

STOCK UP & SAVE

Over 60 items on sale this month.
Order at marketday.com.



COOKIE DOUGH
STOCK UP P. 3
Buy more, save more!



NEW!



NEW!



NEW!



NEW! 3465 Hummus & Pita Chips To Go Creamy hummus and multi-grain pita chips. Packed with protein and no refrigeration required. Perfect for on-the-go! 6-3.1 oz./\$9.79

2050 Seasoned Salmon ★★★★★ Easy and elegant. Premium flaky fillets with mild seasonings. Expertly skinned. Individually wrapped. No mess. No trans fats. Healthy! 4-5 oz./\$17.49 **\$16.49**

3436 Colby Jack Snack Sticks A tasty treat and calcium kick all in one. Low carb and big on taste, these sticks are perfect for lunch boxes of kids of all ages. 24-.83 oz. sticks/\$9.49 **\$8.99** **37¢ each**

NEW! 1271 Bacon & Cheddar Angus Burger The perfect blend of smoked bacon & cheddar cheese in this 100% Angus beef burger. Built-in flavor. Perfect for grilling. 8-5.3 oz./\$16.49

3069 ChicNSteakes ★★★★★ Top Seller. Top Taste. Beautifully trimmed and are as juicy as they are versatile. Individually wrapped. 99% fat free, 100% easy. 12-4 oz./\$14.89 **\$13.89**

7763 Vegetable Fried Rice Everything but a fortune cookie. Loaded with crunchy carrots, peas, onions and eggs for authentic taste. Sauce packets included. 2-1 lb. rice/2-2 oz. sauce/\$8.99 **\$8.49**

NEW! 1332 All Beef Hot Dogs All beef, premium hot dogs with that classic ballpark taste. Great for picnics or game-day parties! Gluten free. No MSG. No trans fats. 12-2.67 oz./\$10.69

8180 Supersweet Corn ★★★★★ Three times sweeter and crispier than any traditional sweet corn variety. 2-2 lb. resealable bags/\$8.99 **\$8.49**

5131 French Toast Sticks Serve these crisp, thick-cut batter fried sticks for a kid-friendly breakfast. 43-45 sticks/2.5 lbs./\$7.99 **\$7.49** **75¢ per serving**

Prices valid for sale dates 5/5/13 – 6/1/13

Get Both FREE

See page 10

FREE
Quick 'n' Crispy
Shoestring
French Fries
with \$40 purchase*



FREE
4-Pack of 1/4 lb.
Beef Patties
with \$90 online purchase*
Promo Code: **MAYBONUS**



Inside This Issue:

New Item Review.....	2
Cookie Dough Stock Up.....	3
Customer Favorites.....	4
EZ Order.....	5-6
Quick & Easy Meals.....	7
Grill 'Em Up!.....	8-9
Freequent Buyer®.....	10
SchoolShare®.....	10

Icon Guide

These symbols will help you find the right products to fit your lifestyle.

▲ Taste for Health®

Contains no more than 300 calories, 10g total fat and 600mg sodium per serving.

🌿 Naturals

Contains no preservatives, artificial flavors or colors and have 0g trans fat per serving.

🔥 Microwave

⚡ Quick Cook

From freezer to table in 15 minutes or less.

🥜 Peanut Free

🍷 Gluten Free

🇺🇸 USDA Choice Meat

USDA grade of Choice is known for exquisite taste and tenderness.

🕒 Last Month This Season

Stock up, these items will not appear in next month's Order Guide.

New Item Review

2092 Sweet Potato Encrusted Pollock

Hand cut Pollock medallions encrusted in sweet potato breading. Kid friendly, packs 14g of protein, plus beta-carotene & antioxidants.
1.5 lbs./\$10.49 **\$9.49**



2195



3226

2195 Wood Roasted Wild Salmon

🌿 🍷 🍷 🍷 🍷

Natural wood smoke flavor. Individually wrapped. 4-5 oz./\$17.49 **\$16.49**

3226 Naked Bruschetta Stuffed Chicken Breast

170 calories. Boneless chicken breast stuffed with tomatoes, basil, garlic & mozzarella cheese. 4-5 oz./\$10.99 **\$9.99**

4010 Mozzarella Bites

▲ 🍷 🍷 🍷 🍷

Pizzeria style dough & 100% Mozzarella cheese. 22 oz./\$7.99 **\$7.49**

58¢
per serving



4010



3440

3440 GoGo SqueezeZ™ Apple Strawberry

No spoon, no mess and no added sugar! 18-3.2 oz./\$13.29 **\$12.29**

68¢
each

8203 Zucchini Munchtables

▲ 🍷 🍷 🍷
Zucchini slices with light crouton coating.
3-10 oz. bags/\$8.99 **\$8.49**

71¢
per serving



3240



4211

3240 100 Calorie Turkey Filets

▲ 🍷 🍷
Plump, delicious and portion controlled. 22 grams of protein and 98% fat free. 6-3.75 oz./\$13.59 **\$12.59**

4211 Seasoned Wedge Fries

▲ 🍷 🍷 🍷
Crispy and savory skin-on potato seasoned wedge fries. Great side or flavorful appetizer. 2 lbs./\$5.99 **\$5.49**

55¢
per serving



5190



5178

8145 Whole Grain Sweet Pea Blend

▲ 🍷 🍷 🍷 🍷
7 whole-grains with peas, onions & quinoa. 2-10 oz./\$4.99 **\$4.49**

5190 Petite Banana Breads

🌿 🍷 🍷 🍷
No preservatives. Individually wrapped. 6-3.6 oz./\$9.49 **\$8.99**

5178 Mini Breakfast Bagel

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Bagels with 8g of whole grain, topped with eggs, cheese & bacon. Quick breakfast or snack. 18 bagels/\$7.79 **\$7.29**



8203



8145

SAVE UP TO \$5.00 ON PRE-PORTIONED COOKIE DOUGH!

