



Get a  
Top Rated  
Meal for  
FREE!\*

Serves 4

**Get Both FREE!**

\*See page 10 for details.

**FREE**  
Broccoli Florets  
with \$40 purchase\*



**FREE**  
ChicNSteakes  
with \$90 online purchase\*  
Promo Code: **OCTBONUS**

New to  
Market Day?  
Try the 3  
Top Sellers  
Below!

## Back to School Savings

Special Trial Pricing on 3 Top Sellers!

3184



**SAVE \$2.00**



**3184 Naked Broccoli and Cheese Stuffed Chicken**

180 delicious calories and 24 grams of protein.  
4-5 oz./\$11.29 **\$9.29**

3455



**SAVE \$2.00**

**3455 Cheese Pizza Eat-zzas™** **\$1.07 each**  
Individual deep-dish pizzas with a unique flaky style crust. Oven or microwave. 6-5 inch/~~\$8.39~~ **\$6.39**

2050



**SAVE \$2.00**



**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 **\$15.49**

"We just had this for dinner tonight and it was heaven. We all loved it. Even my picky eaters. I can't wait to get it again. The seasoning made the salmon so unbelievably good. It was to die for."  
—lvtvcook

**NEW!**



**NEW! 5186 Bacon, Egg & Cheese Wrap**

Delicious omelet with cheese & bacon, wrapped in tortilla. Individually wrapped and microwavable. Packed with 12 grams of protein. 8-4 oz./\$14.29

**NEW!**



**NEW! 7074 Supreme Thin Crust Pizza**

Thin pizza crust with mozzarella, pepperoni, sausage, peppers, mushrooms & onions. Pizzeria taste without the delivery charge. 2-10 inch/\$13.49

**NEW!**



**NEW! 4823 Cinnamon Coffee Cake Slices**

Delicious golden cake, with a middle layer of dark cinnamon streusel and a crumbly streusel topping. Individually wrapped. 8-3.6 oz./\$10.79

### New to Market Day?

Visit [marketday.com/Welcome](http://marketday.com/Welcome)

- Up to 20% of your order supports your child's education.
- Sign-up for e-mail and text alerts for exclusive offers and order reminders.

### Easy as 1,2,3



Place Your Order Online at [marketday.com](http://marketday.com)

Pick up your order at your school.  
See pick-up dates on back page.

Prices valid for sale dates 9/29/13 – 10/26/13.

# Taste For Health®

## 75+ ITEMS TO CHOOSE FROM!

All items contain no more than 300 calories, 10g total fat and 600mg sodium.



Find this recipe and more at [marketday.com/EatWell](http://marketday.com/EatWell)

- 28 Day Diabetic Menu Plan and 1600 Calorie Lean Menu Plan
- Add products by day, week, or the entire plan
- Delicious healthy recipes
- Helpful articles such as USDA Guidelines

### 8168 Gourmet Green Beans

A designer bean to bring out your culinary creativity. Colorful, crunchy, 100% natural. Flash frozen to capture harvest fresh flavor. 2-2 lb. resealable bags/~~\$16.29~~ **\$9.79**

47¢ per serving



8189



2074



1318

### 8189 Baja Roasted Corn Blend

Corn, peppers, black beans, onions, chilies. 2 lb. resealable bag/~~\$7.99~~ **\$7.49**

75¢ per serving

### 2074 Tilapia Fillets

Mild flavor. Individually wrapped. All natural. 5-8 fillets/1.5 lbs./~~\$13.99~~ **\$12.99**

### 1318 Boneless Pork Chops

Lean and flavorful. Individually wrapped. 6-5 oz./~~\$12.29~~ **\$11.29**



5157



3010



7135

### 5157 Mini Cheese Omelets

Low in fat, cholesterol and sodium. 12-2 oz./~~\$9.89~~ **\$9.39**

78¢ each

### 3010 Turkey Tournedos

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

### 7135 Cheese Lasagna Rollups

Blend of 3 cheeses. Just add sauce. 12-2.75 oz./~~\$11.99~~ **\$10.99**

## Foods that Fit Your Life

We have 150+ items that fit any lifestyle such as healthy veggies, butcher quality meats, grab-and-go snacks and more.

- Find an assortment of gluten, peanut and dairy free items.
- Over 75 delicious Taste for Health® items that are less than 300 calories, 10g of fat and 600mg sodium.
- Indulge in your favorite comfort foods—everything in moderation.



