES LAST. ALL ITEMS MAY NOT BE AVAILABLE. NO RAINCHECKS



5.49

Garden of Eatin' Organic Tortilla Chips
14 oz bag, Selected Varieties



2/7

Sensible Portions Garden Veggie Straws or Chips or Terra Real Vegetable Chips
5-7 oz pkg, Selected Varieties



2/4

Wild Harvest Organic Vegetables
14.5-15 oz can, Selected Varieties



3.79

Wild Harvest Organic Tea Bags
16 ct pkg, Selected Varieties



WHILE SUPPLIES LAST. ALL ITEMS MAY NOT BE AVAILABLE. NO RAINCHECKS



6.49

TGI Fridays Appetizers
10-13.5 oz pkg, Selected Varieties



2/6

Jimmy Dean Breakfast Bowls or Egg Bites
4-9 oz pkg, Selected Varieties



3.89

Stone Ridge Creamery Ice Cream Bars
6-12 ct pkg, Selected Varieties



2/10

Brew Pub Lotzza or Orr's Ultimate Rizer
10.3-13.71 oz Brew Pub, 25.45-28.45 oz Ultimate Rizer, Selected Varieties



4.99

Red Baron Pizza
17.82-23.45 oz pkg, Selected Varieties



3.99

Green Giant Restaurant Style Vegetables
10.5-12 oz pkg, Selected Varieties



3.99

Arby's, Red Robin, Sonic or Checker's French Fries or Onion Rings
22-28 oz pkg, Selected Varieties



2/7

McCain Potatoes or Onion Rings
14-26 oz pkg, Selected Varieties



3.99

Dole Frozen Fruit
12-16 oz pkg, Selected Varieties



4.99

Ben & Jerry's Ice Cream
14.4-16 oz pkg, Selected Varieties

★ DAIRY ★

WHILE SUPPLIES LAST. ALL ITEMS MAY NOT BE AVAILABLE. NO RAINCHECKS



★ **3.49** ★

Essential Everyday String Cheese
9-12 oz pkg,
Selected Varieties



★ **3.99** ★

Essential Everyday Lactose Free Milk
64 oz pkg,
Selected Varieties



★ **4.99** ★

Dannon Activia Yogurt, Danactive or Danimals Yogurt Drinks
12 ct pkg Activia or Danimals or 8 ct pkg Danactive



2/7

Cracker Barrel Cheese
6 oz Cubes, 7 oz Cuts, 7.5 oz Sticks,
8 oz Chunks or 8 oz Snack Bars,
Selected Varieties



6.49

Rana Pasta
20 oz pkg,
Selected Varieties

★ BEST DELI ★

WHILE SUPPLIES LAST. ALL ITEMS MAY NOT BE AVAILABLE. NO RAINCHECKS

★ BAKERY ★

WHILE SUPPLIES LAST. ALL ITEMS MAY NOT BE AVAILABLE. NO RAINCHECKS



★ **8.99** ea ★

Rotisserie Chicken
Original,
Hot From the Deli



★ **5.99** ★

Apple, Dutch Apple, Peach, Cherry, Blueberry, Razzleberry or Strawberry Rhubarb Pie
8 inch, Selected Varieties



6.99

Kretschmar Honey or Virginia Ham Deli Fresh



3.49

Coleslaw
Deli Fresh



14.99

Message Cookies
12 inch,
Selected Varieties



4.99

Angel Food Ring Cake
10 oz pkg



3.99

Sartori Parmesan Cheese
7 oz pkg,
Selected Varieties



11.99

La Terra Fina Quiche
23 oz pkg,
Selected Varieties



3.99

Two-Bite Iced Mini Cupcakes
12 ct pkg,
Selected Varieties



3.49

Clyde's Cake or Old Fashioned Donuts
6 ct pkg,
Selected Varieties

★ HEALTH & BEAUTY ★

WHILE SUPPLIES LAST. ALL ITEMS MAY NOT BE AVAILABLE. NO RAINCHECKS



2/9

Colgate Total or Max Toothpaste, 360 Toothbrush or Optic White Mouthwash
3.3-6.3 oz Toothpaste, 1 ct Toothbrush or 16.9 oz Mouthwash,
Selected Varieties



8.99

OGX Shampoo or Conditioner
13 oz btl,
Selected Varieties



8.99

Atkins High Protein Shakes
4 pk, 11 oz btl,
Selected Varieties



6.99

Clif Bars
5 ct pkg,
Selected Varieties



4.99

Equaline Migraine Pain Reliever
50 ct box



11.99

Pepcid AC Maximum Strength
25 ct box



9.99

Energizer Max AA or AAA Batteries
8 ct pkg,
Selected Varieties



16.99

Always Discreet Pads
26-66 ct pkg,
Selected Varieties

★ FLORAL ★

WHILE SUPPLIES LAST. ALL ITEMS MAY NOT BE AVAILABLE. NO RAINCHECKS



17.99

Killian Bouquet



9.49

Mint Green Bouquet



7.99

Green Oxalis
4.5 inch



16.99

Cyclamen
6 inch

★ BEVERAGE ★

WHILE SUPPLIES LAST. ALL ITEMS MAY NOT BE AVAILABLE. NO RAINCHECKS

Please note any promotion on liquor items available only at stores with liquor departments! *See display for details



