PRESORTED STD
US POSTAGE
PAID
Detroit Lakes, MN
Permit No. 14

ECRWSSEDDM
POSTAL CUSTOMER

Store Hours:
Monday-Friday
8am to 9pm
Saturday-Sunday
8am to 6pm

Bruggeman's Super Valu

Mahnomen, MN 56557

Phone: 218-935-2538

www.bruggemanssupervalu.com

Check Us Out on Facebook

ATM Machine Available

NOT ALL ITEMS AVAILABLE AT ALL STORES QUANTITY RIGHTS RESERVED

NOW ACCEPTING
VISA
MASTERCARD
DISCOVER
AMERICAN EXPRESS

Store Takes or Stacks with DOUBLE COUPONS SEE DETAILS IN OUR STORE

FOOD STAMPS & WIC Welcome Here

MINNESOTA STATE LOTTERY

Bring Your Food Stamps to Bruggeman's Super Valu

We now have FAX SERVICES available for public use. Fax Number: 218-935-5581

PRICES EFFECTIVE JUNE 8 - 14, 2024

TRUCKLOAD MEAT SALE

THURSDAY, FRIDAY & SATURDAY - JULY 11-13 | SEE INSERT FOR DETAILS

Angus Farms Sirloin Ball Tip Steak $5.99 lb
USDA Choice Angus Beef

Boneless Country Style Pork Ribs $1.99 lb
Fresh

Strawberries 2/$4
1 lb pkg

Sweet Cherries $2.49 lb
Washington

Blue Bunny Frozen Dairy Dessert $3.99
46-48 oz ctn,
Selected Varieties

Culinary Circle Pizza 2/$10
12.01-33.5 oz pkg,
Selected Varieties

Essential Everyday Chunk or Shredded Cheese 2/$4
8 oz Chunk or
6-8 oz Shredded,
Selected Varieties

Chobani Greek Yogurt 5/$5
5.3 oz cup,
Selected Varieties

Quaker Cereal
11.2-12.6 oz Cap'n Crunch
or 13 oz Life, Selected Varieties
2/$6

Quaker Instant Oatmeal
7.4-14.1 oz box,
Selected Varieties
2/$6

Quaker Steel Cut, Quick or Old Fashioned Oats
18-42 oz cnstr,
Selected Varieties
$4.99

Quaker Premium Instant Oatmeal or Chewy Granola Cereal
8.4-13.6 oz box,
Selected Varieties
$4.99

Pearl Milling Company Syrup
24 oz btl,
Selected Varieties
$2.99

Cheetos Mac 'N Cheese
2.11-2.32 oz cup or 5.9 oz box,
Selected Varieties
99¢

Rice-a-Roni, Pasta-Roni or Mac-a-Roni
4.3-7.2 oz pkg,
Selected Varieties
99¢

Dole 100% Juice Blends or TAZO Tea
42 oz TAZO or 59 oz Dole,
Selected Varieties
$3.29

Pure Leaf Tea or Tropicana Lemonade or Juice Drinks
59 oz Pure Leaf or 52 oz
Tropicana, Selected Varieties
2/$5

WE RESERVE THE RIGHT TO LIMIT QUANTITIES.
ALL ITEMS MAY NOT BE AVAILABLE IN ALL STORES.
WE RESERVE THE RIGHT TO CORRECT PRINTING ERRORS.

Essential Everyday Chicken Breast Meat
5 oz can
3/$5

Essential Everyday Chunk Light Tuna
5 oz can, Selected Varieties
99¢

Essential Everyday Pesto Sauce
6.5 oz jar
$2.69

Essential Everyday Sliced Ripe Olives
3.8 oz can
$1.79

Essential Everyday Dry Roasted Peanuts
16 oz jar, Selected Varieties
$2.99

Essential Everyday Crunchy Squares Cereal
12 oz box, Selected Varieties
2/$6

Essential Everyday Granola Bars
6-12 ct box, Selected Varieties
$3.49

Essential Everyday Toaster Pastries
8 ct box, Selected Varieties
2/$5

Essential Everyday Microwave Popcorn
3 ct box, Selected Varieties
2/$4

Essential Everyday Ice Cream Cups
12 ct box
$1.49

Essential Everyday Nut Topping
2 oz pkg
99¢

GROCERY

Post Honey Bunches of Oats Cereal
11-12 oz box, Selected Varieties
2/$5

Ice Mountain 100% Natural Spring Water
24 pk/.5 ltr btls
$4.99

Nabisco Fudge Covered or Oreo Cookies
7.9-9.9 oz Fudge Covered or 9.21-14.3 oz Oreo, Selected Varieties
2/$7

Nabisco Premium Saltine or Soup & Oyster Crackers
9-16 oz pkg, Selected Varieties
2/$7

