



# Your Monthly Food Fundraiser

Help your school and feed your family. Order at [marketday.com](http://marketday.com).

4098



3455



4660



1226



4048



3108



7792



**4098 Steakhouse Onion Rings** 🍷 🍴 🍴

Steakhouse style. Crispy right from the oven.  
2 lbs./\$8.29 **\$7.79**

**71¢**  
per serving

**3455 Cheese Pizza Eat-zzas™** 🍷 🍴 🍴

Individual deep-dish style pizza. 6-5 inch/\$9.39 **\$8.39**

**4660 Pineapple Upside Down Cake** 🍷 🍴

Buttery caramel glaze. Individually wrapped.  
4-4.9 oz./\$10.69 **\$9.69**

★★★★★

**1226 Bacon Wrapped Pork Tournedos** 🍷 🍴 🍴

Moist filets wrapped with mild pepper bacon.  
6-4 oz./\$13.59 **\$12.59**

★★★★★

**4048 Egg Rolls with Sauce** 🍷 🍴

Hand rolled with pork & veggies. Includes sauce.  
24-1.5 oz. egg rolls/3 sauce packets/\$15.49 **\$14.49**

★★★★★

**3108 Chicken Fries** 🍷 🍴

Tastes like crispy fried chicken. Precooked.  
96-120 pieces/3 lb. resealable bag/\$15.99 **\$14.99**

★★★★★

**7792 Home-Style Biscuit Dough** 🍴

Fluffy, golden brown homemade biscuits.  
22-24 pieces/3.75 lbs./\$9.59 **\$8.59**

★★★★★

**61¢**  
each

**\$1.00**  
per serving

**40¢**  
per serving

**NEW!**



**2178 Lemon Parmesan Salmon** 🍷 🍴 🍴

Atlantic Salmon with a delicious & delicate Parmesan & lemon seasoning. Perfectly portioned. Individually wrapped. 4-5 oz./\$18.49

**NEW!**



**4120 Three Cheese Mini Pizza Bagels** 🍷 🍴 🍴

Whole grain bagels topped with real mozzarella, Cheddar, & Monterey Jack. 36 bagels/\$11.99

**NEW!**



**3168 Hickory Smoked BBQ Chicken** 🍷 🍴 🍴

Boneless chunks of chicken, slow-smoked and in an authentic BBQ sauce. Tangy and sweet with a hint of spice. Perfect heat and eat meal. 2-1 lb. bags/\$11.99

## GET BOTH FREE

See page 10 for details

**FREE**  
**Cookie Dough Cups**  
with \$40 purchase



**PLUS**

**FREE**  
**Chicken Gems**  
w/\$90 online purchase  
Promo Code: **FEBBONUS**



7135



1108



## ▲ Taste For Health®

Try these delicious better-for-you selections. All items contain no more than 300 calories, 10g total fat and 600mg sodium.

### 7135 Cheese Lasagna Rolls ▲ 🌿 🍷 🍷 🍷 🍷

A trio of Italian cheeses tucked in a lasagna noodle. Top with your favorite sauce and bake whenever the craving strikes. All natural. 12-2.75 oz./\$12.99 **\$11.99**

### 1108 Whole Pork Tenderloins ▲ 🌿 🍷 🍷 🍷

Don't wait for Sunday to serve this tantalizing favorite. Naturally lean yet lavish on flavor. Ready to cook. 2-3 pieces/2.25 lbs./\$15.69 **\$14.69**

★★★★★

### 8150 Kyoto Blend ▲ 🌿 🍷 🍷 🍷 🍷

A healthy blend of edamame (fresh green baby soy beans), diced red peppers, corn, carrots and broccoli. Rich in fiber and amino acids. 2 lb. resealable bag/\$9.99 **\$9.49**

★★★★★

### 1037 Stuffed Chicken Roast ▲

Save room for seconds when you serve our juicy tender white chicken roast fully loaded with cranberry and sage bread stuffing. 2.5 lbs./\$18.99 **\$17.99**

### 3178 Oven Ready Boneless Turkey Breast ▲ 🌿 🍷 🍷 🍷

Lean and healthy. Delicious and easy. Freezer to oven in self basting bag so it's never dry. All white meat, boneless. 4-6 lbs.\* @ \$5.19 **\$4.99 per lb.**

★★★★★

### 5157 Mini Cheese Omelets ▲ 🍷 🍷 🍷 🍷

Low fat omelets filled with cheddar cheese. They heat up light and fluffy from the microwave. 12-2 oz./\$9.99 **\$9.49**

### 2074 Tilapia Fillets ▲ 🌿 🍷 🍷 🍷

Featured in many restaurants. Buttery, mild white fillets. Flash frozen freshness and individually wrapped convenience. All natural. 5-8 fillets/1.5 lbs./\$13.79 **\$12.79**

### 8143 Yin Yang Vegetable Blend ▲ 🌿 🍷 🍷 🍷

This Asian-inspired blend of colorful, crunchy vegetables is ideal for stir fries, salads or a quick, easy side dish. 2 lbs./\$9.29 **\$8.79**

### 8116 Tropicana® Orange Juice Singles ▲ 🌿 🍷 🍷 🍷

Become a morning person instantly with 100% Pure Premium® taste. 8 oz. of liquid sunshine to charge your day. Straw included. No pulp. 24-8 oz. cartons/\$15.49 **\$14.99**

### 3409 Pepperidge Farm® Giant Cinnamon Goldfish® Graham's ▲ 🍷 🍷

Reel in the fun with crispy cinnamon cookies shaped like giant Goldfish®. A kid favorite. Packaged to be the perfect lunch box treat. 25-9 oz. pouches/\$7.99 **\$7.49**

★★★★★

### 4694 Mashed Potato Patties ▲ 🍷 🍷 🍷

Enjoy potatoes any which way! Sizzle up in your skillet for a crispy side or microwave then mash for fluffy peaks in no time. 12-3 oz./resealable bag/\$8.99 **\$8.49**

### 3193 Turkey Sausage Links ▲ 🍷 🍷

Fool your tastebuds with this quick and healthier version! Skillet-made taste in under 2 minutes! Fully cooked and browned. 40 links/2 lb. resealable bag/\$9.49 **\$8.99**