Buy 2, Save \$2 | Buy 3, Save \$3 | Buy 4, Save \$5



Top
Seller

5240 Chocolate Chunk Cookie Dough
Enjoy hot from the oven anytime. Loaded with chunks of creamy chocolate for a warm chewy taste when you crave it. 48-9 oz./\$14.50

5241 Chocolate Mint Chip Cookie Dough
Chocolate cookie dough studded with creamy mint chips. 48-9 oz./\$14.50

5242 Lemon Cooler Cookie Dough
Tangy lemon and creamy white chocolate chips. 48-9 oz./\$14.50

5245 Peanut Butter Cookie Dough
Creamy peanut butter dough chock full of yummy peanut butter chips. 48-9 oz./\$14.50

5246 Snickerdoodle Cookie Dough
Irresistible! Your favorite childhood cinnamon and sugar toast in a cookie. 48-9 oz./\$14.50



5241



5242



5243



5244



5245



5246



5247



5248

5243 M&M® Cookie Dough
America's favorite chocolate candies mixed into a sweet golden dough. 48-9 oz./\$14.50

5244 Oatmeal Raisin Cookie Dough
Raisin' the bar on chewy cookies. Loaded with raisins, country style rolled oats and cinnamon. 48-9 oz./\$14.50

5247 Sugar Free Chocolate Chip Cookie Dough
Sugar-free, this sweet buttery-vanilla cookie doesn't skimp on chocolate chips. 48-9 oz./\$14.50

5248 White Chocolate Macadamia Nut Cookie Dough
Gourmet macadamias and creamy white chocolate. 48-9 oz./\$15.00



New
This
Year

5250 S'mores Cookie Dough
Chocolate cookies are loaded with graham cracker bits, chocolate chips and marshmallows. Pre-formed scoops, hot from the oven anytime. 48-9 oz./\$14.50

DELICIOUS. CONVENIENT. PRE-PORTIONED.

*Limit 1 qualifying offer per customer. Not valid at Market Day store or on Peapod orders. Savings will automatically be applied to your order with qualifying purchase. Prices valid for sale dates 5/5/13-6/1/13. Promotions and programs are subject to change or termination at any time without notice. All products may contain traces of nuts and tree nuts.



1215



3455



7782

1215 Italian Style Meatballs 🍴🍷🍴🍷

All beef, fully cooked and oven baked. 59-71 pieces/3 lb. resealable bag/~~\$15.99~~ **\$14.39**

3455 Cheese Pizza Eat-zzas™ 🍴🍷🍴🍷

Individual deep-dish style pizza. 6-5 inch/~~\$8.99~~ **\$7.89**

7782 French Breadsticks 🍴🍷🍴🍷

Just heat and serve. 20-1.5 oz./~~\$9.29~~ **\$8.29**



3184



8175



4884

OFF \$5

3184 Naked Broccoli and Cheese Stuffed Chicken 🍴🍷🍴🍷🍴🍷

180 delicious calories and 24 grams of protein. 4-5 oz./~~\$10.59~~ **\$9.59**

8175 Baby Baked Potatoes 🍴🍷🍴🍷🍴🍷

Fully baked mini potatoes, lightly seasoned. 2 lb. resealable bag/~~\$10.59~~ **\$9.59**

4884 Decadent Chocolate Cake

Restaurant quality cake with rich chocolate flavor. 8 inch/~~\$15.00~~ **\$10.00**

4261 Five Cheese Garlic Toast 🍴🍷🍴🍷🍴🍷

Bread with 5 cheeses, garlic and butter. 16 slices/~~\$6.49~~ **\$5.99**

37¢ per serving

4042 Breaded Mozzarella Sticks with Sauce 🍴🍷🍴🍷

Tasty cheese with crunchy breading. 35-45 sticks/6 sauce packets/3.25 lbs./~~\$13.99~~ **\$12.39**



4261



4042



4608



3499



8107 | GREAT PRICE



4688

4608 Easy Serve Mac & Cheese by Kraft® 🍴🍷🍴🍷

Classic "blue box" flavor. Ready to serve. 8-7 oz. packages/~~\$10.99~~ **\$9.99**

3499 30 Count String Cheese 🍴🍷🍴🍷🍴🍷

Individually wrapped mozzarella. 30-1 oz. sticks/~~\$11.49~~ **\$10.49**

35¢ each

8107 Nesquik® Low Fat Chocolate Milk 🍴🍷🍴🍷🍴🍷

Chill, shake and serve. 24-8 oz. plastic bottles/~~\$19.59~~ **\$17.59**

4291 Cheese Ravioli 🍴🍷🍴🍷🍴🍷

The taste of homemade without taking an Italian cooking class. Pillows of pasta filled with creamy ricotta. Perfect with any sauce. 100 ravioli/3 lbs./~~\$9.99~~ **\$9.49**