Ruffles Potato Chips
5.5-9 oz bag, Selected Varieties
2/$7

Frito-Lay Tostitos Tortilla Chips
9-15.5 oz bag, Selected Varieties
2/$7

Frito-Lay Tostitos Salsa
24 oz jar, Selected Varieties
2/$9

Chex Mix, Bugles or Gardetto's Snacks
7-8.75 oz bag, Selected Varieties
$2.99

Kraft Deluxe Macaroni & Cheese or Velveeta Shells & Cheese
3 pk/12-14 oz boxes
$7.99

Pompeian Olive Oil
16 oz btl, Selected Varieties
$8.99

Gevalia Coffee
10-12 oz bag or 6-12 ct box K-Cups, Selected Varieties
$6.99

Nature Valley or Fiber One Protein Bars
4.8-8.85 oz box, Selected Varieties
$3.99

Old Dutch Potato Chips
9.5-10 oz pkg, Selected Varieties
2/$8

Wild Harvest 100% Coconut Water
8 oz can
3/$4

Quaker Rice Cakes
4.47-7.23 oz pkg, Selected Varieties
$3.49

Jet-Puffed Marshmallow Creme or Marshmallows
7 oz jar Creme or 8-10 oz bag Marshmallows, Selected Varieties
$1.69

Kellogg's Homestyle Rice Krispies Treats or Nutri Grain Bars
6-8 ct box, Selected Varieties
2/$7

Hershey's Minis Candy
7.6-9.9 oz pkg, Selected Varieties
$4.49

Kellogg's or Cheez-It Family Size Snack Crackers, On The Go Snacks or Toasteds Party Pack Crackers
12-21 oz Cheez-It, 12 ct On The Go, 18.8 Club, 20.7 oz Town House or 12 oz Toasteds, Selected Varieties
2/$11

Pringles Party Stack Potato Crisps
6.8-7.1 oz can, Selected Varieties
$2.99

Frito-Lay Tostitos or Lay's Dip
10-15.75 oz jar, Selected Varieties
2/$8

Frito-Lay Tostitos Salsa
15.5 oz jar, Selected Varieties
2/$7

La Banderita Soft Flour Tortillas
16 oz pkg
$2.99

BAKERY

Cyrus O'Leary's Cream Pies
8 inch, Selected Varieties
$8.99

St. Pierre Brioche Loaf
17.6 oz pkg
$5.99

Pretzilla Bites Tubs
12.3 oz pkg, Selected Varieties
$6.49

DELI

Mrs. Gerry's Coleslaw, Potato or Macaroni Salad
14-16 oz pkg
$3.49

Ellsworth Cheese Curds
16 oz pkg, Selected Varieties
$5.99

Del Trio Guacamole
7 oz pkg, Selected Varieties
$3.99

Jongquist Family Kitchens Dips
11.5-12 oz pkg, Selected Varieties
$3.99

DAIRY

Crystal Farms Singles
12 oz pkg,
Selected Varieties
2/$6

Crystal Farms Sliced Cheese
6-8 oz pkg,
Selected Varieties
2/$6

Jell-O Pudding or Gelatin Snacks
4 ct pkg,
Selected Varieties
2/$5

Cass-Clay Sour Cream
16 oz pkg,
Selected Varieties
$2.29

Dannon Greek Yogurt or Danimals Squeezable Yogurt
4 ct pkg,
Selected Varieties
2/$8