8150



1037



3178



5157



2074



8143



8116



3409



4694



3193



**OVER 75 ▲ TASTE FOR HEALTH®  
SELECTIONS EACH MONTH  
ON MARKETDAY.COM**

# KEEP YOUR COOKIE JAR FULL

The more you buy, the more you save.\*

Buy 2, Save \$1 | Buy 3, Save \$3 | Buy 4+, Save \$5

5240



5241



5242



5243



5244



5245



5246



5247



5248



## 5240 Chocolate Chunk Cookie Dough

Enjoy hot from the oven any time. 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

A gourmet twist on the classic chocolate mint cookie. Chocolate cookie dough studded with creamy mint chips. 48-9 oz./\$14.50

## 5242 Lemon Cooler Cookie Dough

Nothing could be cooler. The refreshing tang of lemon and the creaminess of white chocolate chips combine for a gourmet cookie delight. 48-9 oz./\$14.50

## 5243 M&M® Cookie Dough

America's favorite chocolate candies mixed in a sweet golden dough. A colorful, rich 'n chewy crowd pleaser fast from your oven. 48-9 oz./\$14.50

## 5244 Oatmeal Raisin Cookie Dough

Raisin' the bar on chewy cookies. A wholesome classic with a whirlwind of plump raisins, country-style rolled oats & fragrant cinnamon. 48-9 oz./\$14.50

## 5245 Peanut Butter Cookie Dough

Homemade taste without the hassle. Yummy peanut butter dough chock full of creamy peanut butter chips for layers of flavor. 48-9 oz./\$14.50

## 5246 Snickerdoodle Cookie Dough

An irresistible and aromatic cookie that captures the cinnamon-sugary flavor of your favorite childhood toast in ready to bake scoops. 48-9 oz./\$14.50

## 5247 Sugar Free Chocolate Chip Cookie Dough

Sneak in a sugar-free treat. Guilt-free, mess-free and loaded with excuses to indulge, our buttery-sweet cookie doesn't skimp on chips. 48-9 oz./\$14.50

## 5248 White Chocolate Macadamia Nut Cookie Dough

Impeccable choice for the ultimate cookie connoisseur. White chocolate and lip smackin' gourmet macadamia nuts in a rich dough. 48-9 oz./\$14.50

## Delicious. Convenient. No scooping required.

All selections are pre-portioned for easy baking. From freezer to oven to tummy in no time.

\*Limit 1 qualifying offer per customer. Not valid at Market Day/Sara Lee stores or on Peapod orders. Savings will automatically be applied to your order with qualifying purchase. Prices valid for sale dates 1/29/12-2/25/12. Promotions and programs are subject to change or termination at any time without notice. All products may contain traces of nuts and tree nuts.





5169



2281



5091

# Smart Start Breakfast

Put down the cereal and start your day off right with one of these delicious breakfast options.

## 5169 Cinnamon Crunch French Toast Bites

For brunch in a crunch or breakfast fast. Goopy cinnamon inside mini sized pieces of French toast. Sprinkled with cinnamon. 44-48 sticks/2 lbs./\$9.99 **\$9.49**

★★★★★

## 2281 Breakfast Pizzas

Fast and easy, extra cheesy. Golden scrambled eggs, sausage, bacon, cheddar and mozzarella cheeses on a chewy pizza crust. 6-6 inch pizzas/\$12.29 **\$11.79**

## 5091 Microwave Pancakes

Wake up and smell the pancakes. A light 'n fluffy short stack that's not short on flavor. Top with butter and your favorite syrup. 18-3 packs/3.75 in. dia./3 lbs./\$11.39 **\$10.89**

★★★★★

61¢ per serving

## 5119 Breakfast Casserole

Brunch in a crunch! A fluffy blend of real eggs, snappy cheese, zesty peppers and smoky ham over a layer of shredded potatoes. 2-1.5 lb. trays/\$13.69 **\$12.69**



5119

## 5086 Cinnamon Scones

Delicious, traditional style cinnamon scones make the perfect grab and go breakfast or snack. Individually wrapped. Microwaveable. 12-2.5 oz./\$11.39 **\$10.89**

91¢ each

## 5044 Ham, Egg White, Cheese English Muffin

Delight your taste buds with this high protein breakfast sandwich. A quick start to a great day. Individually wrapped and microwavable. 6-4 oz./\$10.69 **\$10.19**



5086



5044

## 5117 Breakfast Quesadillas

Add Southwest sizzle to your morning without touching the griddle. Cheddar, scrambled eggs and bacon between two flour tortillas. 8-3.75 oz./\$14.29 **\$13.29**

★★★★★



5117



5184



5076

## 5184 Waffle Sticks - Maple

No mess prep. Maple flavored. Each great tasting serving has 16 grams whole grains and is a good source of fiber. Individually wrapped. 12-2.33 oz./\$11.99 **\$11.49**

## 5076 Supreme Breakfast Pizza

A breakfast pizza topped with creamy sauce, eggs, ham, bacon, onions, peppers and a three-cheese blend. 2-12 inch/\$14.99 **\$13.99**

★★★★★

## 5160 Chocolate Chip Mini Pancakes

Part of a chocoholic's complete healthy breakfast. Loads of real chocolate chips in every golden fluffy silver dollar sized pancakes.