68¢ per serving

4688 Broccoli Florets 🍴🍷🍴🍷🍴🍷

All florets, no stems, Grade A fancy. 2-2 lb. resealable bags/~~\$9.49~~ **\$8.99**

43¢ per serving



Ravioli Pesto Salad with Artichokes



- 1/2 cup reduced fat pesto
- 1 cup artichoke hearts, quartered
- 2 cups **Broccoli Florets #4688**; cooked
- 24 **Cheese Ravioli #4291**; cooked
- 1 cup grape tomatoes; halved

Toss all ingredients together in a large bowl. Chill 30 minutes and serve. **Serves 4.**

Customer Favorites

Meat

PICTURED – SAVE \$1.00

- ___ **1264 Mixed Grill p. 9**
4-1/4 lb Patties, 4-ChicNSteakes,
4-Boneless Pork Chops/
\$16.99 **\$15.99**

Beef

PICTURED – SAVE \$2.00

- ___ **1094 1/4 lb. Beef Patties p. 9**
10-4 oz./\$12.49 **\$11.49**
- ___ **1277 100 Calorie Steaks p. 8**
6-3.75 oz./\$15.69 **\$14.69**
- ___ **1332 All Beef Hot Dogs p. 1** **NEW**
12-2.67 oz./\$10.69
- ___ **1271 Bacon & Cheddar Angus Burgers p. 1** **NEW**
8-5.3 oz./\$16.49
- ___ **1054 French Dip p. 7** **LM**
2-2 lb. tubs/\$15.99 **\$13.99**
- ___ **1215 Italian Style Meatballs p. 4**
59-71 pieces/3 lb. resealable bag/\$15.99 **\$14.99**
- ___ **1131 Ranch Steaks® p. 8**
6-5 oz./\$17.99 **\$16.99**
- ___ **1121 Sweet & Smokey Petite Steaks p. 8**
6-4 oz./\$18.99 **\$17.99**
- ___ **1208 Teriyaki Steak Kabobs p. 8**
8-3 oz./\$18.99 **\$17.99**
- ___ **1141 Vidalia® Onion Burgers p. 8**
8-5.3 oz./\$13.99 **\$12.99**
- ___ **1280 Whole Beef Flat Iron p. 8**
16 oz./\$10.99 **\$9.99**
- ___ **1122 Fully Cooked Pot Roast**
2.25 lbs./\$15.69
- ___ **1058 Ground Beef - 85% Lean**
4-1 lb. pkg./\$17.16
- ___ **1245 Ground Beef - 85% Lean - 2 lbs.**
2-1 lb. pkg./\$8.79
- ___ **1096 Home-Style Gravy & Beef Tips**
2.5 lb. pouch/\$14.79
- ___ **7058 Meat Loaf Slices**
8-3.5 oz./\$11.39
- ___ **1260 Sirloin Beef Roast**
2 lbs./\$16.49
- ___ **1695 Stuffed Peppers**
4-10 oz./\$13.49

Pork

PICTURED – SAVE \$1.00

- ___ **1097 Baby Back Ribs - Raw p. 8**
1 slab/1.75-2 lbs.* @ \$6.49 **\$5.99 per lb.**
- ___ **1226 Bacon Wrapped Tournedos p. 9**
6-4 oz./\$12.59 **\$11.59**
- ___ **1243 Boneless Pork Filets p. 8**
6-5 oz./\$10.69 **\$9.69**
- ___ **1288 Peppercorn Pork Loin p. 8**
1.5 lbs./\$8.99 **\$8.49**
- ___ **1202 BBQ Pulled Pork**
2-1.5 lb. tubs/\$15.69
- ___ **1318 Boneless Pork Chops**
6-5 oz./\$12.29
- ___ **7050 Boneless Pork Riblets**
36-37 pieces/1.75 lbs./\$12.29
- ___ **1136 Italian Rack of Pork**
2.5-3 lbs.* @ \$5.99 per lb.
- ___ **1144 Petite Boneless Sliced Ham**
97% fat free. 2.5 lbs./\$15.99

- ___ **1460 Spiral Sliced Ham** **LM**
14.5-18 lbs.* @ \$3.21 per lb.
- ___ **1108 Whole Pork Tenderloins**
2-3 pieces/2.25 lbs./\$14.69

Poultry

PICTURED – SAVE UP TO \$1.00

- ___ **3240 100 Calorie Turkey Filets p. 2**
6-3.75 oz./\$13.59 **\$12.59**
- ___ **3108 Chicken Fries p. 7**
96-120 pieces/3 lb. resealable bag/\$14.99 **\$13.99**
- ___ **3033 Chicken Nuggets p. 7**
62-72 pieces/3 lb. resealable bag/\$13.99 **\$12.99**
- ___ **3069 ChicNSteaks p. 1**
12-4 oz./\$14.89 **\$13.89**
- ___ **3198 Gourmet Bistro Chicken p. 9**
2-1/2 Chickens/\$11.99 **\$10.99**
- ___ **3218 Lemon Pepper ChicNSteaks p. 9**
8-4 oz./\$11.99 **\$10.99**
- ___ **3184 Naked Broccoli & Cheese Stuffed Chicken p. 4**
4-5 oz./\$10.59 **\$9.59**
- ___ **3226 Naked Bruschetta Stuffed Chicken Breast p. 2**
4-5 oz./\$10.99 **\$9.99**
- ___ **3180 Teriyaki Chicken Kabobs p. 9**
8-3 oz./\$13.99 **\$12.99**
- ___ **3072 Teriyaki ChicNSteaks p. 8**
8-4 oz./\$11.99 **\$10.99**
- ___ **3010 Turkey Tournedos p. 9**
6-4 oz./\$13.29 **\$12.29**