Rana Pasta or Sauce
12.5-15 oz Sauce or 20 oz Pasta,
Selected Varieties
$6.49

Essential Everyday Cheese Cups
5-6 oz pkg,
Selected Varieties
2/$5

Organic Valley 100% Grass Fed Grassmilk
64 oz ctn,
Selected Varieties
$5.99

Yoplait Go-Gurt Yogurt
8 ct box,
Selected Varieties
$2.99

FROZEN

Lean Cuisine Entrées
6-11.5 oz pkg,
Selected Varieties
3/$9

Stouffer's Entrées
8.8-12.75 oz pkg,
Selected Varieties
3/$9

Nestle Drumstick Dessert Cones
4 ct box,
Selected Varieties
$4.99

Ore-Ida Extra Crispy Fries
4.25-4.75 oz pkg,
Selected Varieties
2/$3

Wild Harvest Veggie Burgers
10 oz pkg,
Selected Varieties
$3.49

Devour Entrées
9-12 oz pkg,
Selected Varieties
2/$8

Essential Everyday Berry Medley
40 oz bag
$10.99

Essential Everyday Blueberries
40 oz bag
$8.99

Stone Ridge Creamery Fudge or Orange Cream Bars
12 ct box
$3.99

Jonny Pops Fruit Bars
8 ct box,
Selected Varieties
$5.49

HEALTH & BEAUTY

Excedrin Pain Reliever
24 ct box,
Selected Varieties
$4.99

Axe Body Spray
4 oz can,
Selected Varieties
$5.99

Huggies Wipes
56-64 ct pkg,
Selected Varieties
$2.39

Tampax Pearl Tampons
32-36 ct box,
Selected Varieties
$8.99

AROUND THE HOME

Tide Pods Laundry Detergent
43-57 ct pkg,
Selected Varieties
$15.99

Essential Everyday Soft & Strong Bath Tissue
12 ct Mega Rolls
$12.99

3M Scotch Brite Scrub Sponges
3 ct pkg,
Selected Varieties
$3.49

Soft Scrub Cleanser
24 oz btl,
Selected Varieties
$3.49

Cascade Dishwashing Detergent Actionpacs
21-37 ct pkg,
Selected Varieties
$7.99

Essential Everyday Disinfecting Wipes
35 ct pkg,
Selected Varieties
$2.99

Dawn Ultra Dish Soap
38 oz btl,
Selected Varieties
$5.99

Essential Everyday Tall Kitchen Bags
78 ct box, 13 gallon
$11.99

Essential Everyday Foam Plates
40 ct pkg
2/$5

Puffs Family Facial Tissue
3 Pack,
Selected Varieties
$5.99

Essential Everyday Awesome Strength Paper Towels
2 ct rolls
$2.99

Dial Bar Soap or Foaming Hand Wash
3 ct Bars or 7.5 oz btl Foam,
Selected Varieties
$3.99

PET

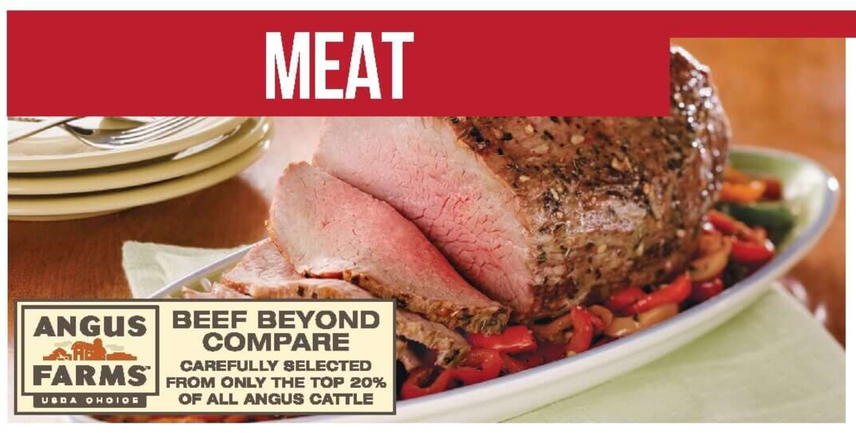
Essential Everyday Lightweight Cat Litter
10 lb jug,
Selected Varieties
$8.99