2-48 packs/1.65 lbs./\$11.79 **\$11.29**

★★★★★

71¢ per serving



5160

## 5053 Cherry & Cheese Blintzes

An ultra thin, hand-rolled classic crepe shell with real cherries and a creamy, rich cheese filling that's ready to enjoy in 1 minute. 10-2.25 oz./\$9.99 **\$9.49**

95¢ per serving

## 5003 Bacon Quiche

A flaky crust filled with an airy mix of egg, Swiss cheese, cream, crispy bacon and hint of onion. Just bake & serve. 10 inch/2.375 lbs./\$10.79 **\$10.29**



5053



5003



### MEATS

#### 1264 MIXED GRILL

4-1/4 lb Patties, 4-ChicNSteakes,  
4-Boneless Pork Chops/\$17.99

### BEEF

#### PICTURED – SAVE UP TO \$1.00

#### 1113 BEEF STEW MEAT P. 8

3-1 lb. pkg./\$19.49 **\$18.49**

#### 1023 1/4 LB. BEEF PATTIES

20-4 oz./\$19.99

#### 1204 BACON WRAPPED RANCH STEAKS\*

Pepper bacon kicks up the flavor of this sirloin.  
6-5 oz./\$17.99

#### 1061 BEEF BRISKET WITH SAUCE

Slow cooked. Long on flavor.  
1.5 lbs./\$12.99

#### 1054 FRENCH DIP

2-2 lb. tubs/\$16.69

#### 1122 FULLY COOKED POT ROAST

2.25 lbs./\$16.69

#### 1245 GROUND BEEF - TRIAL SIZE

2-1 lb. pkg./\$10.39

#### 1058 GROUND BEEF - 4 LBS.

4-1 lb. pkg./\$18.49

**NOW IN 2 SIZES!**

#### 7630 HEARTY BEEF STEW

2.25 lb. bag/\$13.59

#### 1096 HOME-STYLE GRAVY & BEEF TIPS

Beef and mushrooms in a beef gravy.  
2.5 lb. pouch/\$15.29

#### 1215 ITALIAN STYLE MEATBALLS

59-71 pieces/3 lb. resealable bag/\$13.99

#### 3159 MARINATED SIRLOIN ROAST

2.25 lbs./\$19.99

#### 7058 MEAT LOAF SLICES

Hearty homestyle taste, individual slices.  
8-3.5 oz./\$11.69

#### 1131 RANCH STEAKS\*

Boneless center-cut steaks, trimmed lean.  
6-5 oz./\$17.99

#### 1280 WHOLE BEEF FLAT IRON

100% USDA choice beef. Juicy and flavorful.  
16 oz./\$11.99

### PORK

#### PICTURED – SAVE UP TO \$1.00

#### 1226 BCN WRAP PORK TORNEDOS P. 1

6-4 oz./\$13.59 **\$12.59**

#### 1202 BBQ PULLED PORK P. 8

2-1.5 lb. tubs/\$16.69 **\$15.69**

#### 1316 STUFFED PORK CHOPS P. 8

4-8 oz./\$15.29 **\$14.29**

#### 1108 WHOLE PORK TENDERLOINS P. 2

2-3 pieces/2.25 lbs./\$15.69 **\$14.69**

#### 1318 BONELESS PORK CHOPS

6-5 oz./\$13.29

#### 7050 BONELESS PORK RIBLETS

36-37 pieces/1.75 lbs./\$13.29

#### 1250 FULLY COOK BB RIBS WITH SAUCE

1 slab/1.65 lbs./\$16.59

#### 1144 PETITE BONELESS SLICED HAM

97% fat free. 2.5 lbs./\$16.49

#### 3177 RACK OF PORK ROAST

A customer favorite!  
2.5-3 lbs.\* @ \$6.19 per lb.

#### 1460 SPIRAL SLICED HAM

14.5-18 lbs.\* @ \$3.21 per lb.