5.49

Coke Products
6 pk, .5 ltr btl,
Selected Varieties



4.49

Coke Products
6 pk, 7.5 oz cans,
Selected Varieties



7.49

Pepsi Products
12 pk, 12 oz cans,
Selected Varieties



2/5

Pepsi Products
2 ltr btl,
Selected Varieties



4.99

Pepsi Products
10 pk, 7.5 oz Mini cans,
Selected Varieties



5.79

7Up Products
10 pk, 7.5 oz cans,
Selected Varieties



4.99

Snapple Drinks
6 pk, 16 oz btl,
Selected Varieties



3.79

Bubly Sparkling Water
8 pk, 12 oz cans,
Selected Varieties



5/5

Powerade Sports Drink
28 oz btl,
Selected Varieties



5.99

BodyArmor Super Drinks
8 pk, 12 oz btl,
Selected Varieties



5.99

Monster Energy Drinks
4 pk, 12 oz cans,
Selected Varieties



13.99

Miller High Life Beer
18 pk, 12 oz cans or btl



17.49

Coors Light or Banquet Beer
18 pk, 12 oz cans or btl



12.99

Coors Banquet or Coors Light Beer
12 pk, 12 oz cans or btl



16.99

Budweiser or Bud Light Beer
18 pk, 12 oz cans or btl



10.99

Cutwater Cocktails
4 pk, 12 oz cans,
Selected Varieties



15.99

Leinenkugel's Craft Beer
12 pk, 12 oz cans or btl,
Selected Varieties



16.99

Nutri Vodka Seltzer
8 pk, 12 oz cans,
Selected Varieties



18.99

Jose Cuervo Tequila
750 ml btl,
Selected Varieties



19.99

Canadian Club Whiskey
1.75 ltr btl



5.99

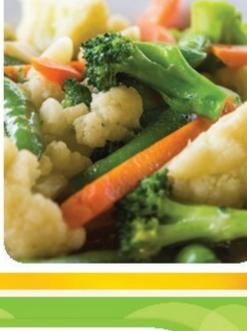
Barefoot Wine
750 ml btl,
Selected Varieties

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SAVOR

THE TASTE OF REAL FOOD...

JUST FROZEN!



Register to Win

one of **20 Prizes!**

\$250 Store Gift Certificate 10 Winners

\$100 Store Gift Certificates 10 Winners



TAKE A **FRESH LOOK** AT FROZENS!

Enter for a chance to win one of **20 Store Gift Cards!**

1st Place Prize: \$250 Store Gift Card (10 prizes awarded)

2nd Place Prize: \$100 Store Gift Cards (10 prizes awarded)

FROZEN FOOD MONTH ENTRY FORM

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

EMAIL _____

STORE NAME _____

NO PURCHASE NECESSARY TO ENTER OR WIN.

Promotion starts on 3/1/26 and ends 3/21/26. To enter, fill out required information on entry form and deposit entry form in the entry box at participating retailer. Limit one (1) entry per participant. See participating stores for official rules.

a great time to visit the FROZEN FOOD AISLE



Culinary Circle Pizza
13.95-28.9 oz pkg,
Selected Varieties

2/9



2/4
Green Giant Steamers
9-10 oz pkg,
Selected Varieties



4/5
Essential Everyday Vegetables
12 oz bag,
Selected Varieties



5.99
InnovAsian Dinner
16-18 oz pkg,
Selected Varieties



3.99
Cholula Burrito Bowl
8.5-9 oz pkg,
Selected Varieties



7.99
Old El Paso Taco Bites
13 oz pkg,
Selected Varieties



6.99
Old El Paso Stuffed Nachos
17 oz pkg,
Selected Varieties



5.49
Farm Rich Appetizers
13-22 oz pkg,
Selected Varieties



5.99
José Olé Taquitos or Mini Tacos
16.2-22.5 oz pkg,
Selected Varieties



4.49
Hot Pockets
4 ct pkg,
Selected Varieties



2/5
Kellogg's Eggo French Toaster Sticks, Pancakes or Waffles
8.4-14.8 oz French Toaster Sticks or Pancakes or 10.75-12.3 oz Waffles,
Selected Varieties

While supplies last. All items may not be available. No Rain Checks.

Campbell's



**spoonfuls
of savings**



2/4

**Campbell's
Home Style
Soup**

16.1-16.3 oz can,
Selected Varieties



3/49

**Swanson
Broth**

48 oz pkg,
Selected Varieties



2/3

**Campbell's
SpaghettiO's**

15.8 oz can,
Selected Varieties



3/99

**Prego
Pasta Sauce**

44-45 oz jar,
Selected Varieties



2/7

**Pace
Picante Sauce
or Salsa**

24 oz jar,
Selected Varieties

While supplies last. All items may not be available. No Rain Checks.