- ___ **3141 Artichoke Parmesan Stuffed Chicken Breast**
4-5 oz./\$11.49
- ___ **3171 Breaded Chicken Breast Patties**
15-17 pieces/3 lbs./\$13.99
- ___ **3156 Broccoli & Cheese Stuffed Chicken**
8-6 oz./\$15.99
- ___ **7054 Chicken & Dumplings**
2.5 lb. pouch/\$10.99
- ___ **3048 Chicken Cordon Bleu**
8-6 oz./\$15.99
- ___ **3027 Chicken Gems®**
3 lb. resealable bag/\$13.99
- ___ **3024 Chicken Kiev**
8-6 oz./\$15.99
- ___ **3103 Chicken Parmesan Patties**
8-3.55 oz./\$13.99
- ___ **7138 Chicken Pot Pie** **LM**
2.5 lbs./\$12.99
- ___ **7091 Chicken Stir-Fry Kit**
4-6 servings/2.4 lbs./\$14.99
- ___ **3070 Chicken Tenders**
2 lb. resealable bag/\$14.79
- ___ **3173 Diced Chicken Tenderloins**
2-1 lb. bags/\$13.99
- ___ **3151 Fully Cooked Buffalo Chicken Bites**
2 lb. resealable bag/\$13.99
- ___ **3193 Fully Cooked Turkey Sausage Links**
40 links/2 lb. resealable bag/\$8.99
- ___ **3153 General Tso's Chicken**
4-10 oz. trays/\$11.99
- ___ **3168 Hickory Smoked BBQ Chicken**
2-1 lb. bags/\$10.99

- ___ **3136 Honey BBQ Chicken Tenders**
2 lb. resealable bag/\$13.99
- ___ **7170 Individual Chicken Pot Pies**
4-10 oz. trays/\$9.99
- ___ **3190 Naked Cordon Bleu Stuffed Chicken**
4-5 oz./\$10.99
- ___ **3174 Naked Mushroom Stuffed Chicken Breast**
4-5 oz./\$10.99
- ___ **3158 Popcorn Chicken**
2 lb. resealable bag/\$10.99
- ___ **3164 Seasoned Chicken Breast Strips**
2 lb. resealable bag/\$14.79

Seafood

PICTURED – SAVE UP TO \$1.00

- ___ **2405 Oven-Ready Butterfly Shrimp p. 7**
18-25 per lb./2 lbs./\$16.99 **\$15.99**
- ___ **2050 Seasoned Salmon p. 1**
4-5 oz./\$17.49 **\$16.49**
- ___ **2156 Shrimp Scampi p. 7**
2-8 oz. pouches/\$12.99 **\$11.99**
- ___ **2092 Sweet Potato Encrusted Pollock p. 2**
1.5 lbs./\$10.49 **\$9.49**
- ___ **2195 Wood Roasted Wild Salmon p. 2**
4-5 oz./\$17.49 **\$16.49**
- ___ **2117 Battered Alaska Cod**
2-12 oz. bags/\$11.69
- ___ **2145 Crab Cakes**
8-2 oz./\$14.99
- ___ **2141 Garlic & Herb Shrimp**
51-60 per lb./1 lb./\$14.99
- ___ **2041 Gourmet Stuffed Flounder**
6-5 oz. filets/\$19.99
- ___ **2090 Jumbo Party Shrimp w/Sauce**
26-30 per lb./1 lb./\$17.59
- ___ **2189 Krispy Krunchy Cod**
9-3.6 oz./\$14.99
- ___ **2086 Large Shrimp**
31-40 per lb./1 lb./\$14.69
- ___ **2178 Lemon Parmesan Salmon**
4-5 oz./\$17.49
- ___ **2014 Lemon Pepper Breaded Haddock Filets**
1.5 lbs./\$14.69
- ___ **2144 Mediterranean Tilapia**
4-5 oz./\$13.39
- ___ **2125 Naked Haddock Filets**
6-4 oz./\$16.69
- ___ **2129 Oven Ready Breaded Coconut Shrimp**
31-37 pieces/1.5 lbs./\$14.99
- ___ **2017 Potato Encrusted Pollock**
6-4 oz./\$10.99
- ___ **2171 Premier Popcorn Shrimp**
67-98 pieces/1.5 lbs./\$8.79
- ___ **2074 Tilapia Filets**
5-8 fillets/1.5 lbs./\$13.99
- ___ **2082 Wild Alaskan Grilled Salmon**
6-4 oz. filets/\$15.99