#### 1192 STUFFED PORK ROAST

Pork loin with herb and apple sage stuffing.  
3 lbs./\$16.69

### POULTRY

#### PICTURED – SAVE UP TO \$1.00

#### 3141 ARTCHK PARM STUFF CHIC BRST P. 8

4-5 oz./\$12.49 **\$11.99**

#### 3168 HICKORY SMOKED BBQ CHICKEN P. 1

2-1 lb. bags/\$11.99 **NEW**

#### 3156 BROCC & CHEES STUFF CHICKEN P. 8

8-6 oz./\$16.99 **\$15.99**

#### 7054 CHICKEN & DUMPLINGS P. 8

2.5 lb. pouch/\$11.99 **\$11.49**

#### 3108 CHICKEN FRIES P. 1

96-120 pieces/3 lb. resealable bag/\$15.99 **\$14.99**

#### 3073 ORIENTAL STYLE CHIC W/SCE P. 8

2 lbs. w/2-4 oz. sauce packets/\$13.79 **\$12.79**

#### 3178 OVEN RDY BONLSS TRKY BRST P. 2

4-6 lbs.\* @ \$5.19 **\$4.99 per lb.**

#### 1037 STUFFED CHICKEN ROAST P. 2

2.5 lbs./\$18.99 **\$17.99**

#### 3193 TURKEY SAUSAGE LINKS P. 2

40-.8 oz./\$9.49 **\$8.99**

#### 3208 ASIAN STYLE NO BONZ CHIC BOWL

4-5 oz. microwaveable bowls/\$11.99

#### 3171 BREAD CHICKEN BREAST PATTIES

15-17 pieces/3 lbs./\$15.39

#### 3048 CHICKEN CORDON BLEU

8-6 oz./\$16.99

#### 3027 CHICKEN GEMS\*

3 lb. resealable bag/\$14.99

#### 3033 CHICKEN NUGGETS

62-72 pieces/3 lb. resealable bag/\$14.89

#### 3103 CHICKEN PARMESAN PATTIES

8-3.55 oz./\$14.99

#### 7138 CHICKEN POT PIE

2.5 lbs./\$11.49

#### 7091 CHICKEN STIR-FRY KIT

4-6 servings/2.4 lbs./\$15.99

#### 3070 CHICKEN TENDERS

2 lb. resealable bag/\$15.89

#### 3146 CHICNSTEAKES - TRIAL SIZE

4-4 oz./\$6.29

#### 3069 CHICNSTEAKES - 12 PK

12-4 oz./\$15.89

#### 3091 CRÈME BRIE STUFFED CHICK BREAST

4-6 oz./\$13.49

#### 3173 DICED CHICKEN TENDERLOINS

2-1 lb. bags/\$14.99

#### 3151 FULLY COOK BUFFALO CHIC BITES

2 lb. resealable bag/\$14.99

#### 3153 GENERAL TSO'S CHICKEN

4-10 oz. trays/\$12.99

#### 3136 HONEY BBQ CHICKEN TENDERS

2 lb. resealable bag/\$14.99

#### 7170 INDIVIDUAL CHICKEN POT PIES

4-10 oz. trays/\$10.99

#### 3218 LEMON PEPPER CHICNSTEAKES

8-4 oz./\$12.89

#### 3184 NAKED BROCC & CHEESE STUFF CHIC

4-5 oz./\$11.59

#### 3190 NAKED CORDON BLEU STUFF CHIC

4-5 oz./\$11.99

#### 3174 NKED MSHROOM & CHEES STUF CHIC

4-5 oz./\$11.99

#### 3167 NO BONZ BUFFALO CHICKEN BOWL

4-5 oz. microwaveable bowls/\$11.99

#### 7175 ORANGE CHIC W/VEGGI FRIED RICE

13 oz. tempura chicken/29 oz. vegetable fried rice/10 oz. sauce/\$14.59

#### 3158 POPCORN CHICKEN

2 lb. resealable bag/\$11.99

#### 3164 SEASONED CHICK BREAST STRIPS

2 lb. resealable bag/\$15.69

#### 3072 TERIYAKI CHICNSTEAKES

Skinless, boneless, marinated chicken breasts.  
8-4 oz./\$12.89

### SEAFOOD

#### PICTURED – SAVE UP TO \$1.00

#### 2081 BREADED FISH SQUARES P. 7

5-8 pieces/21 oz./\$11.99 **\$11.49**

#### 2141 GARLIC & HERB SHRIMP P. 7

51-60 per lb./1 lb./\$15.99 **\$14.99**

#### 2041 GOURMET STUFFED FLOUNDER P. 7

6-5 oz. fillets/\$20.69 **\$19.69**

#### 2117 BATTERED ALASKA COD P. 7

2-12 oz. bags/\$10.89 **\$10.39**

#### 2189 KRISPY KRUNCHY COD P. 7

9-3.6 oz./\$14.29 **\$13.29**

#### 2086 LARGE SHRIMP P. 7

31-40 per lb./1 lb./\$15.49 **\$14.49**

#### 2178 LEMON PARMESAN SALMON P. 1

4-5 oz./\$18.49 **NEW**

#### 2129 OVN RDY BRD COCONT SHRMP P. 7

31-37 pieces/1.5 lbs./\$15.99 **\$14.99**

#### 2405 OVEN-RDY BUTTERFLY SHRMP P. 7

18-25 per lb./2 lbs./\$17.99 **\$16.99**

#### 2017 POTATO ENCRUSTED POLLOCK P. 7

6-4 oz./\$11.89 **\$11.39**

#### 2074 TILAPIA FILLETS P. 2,10

5-8 fillets/1.5 lbs./\$13.79 **\$12.79**

#### 2113 BREADED FISH NUGGETS

2-12 oz. bags/\$12.99

#### 2145 CRAB CAKES

8-2 oz./\$14.99

#### 2125 HADDOCK FILLETS

6-4 oz./\$17.49

#### 2090 JUMBO PARTY SHRIMP W/SAUCE

26-30 per lb./1 lb./\$16.79

#### 2014 LEMN PEPR BRD HADDOCK FILLETS

1.5 lbs./\$15.69

#### 2171 PREMIER POPCORN SHRIMP

67-98 pieces/1.5 lbs./\$9.69

#### 2050 SEASONED SALMON

4-5 oz./\$18.49

#### 2082 WILD ALASKAN GRILLED SALMON

6-4 oz. fillets/\$16.79