## 5 Ways to Save

- 1 New Customers Save \$5.00**  
Get \$5.00 off your order as a new customer when you use Promo Code: **NEWFIVE** at checkout on [marketday.com](http://marketday.com).
- 2 Online Offers by Email** ✉  
Register your email on [marketday.com](http://marketday.com) to receive important reminders, exclusive deals & more.
- 3 Red Discount Pricing**  
Check out the sales offered each month! Look for the RED pricing on the Order Guide & on [marketday.com](http://marketday.com).
- 4 Free Products**  
Extra deals with purchase are frequently offered.
- 5 Facebook**  
“Like Us” and be on the lookout for exclusive offers. [facebook.com/marketday](http://facebook.com/marketday)

**3069 ChicNSteakes** **\$1.16 each**

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**



**3168**



**3033**



**3168 Hickory Smoked BBQ Chicken**

Chunks of chicken in tangy BBQ. Just heat & eat. 2-1 lb. bags/\$10.99 **\$9.99**

**3033 Chicken Nuggets**

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

**3048 Chicken Cordon Bleu**

Breaded, stuffed with ham and Swiss. 8-6 oz./\$15.99 **\$14.99**



**3027**



**3171**



**3027 Chicken Gems**

Crispy breaded uncooked chicken tenderloins. 3 lb. resealable bag/\$13.99 **\$12.99** **72¢ per serving**

**3171 Breaded Chicken Breast Patties**

Fully cooked, crunchy golden breading. 15-17 pieces/3 lbs./\$13.99 **\$12.99** **81¢ per serving**

**3070 Chicken Tenders**

Pre-cooked breaded chicken. 2 lb. resealable bag/\$14.79 **\$13.79**



**3198**



**3174**



**3198 Gourmet Bistro Chicken**

Seasoned with garlic and butter. Tender & juicy. 2-1/2 Chickens/\$12.29 **\$11.29**

**3174 Naked Mushroom Stuffed Chicken Breast**

Mushroom blend in a tender chicken breast. 4-5 oz./\$11.69 **\$10.69**



**4030**



**3180**



**3158 Popcorn Chicken** Extra crispy, all white meat chicken. Pre-cooked. 2 lb. resealable bag/\$10.99 **\$10.49**

**4030 Buffalo Chicken Sticks**

Buffalo wing taste in a crunchy spring roll. 2.5 lbs./approx. 40 sticks/\$12.79 **\$11.79** **84¢ per serving**

**3180 Teriyaki Chicken Kabobs**

Pre-skewered; ginger, garlic, teriyaki marinade. 8-3 oz./\$13.99 **\$12.99**

**3173 Diced Chicken Tenderloins**

Add pizzazz to your recipes with bite size chunks of moist and tender all white meat chicken. Irresistibly easy. Fully-cooked. 2-1 lb. bags/\$13.99 **\$12.99**

**Summer Breeze Mixed Greens & Chicken**

- 2 cups **Diced Chicken Tenderloins #3173**; thawed
- 6 cups mixed field greens
- 1 small cucumber; scored & thinly sliced
- 1/2 cup cherry tomatoes; halved
- 2 Tbsp. red onion; minced
- Light Red Wine Vinaigrette; store bought

Place first 5 ingredients in a large bowl. Toss. Add desired amount of vinaigrette & toss again. Divide salad evenly between 4 chilled plates. **Serves 4**

**Cook's Tip:** Add crumbled feta cheese and freshly milled black peppercorns for a boost in flavor!



# Customer Favorites



## Good Variety!

"This box had a great variety - six main course meals for our house. The hamburgers, pork chops and chicken are delicious!... will buy again..." — dancegirlmom

### 1264 Mixed Grill

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

**\$1.33**  
each

8203



8162



4035



### 8162 "Extra Young" Tiny Peas

The finest and sweetest ever!  
2-2 lb. resealable bags/\$9.69 **\$9.19**

**44¢**  
per serving

### 8203 Zucchini Munchables

Light crouton coating.  
3-10 oz. bags/\$8.99 **\$8.49**

**71¢**  
per serving

### 4035 Mediterranean Pizzas

Spinach, tomatoes, mozzarella & feta.  
2-7x9 inch/\$8.99 **\$8.49**

### 4936 Old Fashioned Apple Cake

Cinnamon & sugar dusted apple cake.  
7 inch/\$9.49 **\$8.99**

4936



3193



8180



### 3193 Fully Cooked Turkey Sausage Links

Tender and tasty in under 2 min. in microwave. 40 links/2 lb. resealable bag/\$8.99 **\$8.49**

