

fresh deals

OCT 10 - OCT 16, 2018*

Huge deal!



5/\$5

Organic Avocados
Versatile and tasty



1.79/lb.

Organic Red and Green Grapes
Great in the lunchbox



2.49/lb.

Smart Chicken Drumsticks and Thighs
Air-chilled and cage-free



local

6.99/lb.

Rochdale Farms Baby Swiss
Nutty and great for melting



9.99/lb.

Thousand Hills Top Sirloin Steak
100% Grass-fed beef



10.99/lb.

Atlantic Salmon
Sustainably farm-raised

* Sales good while supplies last.

814 Main St E, Menomonie • www.mmfc.coop | Open M-F 7am-9pm, Sat-Sun 8am-8pm

 **menomonie MARKET**
FOOD CO-OP