### BREAKFAST

#### PICTURED – SAVE UP TO \$1.00

#### 5003 BACON QUICHE P. 4

10 inch/2.375 lbs./\$10.79 **\$10.29**

#### 5119 BREAKFAST CASSEROLE P. 4

2-1.5 lb. trays/\$13.69 **\$12.69**

#### 2281 BREAKFAST PIZZAS P. 4

6-6 inch pizzas/\$12.29 **\$11.79**

#### 5117 BREAKFAST QUESADILLAS P. 4

8-3.75 oz./\$14.29 **\$13.29**

#### 5053 CHERRY & CHEESE BLINTZES P. 4

10-2.25 oz./\$9.99 **\$9.49**

#### 5160 CHOCO CHIP MINI PANCAKES P. 4

2-48 packs/1.65 lbs./\$11.79 **\$11.29**

#### 5169 CINN CRNCH FRNCH TST BITES P. 4

44-48 sticks/2 lbs./\$9.99 **\$9.49**

#### 5086 CINNAMON SCONES P. 4

12-2.5 oz./\$11.39 **\$10.89**

#### 5044 HAM, EGG WHIT, CHEES ENG MUFF P. 4

6-4 oz./\$10.69 **\$10.19**

#### 5091 MICROWAVE PANCAKES P. 4

18-3 packs/3.75 in. dia./3 lbs./\$11.39 **\$10.89**

#### 5157 MINI CHEESE OMELETS P. 2

12-2 oz./\$9.99 **\$9.49**

#### 5076 SUPREME BREAKFAST PIZZA P. 4

2-12 inch/\$14.99 **\$13.99**

#### 5184 WAFFLE STICKS - MAPLE P. 4

12-2.33 oz./\$11.99 **\$11.49**

#### 5171 APPLE BERRY BREAKFAST BOWL

4-5.8 oz. bowls/\$9.29

#### 5131 FRENCH TOAST STICKS

43-45 sticks/2.5 lbs./\$8.99

#### 4068 FULLY COOKED BACON SLICES

40 slices/\$15.69

#### 5092 GOURMET CINNAMON ROLLS

12-3 oz. rolls & 12 icing packs/\$10.99

#### 5022 MINI DONUTS W/CINN SUGAR KIT

6-6 donuts/6 cinnamon sugar packets/  
6 shaker bags/\$10.99

#### 4079 OATMEAL WITH MIXED BERRIES

8-6 oz./\$10.49

#### 5094 ULTIMATE BREAKFAST COOKIE

12-2.2 oz./\$10.49

### SIDE DISHES

#### PICTURED – SAVE UP TO \$1.00

#### 8189 BAJA ROASTED CORN BLEND P. 10

2 lb. resealable bag/\$8.99

#### 4261 FIVE CHEESE GARLIC TOAST P. 8

16 slices/\$7.49 **\$6.99**

#### 7792 HOME-STYLE BISCUIT DOUGH P. 1

22-24 pieces/3.75 lbs./\$9.59 **\$8.59</**

**4615 SWEET CORN CASSEROLE**

2 lb. tray/\$9.99

**4281 SWEET POTATO FRIES**

2-1 lb. bags/\$9.49

**7763 VEGETABLE FRIED RICE**

2-1 lb. rice & sauce/\$9.29

**8169 YUKON GOLD POTATO & VEG BLEND**

2 lbs./\$7.99

**APPETIZERS**

**PICTURED - SAVE UP TO \$1.00**

**4030 BUFFALO CHICKEN STICKS P. 8**

2.5 lbs/approx. 40 sticks/\$13.79 **\$12.79**

**4048 EGG ROLLS WITH SAUCE P. 1**

24-1.5 oz. egg rolls/3 sce packets/\$15.49 **\$14.49**

**4120 3 CHEESE MINI PIZZA BAGELS P. 1**

36 bagels/\$11.59 **NEW**

**4058 STUF SHRP W/MNTRY JACK CHEES P. 7**

2-12 oz. bags/\$14.39 **\$13.39**

**4042 BREAD MOZZARELLA STICK W/SCF**

35-45 stcks/6 sce packs/3.25 lbs./\$14.39

**7851 LI'L BAGEL DOGS**

28-32 pieces/1.25 lbs./\$10.49

**4067 MINI CHICK CORDON BLEU BITES**

31-33 pieces/2 lbs./\$12.99

**6020 POTATO SKINS**

Approx. 15 pieces/1 lb./\$8.99

**4108 STUFFED APPETIZER BREAD**

With mozzarella and pepperoni.

2-22 oz. loaves/\$13.39

**PIZZA & PASTA**

**PICTURED - SAVE UP TO \$1.00**

**7148 BAKED MANICOTTI P. 7**

6 manicotti/2.18 lb. tray/\$10.79 **\$10.29**

**7135 CHEESE LASAGNA ROLLUPS P. 2**

12-2.75 oz./\$12.99 **\$11.99**

**3455 CHEESE PIZZA EAT-ZZAS™ P. 1**

6-5 inch/\$9.99 **\$8.39**

**7076 STUFFED EGGPLANT P. 7**

8-3.5 oz. pcs./\$10.69 **\$10.19**

**7081 CHEESE PIZZAS**

3-12 inch/\$13.99

**4291 CHEESE RAVIOLI**

100 ravioli/3 lbs./\$10.99

**4608 EASY SERVE MAC & CHEESE BY KRAFT®**

Classic "blue box" flavor. Ready to serve.

8-7 oz. packages/\$11.59

**7068 MARGHERITA FLATBREAD**

Tomatoes & mozzarella atop a cracker-thin crust.

12.75 oz./\$7.79

**4035 MEDITERRANEAN PIZZAS**

Spinach, tomatoes, mozzarella & feta.

2-7x9 inch/\$9.99

**3456 PEPPERONI PIZZA EAT-ZZAS™**

6-5 inch/\$9.99

**7088 PEPPERONI THIN CRUST PIZZA**

3-12 inch/\$14.99

**7847 STUF RIGATNI W/ITALIAN SAUSAGE**

4-10 oz. trays/\$15.99

**7816 TACO PIZZA**

Ground beef, bean dip, and taco seasonings.

2-12 inch pizzas/\$10.99

**4026 TUSCAN CHICKEN FLATBREAD**

Grilled chicken, pesto and vegetable flatbread.