Breakfast

PICTURED – SAVE UP TO \$1.00

- ___ **5131 French Toast Sticks p. 1**
43-45 sticks/2.5 lbs./\$7.99 **\$7.49**

- ___ **4068 Fully Cooked Bacon Slices p. 9**
40 slices/\$15.99 **\$14.99**
- ___ **5044 Ham, Egg White, Cheese English Muffin p. 7**
6-4 oz./\$9.69 **\$9.19**
- ___ **5091 Microwave Pancakes p. 7**
18-3 packs/3.75 in. dia./
3 lbs./\$10.69 **\$9.69**
- ___ **5178 Mini Breakfast Bagel p. 2**
18 bagels/\$7.79 **\$7.29**
- ___ **5190 Petite Banana Breads p. 2**
6-3.75 oz./\$9.49 **\$8.99**
- ___ **2281 Breakfast Pizzas**
6-6 inch pizzas/\$11.29
- ___ **5160 Chocolate Chip Mini Pancakes**
2-48 packs/1.65 lbs./\$11.29
- ___ **5169 Cinnamon Crunch French Toast Bites**
44-48 sticks/2 lbs./\$8.99
- ___ **5086 Cinnamon Scones**
12-2.5 oz./\$10.99
- ___ **5157 Mini Cheese Omelets**
12-2 oz./\$9.89
- ___ **5022 Mini Donuts with Cinnamon Sugar Kit**
6-6 donuts/6 cinnamon sugar packets/6 shaker bags/\$10.29
- ___ **4079 Oatmeal w/Mixed Berries**
8-6 oz./\$9.49
- ___ **5094 Ultimate Breakfast Cookie**
12-2.2 oz./\$9.49
- ___ **5184 Whole Grain Waffle Sticks - Maple**
12-2.33 oz./\$10.99

Side Dishes

PICTURED – SAVE UP TO \$1.00

- ___ **8175 Baby Baked Potatoes p. 4**
2 lb. resealable bag/\$10.59 **\$9.59**
- ___ **4688 Broccoli Florets p. 4**
2-2 lb. resealable bags/\$9.49 **\$8.99**
- ___ **4261 Five Cheese Garlic Toast p. 4**
16 slices/\$6.49 **\$5.99**
- ___ **7782 French Breadsticks p. 4**
20-1.5 oz./\$9.29 **\$8.29**
- ___ **4211 Seasoned Wedge Fries p. 2**
2 lb. resealable bag/\$5.99 **\$5.49**
- ___ **4098 Steakhouse Onion Rings p. 9**
2 lbs./\$7.99 **\$6.99**
- ___ **8180 Supersweet Corn p. 1**
2-2 lb. resealable bags/\$8.99 **\$8.49**
- ___ **7763 Vegetable Fried Rice p. 1**
2-1 lb. rice & sauce/\$8.99 **\$8.49**
- ___ **8145 Whole Grain Sweet Pea Blend p. 2**
2-10 oz./\$4.99 **\$4.49**
- ___ **8203 Zucchini Munchables p. 2**
3-10 oz. bags/\$8.99 **\$8.49**
- ___ **8205 9-Grain Orzo Blend**
1.5 lbs./\$8.99
- ___ **8189 Baja Roasted Corn Blend**
2 lb. resealable bag/\$7.99
- ___ **2245 Bosco® Breadsticks**
18-3.1 oz./\$13.99
- ___ **8160 Cheesy Hashbrown Bake**
28 oz. tray/\$8.29
- ___ **8162 "Extra Young" Tiny Peas**
2-2 lb. resealable bags/\$9.69
- ___ **4288 Farmer's Market Blend**
2 lb. resealable bag/\$7.59
- ___ **4223 Garlic Knots**
18 count/\$9.79

*Total price based on actual weight

- 8168 Gourmet Green Beans 2-2 lb. resealable bags/\$10.29
- 8137 Green Bean Munchables 3-10 oz. bags/\$8.99
- 7792 Home-Style Biscuit Dough 22-24 pieces/3.75 lbs./\$8.59
- 8150 Kyoto Blend 2 lb. resealable bag/\$9.39
- 4694 Mashed Potato Patties 12-3 oz./resealable bag/\$8.39
- 8174 Nantucket Island Blend 2 lb. bag/\$7.39
- 4680 Quick 'n' Crispy Shoestring French Fries 2.5 lb. resealable bag/\$8.39
- 4281 Sweet Potato Fries 2-1 lb. bags/\$8.49
- 4250 Sweet Potato Medley 1.5 lb. resealable bag/\$9.69
- 4277 Three Cheese Twice Baked Potatoes 10-5 oz. portions/\$10.99
- 8169 Yukon Gold Potato & Vegetable Blend 2 lbs./\$7.39

Appetizers

- PICTURED — SAVE UP TO \$1.00**
- 4042 Breaded Mozzarella Sticks w/Sauce p. 4 35-45 sticks/6 sauce packets/ 3.25 lbs./\$13.39 **\$12.39**
- 4215 Easy Guacamole p. 7 1 lb. pouch/\$7.99 **\$7.49**
- 4010 Mozzarella Bites p. 2 22 oz./\$7.99 **\$7.49**
- 7832 Angus Sliders 10-2.45 oz./\$12.99
- 4030 Buffalo Chicken Sticks 2.5 lbs/approx. 45 sticks/\$12.79
- 6020 Cheddar & Bacon Potato Skins Approx. 15 pieces/1 lb./\$7.99
- 4048 Egg Rolls w/Sauce 24-1.5 oz. egg rolls/3 sauce packets/\$14.49
- 7851 Li'l Bagel Dogs® 28-32 pieces/1.25 lbs./\$9.99
- 4067 Mini Chicken Cordon Bleu Bites 31-33 pieces/2 lbs./\$11.99
- 4108 Stuffed Appetizer Bread 2-22 oz. loaves/\$12.99
- 4120 Three Cheese Mini Pizza Bagels 36 bagels/\$10.59