**65¢**  
per serving

### 8180 Supersweet Corn

Three times sweeter and crispier.  
2-2 lb. resealable bags/\$8.99 **\$8.49**

**40¢**  
per serving

### 1122 Fully Cooked Pot Roast

Lean tender beef in natural juice gravy.  
2.25 lbs./\$15.69 **\$14.69**

1122



1316



5091



### 1316 Stuffed Pork Chops

Boneless, tender chops with sage bread stuffing. 4-8 oz./\$14.29 **\$13.29**

### 5091 Microwave Pancakes

Homemade taste without the mess!  
18-3 packs/3.75 in. dia./3 lbs./\$10.69 **\$10.19**

4281



7763



2082



### 4281 Sweet Potato Fries

Full of vitamins. No trans fats. Bake up crispy. 2-1 lb. bags/\$8.49 **\$7.99**

### 7763 Vegetable Fried Rice

Top seller. 2-1 lb. rice/  
2-2 oz. sauce/\$8.99 **\$8.49**

**85¢**  
per serving

### 2082 Wild Alaskan Grilled Salmon

Fully-cooked fillets, a delicious grilled taste. 6-4 oz. fillets/\$15.99 **\$14.99**

**Meat**

**PICTURED — SAVE \$1.00**  
 — **1264 Mixed Grill p. 4**  
 4-1/4 lb Patties, 4-ChicNSteakes,  
 4-Boneless Pork Chops/\$16.99 **\$15.99**

**Beef**

**PICTURED — SAVE UP TO \$1.00**  
 — **1122 Fully Cooked Pot Roast p. 4**  
 2.25 lbs./\$15.69 **\$14.69**

- **1094 1/4 lb. Beef Patties LM**  
10-4 oz./\$12.49
- **1277 100 Calorie Steaks**  
6-3.75 oz./\$15.69
- **1332 All Beef Hot Dogs**  
12-2.67 oz./\$10.69
- **1271 Bacon & Cheddar Angus Burgers LM**  
8-5.3 oz./\$16.49
- **1255 French Dip**  
36 oz. tub/\$9.99
- **1058 Ground Beef - 85% Lean**  
4-1 lb. pkg./\$17.16
- **7630 Hearty Beef Stew**  
2.25 lb. bag/\$12.99
- **1096 Home-Style Gravy & Beef Tips**  
2.5 lb. pouch/\$14.99
- **1215 Italian Style Meatballs**  
59-71 pieces/3 lb. resealable bag/\$15.39
- **7058 Meat Loaf Slices**  
8-3.5 oz./\$11.39
- **1131 Ranch Steaks®**  
6-5 oz./\$17.99
- **1260 Sirloin Beef Roast**  
2 lbs./\$16.49
- **1695 Stuffed Peppers LM**  
4-10 oz./\$13.49
- **1121 Sweet & Smokey Petite Steaks LM**  
6-4 oz./\$18.99
- **1208 Teriyaki Steak Kabobs LM**  
8-3 oz./\$18.99
- **1141 Vidalia® Onion Burgers LM**  
8-5.3 oz./\$13.99
- **1280 Whole Beef Flat Iron**  
16 oz./\$10.99

**Pork**

**PICTURED — SAVE UP TO \$1.00**  
 — **1318 Boneless Pork Chops p. 2**  
 6-5 oz./\$12.29 **\$11.29**

- **1316 Stuffed Pork Chops p. 4**  
4-8 oz./\$14.29 **\$13.29**
- **1108 Whole Pork Tenderloins p. 7**  
2-3 pieces/2.25 lbs./\$14.69 **\$13.69**
- **1226 Bacon Wrapped Tournedos**  
6-4 oz./\$12.59
- **1202 Barbecued Pork**  
2-1.5 lb. tubs/\$15.69
- **1243 Boneless Pork Filets LM**  
6-5 oz./\$10.69
- **7050 Boneless Pork Riblets**  
36-37 pieces/1.75 lbs./\$12.29
- **1250 Fully Cooked Baby Back Ribs with Sauce**  
1 slab/1.65 lbs./\$15.99
- **1274 Italian Rack of Pork**  
2.8 lbs./\$16.99
- **1288 Peppercorn Pork Loin**  
1.5 lbs./\$8.99