11 oz./\$7.99

**SOUP & SANDWICHES**

**PICTURED - SAVE UP TO \$1.00**

**3434 PB&J SQUAREWICHES® P. 9**

8-2.7 oz./\$9.99 **\$9.49**

**7007 PHILLY CHEESE STEAK KIT P. 8**

4 sandwiches/2.63 lbs./\$13.99 **\$12.99**

**7065 SMK HAM & PRVLN PRZL SND P. 9**

6-5.8 oz./\$15.29 **\$14.29**

**7168 BROCCOLI & CHEDDAR SOUP**

32 oz. pouch/\$10.89

**7151 CHEESY BAKED POTATO SOUP**

32 oz. pouch/\$10.69

**6153 CHOP HOUSE® CHEESEBURGERS**

6-4.8 oz./\$12.79

**7163 ITALIAN WEDDING SOUP**

32 oz. pouch/yields 64 oz./\$10.69

**7204 LOBSTER BISQUE**

32 oz. pouch/\$11.29

**7181 ROAST STEAK & BARLEY SOUP**

32 oz. pouch/\$10.99

**7165 TOMATO BASIL RAVIOLINI SOUP**

Condensed. 32 oz./yields 64 oz./\$11.99

**7173 TURKEY & CHEESE PRETZEL SAND**

6-5 oz./\$15.39

**7057 TURKEY CHILI**

32 oz. pouch/\$11.99

**7021 UNO'S® PEPPERONI TASTEFULLS™**

6-4 oz. individually wrapped/\$11.99

**DESSERTS**

**PICTURED - SAVE UP TO \$1.00**

**4910 APPLE BLOSSOMS® P. 8**

8-4 oz./\$12.59 **\$11.59**

**7680 CHOCO-CHOCO CHIP CAKES P. 9**

12-2 oz. individual cakes/\$11.69 **\$11.19**

**5240 CHOCO CHUNK COOKIE DGH P. 3**

48-9 oz./\$14.50

**5241 CHOC MINT CHIP COOKIE DGH P. 3**

48-9 oz./\$14.50

**5242 LEMON COOLER COOKIE DGH P. 3**

48-9 oz./\$14.50

**5243 M&M® COOKIE DOUGH P. 3**

48-9 oz./\$14.50

**5244 OATMEAL RAISIN COOKIE DGH P. 3**

48-9 oz./\$14.50

**5245 PEANUT BUTTER COOKIE DGH P. 3**

48-9 oz./\$14.50

**4660 PINEAPPLE UPSIDE DOWN CKE P. 1**

4-4.9 oz./\$10.69 **\$9.69**

**5246 SNICKERDOODLE COOKIE DGH P. 3**

48-9 oz./\$14.50

**5247 SGR FREE CHOCOLATE CHIP CD P. 3**

48-9 oz./\$14.50

**5248 WHT CHOC MACDMIA NUT CD P. 3**

48-9 oz./\$14.50

**4623 APPLE DEEP DISH PIE**

10 inch/\$12.00

**4809 CHOCOLATE CHIP COOKIE DOUGH**

61-75 pieces/3 lbs./\$8.99

**3402 CHOC CHIP COOKIE DOUGH CUPS**

8-3 oz. cups/\$8.29

**4596 CHOCO CHIP COOKIE MELTDOWN**

4-4 oz./\$9.49

**4942 VARIETY CHEESECAKE**

8 inch/pre-sliced/\$13.00

**SNACKS**

**PICTURED - SAVE UP TO \$1.00**

**3438 40 PACK SNAP PRETZELS P. 9**

40-5 oz. bags/\$8.99 **\$8.49**

**8858 AMERICAN CHEESE P. 9**

72 slices/3 lbs./\$14.79 **\$13.79**

**3454 DOUBLE CHOC PROTEIN BARS P. 9**

8-1.70 oz./\$10.99 **\$10.49**

**3426 FRUIT SNACKS VARIETY PACK P. 9**

28-.84 oz. pouches/\$7.99 **\$7.49**

**3409 GNT CINNMN GLDFISH® GRMS P. 9**

25-.9 oz. pouches/\$7.99 **\$7.49**

**3496 GOGO SQUEEZ™ P. 9**

18-3.2 oz./\$13.99 **\$12.99**

**3452 PB&J GRAHAMWICHES P. 9**

12-2.2 oz. sandwiches/\$11.49 **\$10.99**

**6166 QUAKER CHEWY® GRNL BR PK P. 9**

24-.84 oz./\$9.29 **\$8.79**

**3436 COLBY JACK SNACK STICKS**

24-.83 oz. sticks/\$10.49

**3458 DRIED FRUIT MEDLEY**

Blueberries, cherries, cranberries, golden raisins. 18-1 oz./\$11.49

**5111 FRUIT SINGLES®**

12-4 oz. cups/\$10.99

**3480 GRANOLA SNACK PACKS™**

16-1 oz. pouches/\$9.49

**3451 JUMBO COUNT SWEET & SALTY MIX**

36-5 oz. pouches/\$9.99

**3468 MOVIE NITE MIX™**

Chocolate covered raisins, peanuts, malt balls.

1.5 lb. resealable bag/\$10.99

**3499 STRING CHEESE**

30-1 oz. sticks/\$12.49

**BEVERAGES**

**PICTURED - SAVE UP TO \$1.00**

**8091 ARNLD PLMER® ICE TEA LMN STX P. 9**

2-30 count boxes/\$15.99 **\$14.99**

**8118 GATORADE® KID-SIZE VAR PK P. 9**

24-12 oz. plastic bottles/\$15.89 **\$14.89**

**8116 TROPICANA® ORGE JCE SINGLES P. 2**

24-8 oz. cartons/\$15.49 **\$14.99**

**8099 AriZona® CONCENTRATE - SWT TEA**

4-8 oz. cans/yields 2 gallons/\$9.29

**8105 CUPS FOR HOPE DAILY COFFEE**

2-12 oz. bags/\$16.99

**8107 NESQUIK® LOW FAT CHOC MILK**

24-8 oz. plastic bottles/\$20.49

**8088 NESTLE® JUICY JUICE® - APPLE**

24-10 oz. plastic bottles/\$19.59

**SEASONINGS**

**7282 A SALT FOR ALL SEASONINGS**

Sea salt, lemon peel, garlic & red bell pepper.

6.87 oz./\$5.99

**7290 BROWN SUGAR BBQ RUB**

Sweet and smoky with just a bit of zip.

5.64 oz./\$5.99

**7293 CITRUS HERB BLEND**

Citrus fruit zest and aromatic herbs.

5.11 oz./\$5.99

**7292 GARLIC PARMESAN BLEND**

Garlic, Italian cheeses and a touch of anchovies.

3.88 oz./\$5.99

**CLEANSERS**

**3702 3X LAUNDRY DETERGENT**

50 fl. oz. triple-power liquid detergent/

washes 50 loads/\$11.99

★★★★★

**3704 FLOOR CLEANSER CONCENTRATE**

Suds away grime & dust. Safe for hard surfaces.

2-16 oz. bottles concentrated cleanser/

makes 32 gallons/\$7.99

**3705 KITCHEN CLEANSER CONCENTRATE**

Breaks down baked-on buildups.

3-1 fl. oz. concentrated cleanser packets,

1-16 oz. spray bottle/makes 3 bottles/\$8.99

**3701 STAIN ERASER WIPES**

On-the-go solution for quick clean-ups.

15 biodegradable towelettes/\$6.49

★★★★★

**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.


**Last Month This Season**  
Stock up, these items will not appear in  
next month's Order Guide.

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

For nutrition and allergy information  
visit [marketday.com](http://marketday.com)

★★★★★  
**Customer Ratings**  
See more at [marketday.com](http://marketday.com)

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E-mail \_\_\_\_\_ Opt-In

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell or Other \_\_\_\_\_ Order Sheet # \_\_\_\_\_ For Chairperson Use Only

Please Fill in Total Quantity Ordered \_\_\_\_\_

I want to volunteer.

**Satisfaction Guaranteed!** **BL**

# Fish & Seafood

Benefit from this good source of proteins, minerals and vitamins. With many options to choose from, these savory delights are perfect for a quick meal.