Pizza & Pasta

- PICTURED — SAVE UP TO \$1.00**
- 3455 Cheese Pizza Eat-zzas™ p. 4 6-5 inch/\$8.39 **\$7.89**
- 4291 Cheese Ravioli p. 4 100 ravioli/3 lbs./\$9.99 **\$9.49**
- 4608 Easy Serve Mac & Cheese by Kraft® p. 4 8-7 oz. packages/\$10.99 **\$9.99**

- 3456 Pepperoni Pizza Eat-zzas™ p. 7 6-5 inch/\$8.99 **\$8.49**
- 7076 Stuffed Eggplant p. 7 8-3.5 oz. pcs./\$10.29 **\$9.29**
- 7148 Baked Manicotti 6 manicotti/2.18 lb. tray/\$10.29
- 7135 Cheese Lasagna Rollups 12-2.75 oz./\$11.99
- 7081 Cheese Pizzas 3-12 inch/\$12.99
- 7192 Lasagna w/Meat Sauce 32 oz. tray/\$9.99
- 7068 Margherita Flatbread 11 oz./\$6.99 \$6.99
- 4035 Mediterranean Pizzas 2-7x9 inch/\$8.99 \$8.99
- 7088 Pepperoni Thin Crust Pizza 3-12 inch/\$13.99
- 7847 Stuffed Rigatoni with Italian Sausage **LM** 4-10 oz. trays/\$14.99
- 4026 Tuscan Chicken Flatbread **LM** 12.75 oz./\$6.99

Soup & Sandwiches

- 7168 Broccoli & Cheddar Soup 32 oz. pouch/\$9.99
- 7151 Cheesy Baked Potato Soup 32 oz. pouch/\$9.69
- 6153 Chop House® Cheeseburgers 6-4.8 oz./\$11.99
- 7163 Italian Wedding Soup **LM** 32 oz. pouch/yields 64 oz./\$9.69
- 3434 PB&J Squarewiches® 8-2.7 oz./\$9.49
- 7007 Philly Cheese Steak Kit 4 sandwiches/2.63 lbs./\$14.49
- 7123 Pretzel Dogs 6-4.7 oz./\$10.29
- 7065 Smoked Ham & Provolone Pretzel Sandwich 6-5.8 oz./\$14.29
- 7173 Turkey & Cheese Pretzel Sandwich 6-5 oz./\$14.39
- 7057 Turkey Chili 32 oz. pouch/\$10.99
- 7021 Uno's® Pepperoni Tastefulls™ 6-4 oz. individually wrapped/\$10.99

Desserts

- PICTURED — SAVE UP TO \$5.00**
- 4910 Apple Blossoms® p. 7 8-4 oz./\$11.69 **\$10.69**
- 4596 Chocolate Chip Cookie Meltdown p. 7 4-4 oz./\$8.59 **\$8.09**
- 5240 Chocolate Chunk Cookie Dough p. 3 48-9 oz./\$14.50
- 5241 Chocolate Mint Chip Cookie Dough p. 3 48-9 oz./\$14.50
- 4884 Decadent Chocolate Cake p. 4 8 inch/\$15.00 **\$10.00**

- 5242 Lemon Cooler Cookie Dough p. 3 48-9 oz./\$14.50
- 5243 M&M® Cookie Dough p. 3 48-9 oz./\$14.50
- 5244 Oatmeal Raisin Cookie Dough p. 3 48-9 oz./\$14.50
- 5245 Peanut Butter Cookie Dough p. 3 48-9 oz./\$14.50
- 5250 S'mores Cookie Dough p. 3 48-9 oz./\$14.50
- 5246 Snickerdoodle Cookie Dough p. 3 48-9 oz./\$14.50
- 5247 Sugar Free Chocolate Chip Cookie Dough p. 3 48-9 oz./\$14.50
- 5248 White Chocolate Macadamia Nut Cookie Dough p. 3 48-9 oz./\$15.00
- 4726 Apple Crisp 2-24 oz. trays/\$9.99
- 4623 Apple Deep Dish Pie 10 inch/\$12.00
- 7680 Chocolate-Chocolate Chip Cakes 12-2 oz. individual cakes/\$10.49
- 4809 Chocolate Chip Cookie Dough 61-75 pieces/3 lbs./\$7.99
- 3402 Chocolate Chip Cookie Dough Cups 8-3 oz. cups/\$8.49
- 4750 Fudge Covered Cheesecake Pops 8-1.8 oz./\$8.79
- 4936 Old Fashioned Apple Cake 7 inch/\$9.49
- 4942 Variety Cheesecake 8 inch/pre-sliced/\$13.00

Snacks

- PICTURED — SAVE UP TO \$1.00**
- 3499 30 Count String Cheese p. 4 30-1 oz. sticks/\$11.49 **\$10.49**
- 8858 American Cheese p. 9 72 slices/3 lbs./\$13.79 **\$12.79**
- 3436 Colby Jack Snack Sticks p. 1 24-.83 oz. sticks/\$9.49 **\$8.99**
- 3440 GoGo SqueeZ™ Apple Strawberry p. 2 18-3.2 oz./\$13.29 **\$12.29**
- 3465 Hummus & Pita Chips To Go p. 1 **NEW** 6-3.1 oz./\$9.79
- 3438 40 Pack Snap Pretzels 40-.5 oz. bags/\$7.99
- 5111 Fruit Singles® 12-4 oz. cups/\$9.99
- 3426 Fruit Snacks Variety Pack 28-.84 oz. pouches/\$7.99
- 3409 Giant Cinnamon Goldfish® Grams 25-.9 oz. pouches/\$6.99