— **1144 Petite Boneless Sliced Ham**  
97% fat free. 2.5 lbs./\$15.99

**Poultry**

**PICTURED — SAVE UP TO \$2.00**

- **3171 Breaded Chicken Breast Patties p. 3**  
15-17 pieces/3 lbs./\$13.99 **\$12.99**
- **3048 Chicken Cordon Bleu p. 3**  
8-6 oz./\$15.99 **\$14.99**
- **3027 Chicken Gems® p. 3**  
3 lb. resealable bag/\$13.99 **\$12.99**
- **3033 Chicken Nuggets p. 3**  
62-72 pieces/3 lb. resealable bag/\$13.99 **\$12.99**
- **3070 Chicken Tenders p. 3**  
2 lb. resealable bag/\$14.79 **\$13.79**
- **3069 ChicNSteakes p. 3**  
12-4 oz./\$14.89 **\$13.89**
- **3173 Diced Chicken Tenderloins p. 3**  
2-1 lb. bags/\$13.99 **\$12.99**
- **3193 Fully Cooked Turkey Sausage Links p. 4**  
40 links/2 lb. resealable bag/\$8.99 **\$8.49**
- **3153 General Tso's Chicken p. 9**  
4-10 oz. trays/\$11.99 **\$10.99**
- **3198 Gourmet Bistro Chicken p. 3**  
2-1/2 Chickens/\$12.29 **\$11.29**
- **3168 Hickory Smoked BBQ Chicken p. 3**  
2-1 lb. bags/\$10.99 **\$9.99**
- **7170 Individual Chicken Pot Pies p. 9**  
4-10 oz. trays/\$9.99 **\$9.49**
- **3184 Naked Broccoli & Cheese Stuffed Chicken Breast p. 1**  
4-5 oz./\$11.29 **\$9.29**
- **3174 Naked Mushroom & Cheese Stuffed Chicken Breast p. 3**  
4-5 oz./\$11.69 **\$10.69**
- **3158 Popcorn Chicken p. 3**  
2 lb. resealable bag/\$10.99 **\$10.49**
- **3180 Teriyaki Chicken Kabobs p. 3 LM**  
8-3 oz./\$13.99 **\$12.99**
- **3010 Turkey Tournedos p. 2 LM**  
6-4 oz./\$13.29 **\$12.29**

- **3240 100 Calorie Turkey Filets**  
6-3.75 oz./\$13.59
- **3141 Artichoke Parmesan Stuffed Chicken Breast**  
4-5 oz./\$12.49
- **3156 Broccoli & Cheese Stuffed Chicken**  
8-6 oz./\$15.99
- **7054 Chicken & Dumplings**  
2.5 lb. pouch/\$10.99
- **3108 Chicken Fries**  
96-120 pieces/3 lb. resealable bag/\$14.99
- **3024 Chicken Kiev**  
8-6 oz./\$15.99
- **3103 Chicken Parmesan Patties**  
8-3.55 oz./\$13.99
- **7138 Chicken Pot Pie**  
2.5 lbs./\$12.99
- **7091 Chicken Stir-Fry Kit**  
4-6 servings/2.4 lbs./\$14.99
- **3091 Crème Brie Stuffed Chicken Breast**  
4-6 oz./\$12.49

- **3151 Fully Cooked Buffalo Chicken Bites**  
2 lb. resealable bag/\$13.99
- **3136 Honey BBQ Chicken Tenders**  
2 lb. resealable bag/\$13.99
- **3218 Lemon Pepper ChicNSteaks LM**  
8-4 oz./\$11.99
- **3161 Naked 4 Cheese Stuffed Chicken Breast**  
4-5 oz./\$11.69
- **3226 Naked Bruschetta Stuffed Chicken Breast**  
4-5 oz./\$11.69
- **3190 Naked Cordon Bleu Stuffed Chicken Breast**  
4-5 oz./\$11.69
- **3178 Oven Ready Boneless Turkey Breast**  
4-6 lbs.\* @ \$4.99 per lb.
- **3164 Seasoned Chicken Breast Strips**  
2 lb. resealable bag/\$14.79
- **1037 Stuffed Chicken Roast**  
2.5 lbs./\$19.79
- **3072 Teriyaki ChicNSteaks**  
8-4 oz./\$11.99