## 2041 Gourmet Stuffed Flounder

You won't flounder over this choice. Delicate fillets filled with a seafood stuffing and crabmeat. A Market Day exclusive. 6-5 oz. fillets/\$20.69 **\$19.69**

## 4058 Oven Ready Stuffed Shrimp with Monterey Jack Cheese

Tail-on, butterfly shrimp stuffed with Monterey Jack cheese, bakes up crispy and is great with salsa. 30-38 pieces per selling unit. 2-12 oz. bags/\$14.39 **\$13.39**

## 2017 Potato Encrusted Pollock

Alaska Pollock is a mild but flaky white fish that melds perfectly with the crunchy potato exterior. Just bake for fantastic results. 6-4 oz./\$11.89 **\$11.39**

## 2117 Battered Alaska Cod

A mild white flaky fish that's golden battered for that pub-style taste. Great for fish dinners, fish tacos or crispy sandwiches. 2-12 oz. Bags/\$10.89 **\$10.39**

**\$1.74**  
per serving

## 2141 Garlic & Herb Shrimp

Feast upon large, tender tail-off tiger shrimp. Marinated in a mouth-watering herbed garlic sauce. Ready to devour in five minutes. 51-60 per lb./1 lb./\$15.99 **\$14.99**

## 2081 Breaded Fish Squares

A perfect fish sandwich or main dish. This all natural mild white fish sourced from Alaska, bakes up crispy and crunchy right from your oven. 5-8 pieces/21 oz./\$11.99 **\$11.49**

## 2086 Large Shrimp

These tender shrimp are full of flavor, peeled and deveined with the tail off. Simply thaw what you need. ADDITIVE FREE, farm raised. 31-40 per lb./1 lb./\$15.49 **\$14.49**

## 2189 Krispy Krunchy Cod

Crunched for time? This light and flaky N. Atlantic cod coated with golden toasty breadcrumbs makes a quick entrée. 9-3.6 oz./\$14.29 **\$13.29**

**\$1.48**  
per serving

## 2405 Oven-Ready Butterfly Shrimp

Crispy and quick straight from your oven. Big butterfly shrimp bursting with flavor then breaded in a crunchy topping. 18-25 per lb./2 lbs./\$17.99 **\$16.99**

**\$1.55**  
per serving

## 2129 Oven Ready Breaded Coconut Shrimp

Our tail-on butterfly coconut shrimp are seasoned perfectly so they're never too sweet. Great for snacks or serve over rice for dinner. 31-37 pieces/1.5 lbs./\$15.99 **\$14.99**

★★★★★

# Make It Meatless

These no-prep entrées are a great way to join the Meatless Monday revolution. Make one meatless meal a week for your family without spending a lot of time in the kitchen.

## 7076 Stuffed Eggplant

Breaded slices of eggplant stuffed with ricotta cheese. Top with your own sauce. 8-3.5 oz. pcs./\$10.69 **\$10.19**

**\$1.28**  
per serving

## 7148 Baked Manicotti

Teach your taste buds Italian with rolls of pasta loaded with ricotta, Romano, Parmesan & mozzarella cheeses, topped with zesty sauce. 6 manicotti/2.18 lb. tray/\$10.79 **\$10.29**

**🌱 Peanut/Nut Free** **🌿 Gluten Free**



3156



1202



## Customer Favorites

Choose from these delicious selections that others know and love. When you don't know what to buy, let others help you.

### 3156 Broccoli & Cheese Stuffed Chicken Breast

The lighter side of this elegant favorite. Crispy coating, white meat chicken surrounding broccoli and cheese, yet only 6 net carbs. 8-6 oz./\$16.99 **\$15.99**



### 1202 BBQ Pulled Pork

Try pulling away from this tender pulled pork covered in a special BBQ sauce. The meatiest taste you've ever reckoned with. 2-1.5 lb. tubs/\$16.69 **\$15.69**



### 4250 Sweet Potato Medley

Warm up to roasted sweet potatoes, redskin potatoes and skin on russets. Seasoned to perfection and ready for the oven or grill. 1.5 lb. resealable bag/\$10.49 **\$9.99**

### 1113 Beef Stew Meat

Stir things up with tender lovin' chunks of choice beef. Hearty one-inch cubes are great for chili, stews and super in soup. 3-1 lb. pkg./\$19.49 **\$18.49**

### 3141 Artichoke Parmesan Stuffed Chicken Breasts

Creamy, nutty Parmesan and sunny artichokes unite to create a bright flavor center for a lightly breaded chicken breast. 4-5 oz./\$12.49 **\$11.99**

### 7054 Chicken & Dumplings

An old-fashioned recipe made new fangled fast. Dumplings nestled with tender chunks of juicy chicken, carrots, peas & flavorful gravy. 2.5 lb. pouch/\$11.99 **\$11.49**



### 4030 Buffalo Chicken Sticks

Buffalo wings taste without the mess. Seasoned with the right amount of heat, and presented in a delicious crunchy roll. Just dip and enjoy. 2.5 lbs./approx. 40 sticks/\$13.79 **\$12.79**

92¢  
per serving

### 4261 Five Cheese Garlic Toast

Hearty bread topped with a blend of 5 gourmet cheeses with robust garlic, butter and parsley. Pre-sliced and ready in just 7 minutes. 16 slices/\$7.49 **\$6.99**

44¢  
per serving

### 4910 Apple Blossoms®

Lusciously sweet apple slices under wraps. Light & flaky with a hint of cinnamon. Ready in a flash from the microwave. 8-4 oz./\$12.59 **\$11.59**

\$1.45  
each



### 1316 Stuffed Pork Chops

All the right stuffing. Chops as tender as they are juicy and loaded with classic sage bread stuffing. Lean and irresistibly easy! 4-8 oz./\$15.29 **\$14.29**

### 7007 Philly Cheese Steak Kit

Authentic and delicious! Ready in less than 15 minutes. Kit includes beef steaks, rolls, diced onions & shredded mozzarella. 4 sandwiches/2.63 lbs./\$13.99 **\$12.99**



### 3073 Oriental Style Chicken with Teriyaki

Pineapple Sauce  
Bite-sized pieces of all white breast meat chicken take on a Far East flair. Sauce included. Faster, easier and tastier than take-out! 2 lbs. with 2-4 oz. sauce packets/\$13.79 **\$12.79**

4250



1113



3141



7054



4030



4261



4910



1316



7007



3073



8

USDA  
Choice  
Meat

# Lunch & On-The-Go Snacks

Quick and easy solutions for packing lunches when you're in a hurry. Just throw them in the bag and you're ready to go. Good for snacks too!