Wild Harvest Dog Treats
12 oz pkg,
Selected Varieties
$2.99

Wild Harvest Puppy Food
3.5 lb bag
$9.99

Wild Harvest Dog Food
3.5-4 lb bag,
Selected Varieties
$9.99

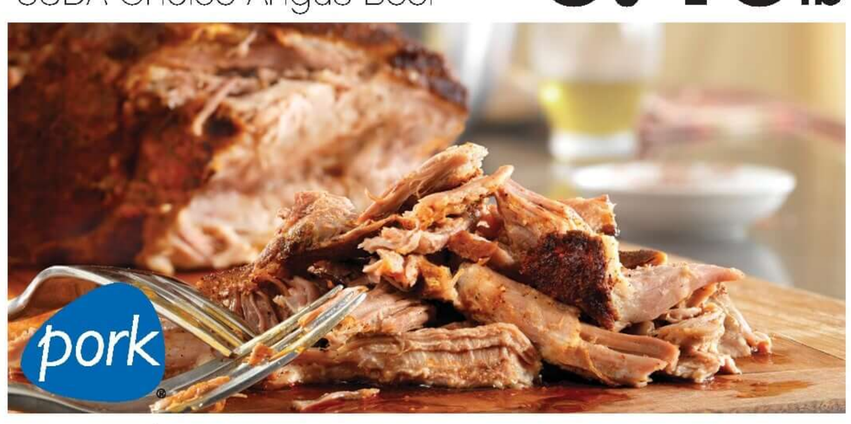
MEAT



Angus Farms Boneless Eye of Round Roast
USDA Choice Angus Beef
$5.49 lb

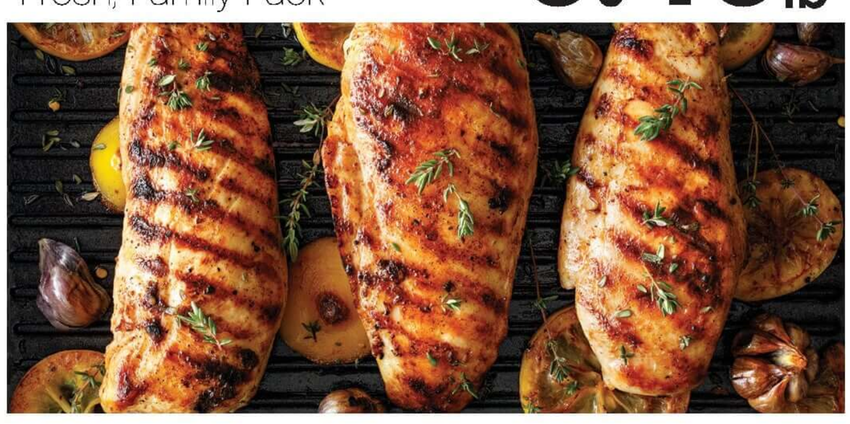
Angus Farms Boneless Eye of Round Steak
USDA Choice Angus Beef
$5.99 lb

93% Extra Lean Ground Beef
Fresh, Family Pack
$5.49 lb



Boneless Sirloin Pork Roast
Fresh
$2.29 lb

Boneless Sirloin Pork Chops
Fresh
$2.49 lb



Gold'n Plump Boneless Skinless Chicken Breast
Fresh, Small Pack
$3.69 lb

Farmland Pork Links or Roll Sausage
8-12 oz pkg, Selected Varieties
2/$5

Cloverdale Sliced Bacon
12 oz pkg, Selected Varieties
$4.49

Hormel Natural Choice Lunchmeat
6-8 oz pkg, Selected Varieties
$4.49

Bar S Jumbo Franks
16 oz pkg, Selected Varieties
2/$4.44

Impossible Burger Patties or Sausage Rolls
8-14 oz pkg, Selected Varieties
$4.99

Cowboy Jacks Burger Patties
32 oz box, Selected Varieties
$9.99

Lloyd's BBQ Entrees
15-16 oz pkg, Selected Varieties
$5.49

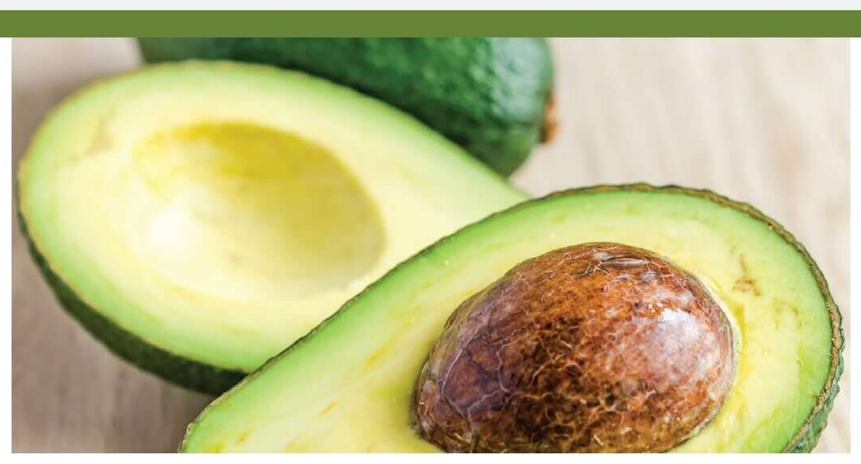
Bar S Classic Corn Dogs
16 ct box
$7.99

Steak-umm Sliced Sandwich Steaks
9 oz pkg
$3.99

Arctic Shores Medium Cooked Shrimp
12 oz pkg, 41-50, Tail On
$6.99

PRODUCE

Personal Sized Watermelon
$4.29 ea



Avocados
Fresh
2/$3

Wild Harvest Organic Salad Mix
5 oz pkg, Selected Varieties
$3.49

Beefsteak Tomatoes
$1.49 lb

Red, Yellow or Orange Bell Peppers
Sweet, Crunchy
3/$4

Giorgio Portabella Mushrooms
6 oz pkg, Whole or Sliced
2/$6

Bolthouse Baby Cut Carrots
1 lb bag
$1.29

Farmer's Promise Yellow Potatoes
5 lb bag
$4.49

Coke Products
24 pk 12 oz cans, Selected Varieties
$11.99

Coke Products
6 pk 16.9 oz btls, Selected Varieties
3/$13

American Bottling Company Products
2 ltr btl, Selected Varieties
4/$5

Country Hearth Kids' Choice Whole Grain or White Bread
24 oz loaf
$3.09

Rachel's Kettle Chips
8 oz bag, Selected Varieties
2/$6

Prairie Farms Half & Half
qrt
$2.99

Prairie Farms Cottage Cheese
24 oz ctn
$3.49