**Seafood**

**PICTURED — SAVE UP TO \$2.00**

- **2141 Garlic & Herb Shrimp p. 7**  
51-60 per lb./1 lb./\$14.99 **\$13.99**
- **2014 Lemon Pepper Breaded Haddock Fillets p. 7**  
1.5 lbs./\$14.69 **\$13.69**
- **2405 Oven-Ready Butterfly Shrimp p. 7**  
18-25 per lb./2 lbs./\$17.29 **\$16.29**
- **2171 Premier Popcorn Shrimp p. 7**  
67-98 pieces/1.5 lbs./\$8.79 **\$8.29**
- **2050 Seasoned Salmon p. 1**  
4-5 oz./\$17.49 **\$15.49**
- **2074 Tilapia Fillets p. 2**  
5-8 fillets/1.5 lbs./\$13.99 **\$12.99**
- **2082 Wild Alaskan Grilled Salmon p. 4**  
6-4 oz. fillets/\$15.99 **\$14.99**
- **2117 Battered Alaska Cod**  
2-12 oz. bags/\$11.69
- **2145 Crab Cakes**  
8-2 oz./\$14.99
- **2041 Gourmet Stuffed Flounder**  
6-5 oz. fillets/\$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
- **2144 Mediterranean Tilapia**  
4-5 oz./\$13.39
- **2125 Naked Haddock Fillets LM**  
6-4 oz./\$16.69
- **2129 Oven Ready Breaded Coconut Shrimp**  
31-37 pieces/1.5 lbs./\$15.29
- **2017 Potato Encrusted Pollock**  
6-4 oz./\$10.99
- **2156 Shrimp Scampi**  
2-8 oz. pouches/\$13.29

- **2092 Sweet Potato Encrusted Pollock**  
1.5 lbs./\$10.49
- **2195 Wood Roasted Wild Salmon**  
4-5 oz./\$17.49

**Breakfast**

**PICTURED — SAVE UP TO 50¢**

- **5186 Bacon, Egg & Cheese Wrap p. 1 NEW**  
8-4 oz./\$14.29
- **5091 Microwave Pancakes p. 4**  
18-3 packs/3.75 in. dia./3 lbs./\$10.69 **\$10.19**
- **5157 Mini Cheese Omelets p. 2**  
12-2 oz./\$9.89 **\$9.39**
- **5003 Bacon Quiche**  
10 inch/2.375 lbs./\$9.89
- **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
- **5131 French Toast Sticks**  
43-45 sticks/2.5 lbs./\$7.99
- **4068 Fully Cooked Bacon Slices**  
40 slices/\$16.69
- **5044 Ham, Egg White, Cheese English Muffin**  
6-4 oz./\$9.69
- **5178 Mini Breakfast Bagel**  
18 bagels/\$7.79
- **5022 Mini Donuts with Cinnamon Sugar Kit LM**  
6-6 donuts/6 cinnamon sugar packets/6 shaker bags/\$10.99
- **4079 Oatmeal with Mixed Berries LM**  
8-6 oz./\$9.49
- **5190 Petite Banana Breads**  
6-3.6 oz./\$9.49
- **5094 Ultimate Breakfast Cookie**  
12-2.2 oz./\$9.49
- **5184 Waffle Sticks - Maple LM**  
12-2.33 oz./\$10.99

**Side Dishes**

**PICTURED — SAVE UP TO 50¢**

- **8175 Baby Baked Potatoes p. 7**  
2 lb. resealable bag/\$10.59 **\$10.09**
- **8189 Baja Roasted Corn Blend p. 2**  
2 lb. resealable bag/\$7.99 **\$7.49**
- **4688 Broccoli Florets p. 7**  
2-2 lb. resealable bags/\$9.49 **\$8.99**
- **8162 "Extra Young" Tiny Peas p. 4**  
2-2 lb. resealable bags/\$9.69 **\$9.19**
- **8168 Gourmet Green Beans p. 2**  
2-2 lb. resealable bags/\$10.29 **\$9.79**
- **7792 Home-Style Biscuit Dough p. 7**  
22-24 pieces/3.75 lbs./\$8.59 **\$8.09**
- **4694 Mashed Potato Patties p. 7**  
12-3 oz./resealable bag/\$8.49 **\$7.99**
- **4211 Seasoned Wedge Fries p. 9**  
2 lbs./\$6.29 **\$5.79**