## 3454 Double Chocolate Protein Bars ▲

Double chocolate crisp protein bar. Filling & better for you. 180 calories. No trans fat. Ready for mom's purse & kid's backpacks. 8-1.70 oz./\$10.99 **\$10.49**



3438



3426



## 3438 40 Pack Snap Pretzels ▲

With forty bags, you'll have enough to treat an entire classroom, party or soccer team! All natural and only 60 calories! Fat free! 40-.5 oz. bags/\$8.99 **\$8.49**

22¢ each

## 3426 Fruit Snacks Variety Pack ▲

Fruit kids can't resist. Two great, chewy, fat free varieties made with real fruit juice. Includes Mott's™ and Orchard Fruit™. 28-.84 oz. pouches/\$7.99 **\$7.49**

## 8118 Gatorade® Kid-Size Variety Pack ▲

Specially formulated to quench deep thirst like pro athletes. Berry, strawberry and grape. No caffeine, low sodium. 24-12 oz. plastic bottles/\$15.89 **\$14.89**



8858 | 100% REAL CHEESE



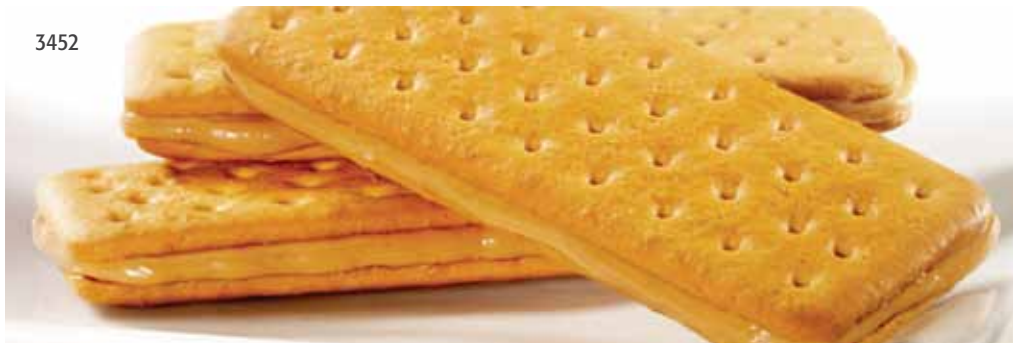
## 8858 American Cheese ▲

Our customer's favorite brand is back! Creamy deli quality 100% real cheese slices that are great for burgers, grilled cheese & snacks. 72 slices/3 lbs./\$14.79 **\$13.79**

## 3452 Peanut Butter & Jelly Grahamwich

Smooth and creamy peanut butter and grape jelly layered in between crispy graham cracker wafers. Individually wrapped, great for lunch. 12-2.2 oz. sandwiches/\$11.49 **\$10.99**

92¢ each



## 3496 GoGo SqueeZ™ Applesauce ▲

Nothing but apples in an easy-to-go pouch. Fun snack for kids of all ages! No refrigeration, no spoon, no mess and no added sugar! 18-3.2 oz./\$13.99 **\$12.99**

73¢ each

## 3434 PB&J Squarewiches®

Great for kids of all ages. Creamy peanut butter & gobs of all natural grape jelly inside a soft, whole grain white crustless sandwich. 8-2.7 oz./\$9.99 **\$9.49**

3496 | NO SUGAR ADDED



3434



## 6166 Quaker Chewy® Granola Bar Variety Pack ▲

8g whole grains. No high fructose corn syrup. 8 of each: chocolate chip, peanut butter chocolate chip and S'mores. 24-.84 oz./\$9.29 **\$8.79**

## 8091 Arnold Palmer® Iced Tea Lemonade Stix

Half iced tea and half lemonade drink made easy in any 16.9 oz bottle of water. No preservatives, artificial colors or flavors.

25¢ each

2-30 count boxes/\$15.99 **\$14.99**



8091



7680



## 7680 Chocolate-Chocolate Chip Cakes

Please your sweet tooth with an overdose of rich chocolate chips buried in moist chocolate cake. Just minutes from freezer to fingers.

94¢ each

12-2 oz. individual slices/\$11.69 **\$11.19**

## 7065 Smoked Ham & Provolone Pretzel Sandwich

This hearty Bavarian Pretzelwich is perfect for a tasty grab and go lunch or fast dinner-better than the drive through. 6-5.8 oz./\$15.29 **\$14.29**



7065



**WE'VE GONE MOBILE!**

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Prices valid for sale dates 1/29/12 - 2/25/12.



**EGG FREE!**

## FREE 4 Pack of Cookie Dough Cups

with \$40 purchase\*

"This product is soooo yummy! It tastes just like cookie dough only you are safe to eat it. I recommend this product to all cookie dough lovers!" -St. Charles, IL

**PLUS**



## FREE 1 lb. of Chicken Gems

with \$90 online purchase\*  
Promo Code: **FEBBONUS**

*Kid favorite! Dip in ranch, honey mustard or BBQ sauce.*

**ONLINE ONLY!**

\*Purchase requirement before tax. Limit 1 free 4 Pack of Cookie Dough Cups and 1 free 1 lb. of Chicken Gems per qualifying customer. Chicken Gem offer only valid for orders placed at marketday.com using promo code at checkout. Promotion not available in Market Day/Sara Lee stores, or on Peapod orders. No substitutions. Promotions subject to change or termination without notice.

## EAT WELL FOR LESS



**\$3.04 per serving**

### SHOPPING LIST

2074 Tilapia Fillets (5-8 fillets/1.5 lbs.)	\$12.79
8189 Baja Roasted Corn Blend (2 lb. resealable bag)	\$8.99
<b>Total:</b>	<b>\$21.78</b>

**SEE RECIPE AT MARKETDAY.COM/BAJAFISHTACOS**

**HOLDS UP TO 24 SODA CANS!**



- Insulated
- Zipper Closure
- Reinforced Handle
- Large Tapered Shape: 22" w x 11" h x 10" d
- Great for the pool, beach or picnics

**Frequent Buyer<sup>®</sup>**

## Buy 3 Times— Earn a FREE Cooler Tote!

Make two purchases of \$40\* between February and April. Then place a third order of \$40\* in May to receive a FREE Cooler Tote at your May sale pick-up.

\*Free Cooler Tote 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 cooler totes are depleted. Not valid at Market Day/Sara Lee stores or on Peapod orders. Limit 1 qualifying order per customer per promotional period. Promotion effective for pick-up dates 1/29/12-5/26/12. Promotion subject to change or termination without notice.



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- 3. CHECKOUT** Submit your order.

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