- 3496 GoGo SqueeZ™ Applesauce 18-3.2 oz./\$13.29
- 6166 Quaker Chewy® Granola Bar Variety Pack 24-.84 oz./\$8.29
- 3366 Whole Grain PB&J Grahamwiches 12-2.2 oz. sandwiches/\$11.49

Beverages

- PICTURED — SAVE \$2.00**
- 8107 Nesquik® Low Fat Chocolate Milk p. 4 24-8 oz. plastic bottles/\$19.59 **\$17.59**
- 8091 Arnold Palmer® Ice Tea Lemon Stix 2-30 count boxes/\$14.99
- 8118 Gatorade® Kid-Size Variety Pack 24-12 oz. plastic bottles/\$14.99
- 8088 Nestle® Juicy Juice® - Apple 24-10 oz. plastic bottles/\$18.59
- 8093 Organic Chocolate Milk 12-8 oz. cartons/\$14.99
- 8116 Tropicana® Orange Juice Singles 24-8 oz. cartons/\$16.69

Seasonings & Sauces

- 7330 A Sauce For All Seasons™ 18 oz. wt. bottle/\$3.99

ICON GUIDE

- Taste for Health®**
Contain no more than 300 calories, 10g total fat, & 600mg sodium per serving.
- Market Day Naturals®**
No preservatives, artificial flavors or colors and have 0 grams trans fat.
- Microwaveable**
Easily prepared with great results in the microwave.
- Quick Cook**
From freezer to table in 15 minutes or less.
- Peanut/Nut Free**
Check website for most up-to-date info.
- Gluten Free**
Check website for most up-to-date info.
- USDA Choice Meat**
USDA grade of Choice is known for exquisite taste and tenderness.
- Last Month This Season**
Stock up, these items will not appear in next month's Order Guide.

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E-mail _____ Yes, please send special offers and promotions to my email address.

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 () _____ () _____
 Home Phone _____ Cell or Other _____

TOTAL QUANTITY ORDERED

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Quick & Easy Meals

2156 Shrimp Scampi

Deliciously convenient. Delicate & tender large shrimp enrobed in a butter & garlic sauce. Easy skillet meal in minutes. 2-8 oz. pouches/\$12.99 **\$11.99**

“ We always have some leftover rice in the fridge and this quick way to eat some yummy shrimp is great for being on the go constantly. Mix it with the rice and you're off in minutes!... —Fort Wayne, IN ”



3033 Chicken Nuggets

All white chicken, lightly breaded. Precooked. 62-72 pieces/3 lb. resealable bag/\$13.99 **\$12.99** **87¢ per serving**



3033

7076 Stuffed Eggplant

Breaded eggplant stuffed with ricotta cheese. 8-3.5 oz. pcs./\$10.29 **\$9.29**



7076

4215 Easy Guacamole

Chopped avocados & seasonings. Mash & serve. 1 lb. pouch/\$7.99 **\$7.49** **50¢ per serving**



4215

1054 French Dip

Pre-cooked with seasoned au jus. 95% fat free. 2-2 lb. tubs/\$15.99 **\$13.99**



1054 | GREAT PRICE

3108 Chicken Fries

Tastes like crispy fried chicken. Precooked. 96-120 pieces/3 lb. resealable bag/\$14.99 **\$13.99**



3108

3456 Pepperoni Pizza Eat-zzas™

Individually wrapped deep-dish. 6-5 inch/\$8.99 **\$8.49**



3456

2405 Oven-Ready Butterfly Shrimp

Delicate breading, crunchy in oven. 18-25 per lb./2 lbs./\$16.99 **\$15.99**



2405

4596 Chocolate Chip Cookie Meltdown

Decadent fudge stuffed chocolate chip cookie. 4-4 oz./\$8.59 **\$8.09**



4596

4910 Apple Blossoms®

Thinly sliced apples in a flaky pastry. 8-4 oz./\$11.69 **\$10.69**



4910

5044 Ham, Egg White, Cheese English Muffin

Individually wrapped microwavable sandwich. 6-4 oz./\$9.69 **\$9.19**



5044

5091 Microwave Pancakes

Homemade taste without the mess! 18-3 packs/3.75 in. dia./3 lbs./\$10.69 **\$9.69** **54¢ per serving**



5091

Grill 'Em Up!

1131 Ranch Steaks

These center-cut steaks take center stage on any grill or broiler. Lean, juicy and individually wrapped. Hand trimmed, boneless. 6-5 oz./\$17.99 **\$16.99**



Whittier Park Steakhouse Salad

- 10 oz. Mixed Greens
- 1/2 red onion; thinly slices into rings
- 12 cherry tomatoes; halved
- 11 oz. can mandarin oranges; drained
- 1 cucumber; scored, split length-wise & thinly sliced
- 4 oz. crumbled Bleu cheese
- 1 1/2 cups bottled red wine vinaigrette dressing of choice
- 4 **Ranch Steaks #1131**; grilled, chilled & thinly bias-sliced

Place sliced steak to the side. In a large bowl, combine all remaining ingredients. Toss salad with enough vinaigrette to coat. Top salad with sliced steak. Drizzle remainder of vinaigrette over steak-topped salad and serve. **Serves 4.**



1121



1208



1141

1121 Sweet & Smokey Petite Steaks

Seasoned with a sweet & smokey rub 6-4 oz./\$18.99 **\$17.99**

1208 Teriyaki Steak Kabobs

Tender steak pieces-pre-skewered. 8-3 oz./\$18.99 **\$17.99**

1141 Vidalia® Onion Burgers

Delicious sweetness of Vidalia® onion 8-5.3 oz./\$13.99 **\$12.99**



1243



3072



1277

1243 Boneless Pork Filets

A new cut of pork, great on the grill. 6-5 oz./\$10.69 **\$9.69**

3072 Teriyaki ChicNSteaks

Skinless, boneless, marinated chicken breasts. 8-4 oz./\$11.99 **\$10.99** \$1.37 each

1277 100 Calorie Steaks

Portion controlled. 19g of protein. 97% fat free. 6-3.75 oz./\$15.69 **\$14.69**



1288



1280



1097

1288 Peppercorn Pork Loin

Petite pork loin with cracked peppercorn rub. 1.5 lbs./\$8.99 **\$8.49** \$1.42 per serving

1280 Whole Beef Flat Iron

100% USDA choice beef. Juicy and flavorful. 16 oz./\$10.99 **\$9.99**

1097 Baby Back Ribs - Raw

Restaurant quality uncooked pork ribs. 1 slab/1.75-2 lbs.* @ \$6.49 **\$5.99 per lb.**

*Total price based on actual weight

a. 4098 Steakhouse Onion Rings 🍷 🍷

Steakhouse style whole rings of sweet onions. Dipped in a golden batter and lightly fried. Crispy and crunchy baked in the oven.

2 lbs./\$7.99 **\$6.99**

64¢
per serving

Build Your Own Bistro Burger

b. 4068 Fully Cooked Bacon Slices

Super easy and super fast. This lean bacon is great for breakfast, burgers & BLTs. Individual slices allow you to use what you need.

40 slices/\$15.99 **\$14.99**

c. 8858 American Cheese 🍷 🍷 🍷

Creamy deli quality 100% real cheese slices that are great for burgers, grilled cheese & snacks. 72 slices/3 lbs./\$13.79

\$12.79

18¢
per serving

d. 1094 1/4 lb. Beef Patties - 10 ct 🍷 🍷 🍷

Beef up your bun with a juicy patty of pure beef and nothin' else. 80% lean yet loaded with flavor. Individually quick-frozen.

10-4 oz./\$12.49 **\$11.49**



1226 Bacon Wrapped Pork Tournedos 🍷 🍷

Moist filets wrapped with mild pepper bacon. 6-4 oz./\$12.59 **\$11.59**



3198 Gourmet Bistro Chicken 🍷 🍷

Inspired by French cuisine, seasoned with garlic and butter. Fall-off-the-bone tender. 2-1/2 Chickens/\$11.99 **\$10.99**



3010 Turkey Tournedos 🍷 🍷 🍷

4 oz. filet wrapped in turkey bacon. 6-4 oz./\$13.29 **\$12.29**

3180 Teriyaki Chicken Kabobs 🍷

Tender white meat marinated with ginger, garlic & teriyaki. Vacuum sealed, pre-skewered. 8-3 oz./\$13.99 **\$12.99**



3218 Lemon Pepper ChicNSteakes 🍷 🍷

Moist, flavored chicken breast. Individually wrapped. Hand trimmed. 8-4 oz./\$11.99 **\$10.99**



1264 Mixed Grill

Great value and variety! 4-1/4 lb Patties, 4-ChicNSteakes, 4-Boneless Pork Chops/\$16.99 **\$15.99**

\$1.33
each



Grill 'Em Up!

FREE
Quick 'n' Crispy
Shoestring
French Fries
with \$40 purchase*



FREE
4-Pack of 1/4 lb.
Beef Patties
with \$90 online purchase*
Promo Code: **MAYBONUS**



ONLINE ONLY!

*Limit one (1) Free 1.25 lbs. of Quick 'n' Crispy Shoestring French Fries and one (1) Free 4-Pack of 1/4 lb. Beef Patties per qualifying customer. 1/4 lb. Beef Patties offer only valid for orders placed at marketday.com using promo code at checkout. Purchase amount is calculated after applicable discounts/coupons and before tax. Promotions not available in Market Day stores or on Peapod orders. Effective for sale dates 5/5/13 - 6/1/13. No substitutions. Promotions subject to change or termination without notice.

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- Reinforced bottom
- Perfect for carrying groceries, books or kid items!

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*Free EcoBags with qualifying purchase; purchase amount is calculated after applicable discounts/coupons and before tax. Market Day may substitute a free item of equal value if quantities of EcoBags are depleted. Not valid at Market Day store or on Peapod orders. Limit 1 qualifying order per customer per promotional period. Promotion effective for pick-up dates 2/3/13-6/1/13. Promotion subject to change or termination without notice.



Easier than Greek Salad

- 1/4 cup red onion; slivered
- 1/2 cup grape tomatoes; halved
- 1/4 cup light Green Goddess dressing
- 1/4 Kalamata olives; halved
- 1 bag (24 oz.) **9-Grain Orzo Blend #8205**
- 1/4 cup crumbled feta cheese

Prepare frozen Orzo Blend per instructions; chill. In large mixing bowl, combine blend with all remaining ingredients; toss and serve. **Serves 8.**

Serving suggestion:
Serve over bed of mixed greens or arugula.



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