- 4098 Steakhouse Onion Rings p. 7  
2 lbs./\$7.99 **\$7.49**
- 8180 Supersweet Corn p. 4  
2-2 lb. resealable bags/\$8.99 **\$8.49**
- 4281 Sweet Potato Fries p. 4  
2-1 lb. bags/\$8.49 **\$7.99**
- 7763 Vegetable Fried Rice p. 4  
2-1 lb. rice & sauce/\$8.99 **\$8.49**
- 8203 Zucchini Munchtables p. 4  
3-10 oz. bags/\$8.99 **\$8.49**
- 8205 9-Grain Orzo Blend  
1.5 lbs./\$8.99
- 2245 Bosco® Breadsticks  
18-3.1 oz./\$13.99
- 8197 California Blend  
2-2 lb. resealable bags/\$9.49
- 8160 Cheesy Hashbrown Bake  
28 oz. tray/\$8.29
- 4288 Farmer's Market Blend  
2 lb. resealable bag/\$7.59
- 4261 Five Cheese Garlic Toast  
16 slices/\$6.49
- 7782 French Breadsticks  
20-1.5 oz./\$9.29
- 4223 Garlic Knots  
18 count/\$9.79
- 8137 Green Bean Munchtables  
3-10 oz. bags/\$8.99
- 8150 Kyoto Blend  
2 lb. resealable bag/\$9.39
- 8174 Nantucket Island Blend  
2 lb. bag/\$7.39
- 4680 Quick 'n' Crispy Shoestring French Fries  
2.5 lb. resealable bag/\$8.39
- 4250 Sweet Potato Medley  
1.5 lb. resealable bag/\$9.89
- 4277 Three Cheese Twice Baked Potatoes  
10-5 oz. portions/\$10.99
- 8145 Whole Grain Sweet Pea Blend  
2-10 oz./\$4.99
- 8169 Yukon Gold Potato & Vegetable Blend  
2 lbs./\$7.39

### **Appetizers**

- PICTURED — SAVE UP TO \$1.00**
- 4042 Breaded Mozzarella Sticks with Sauce p. 7  
35-45 sticks/6 sce packs/3.25 lbs./\$13.99 **\$12.39**
- 4030 Buffalo Chicken Sticks p. 3  
2.5 lbs./approx. 40 sticks/\$12.79 **\$11.79**
- 7851 Li'l Bagel Dogs p. 8  
28-32 pieces/1.25 lbs./\$9.99 **\$9.49**
- 4120 Three Cheese Mini Pizza Bagels p. 8  
36 bagels/\$10.59 **\$10.09**
- 7832 Angus Sliders  
10-2.45 oz./\$12.99
- 6020 Cheddar & Bacon Potato Skins  
Approx. 15 pieces/1 lb./\$7.99
- 4215 Easy Guacamole  
1 lb. pouch/\$7.99

- 4048 Egg Rolls w/Sauce  
24-1.5 oz. egg rolls/3 sauce packets/\$14.49
- 4067 Mini Chicken Cordon Bleu Bites  
Uncooked. 31-33 pieces/2 lbs./\$11.99
- 4108 Stuffed Appetizer Bread  
2-22 oz. loaves/\$12.99

### **Pizza & Pasta**

- PICTURED — SAVE UP TO \$2.00**
- 7135 Cheese Lasagna Rollups p. 2  
12-2.75 oz./\$11.99 **\$10.99**
- 3455 Cheese Pizza Eat-zzas™ p. 1  
6-5 inch/\$8.39 **\$6.39**
- 4035 Mediterranean Pizzas p. 4  
2-7x9 inch/\$8.99 **\$8.49**
- 3456 Pepperoni Pizza Eat-zzas™ p. 9  
6-5 inch/\$8.99 **\$8.49**
- 7088 Pepperoni Thin Crust Pizza p. 8  
3-12 inch/\$13.99 **\$12.99**
- 7074 Supreme Thin Crust Pizza p. 1 **NEW**  
2-10 inch/\$13.49
- 7148 Baked Manicotti **LM**  
6 manicotti/2.18 lb. tray/\$10.29
- 7081 Cheese Pizzas  
3-12 inch/\$12.99
- 4291 Cheese Ravioli  
76-82 raviolis/3 lbs./\$9.99
- 4608 Easy Serve Mac & Cheese by Kraft®  
8-7 oz. packages/\$10.99
- 7192 Lasagna w/Meat Sauce  
32 oz. tray/\$9.99
- 7068 Margherita Flatbread  
11 oz./\$6.99
- 7076 Stuffed Eggplant **LM**  
8-3.5 oz. pcs./\$10.29

### **Soup & Sandwiches**

- PICTURED — SAVE UP TO \$1.00**
- 3434 PB&J Squarewiches® p. 9  
8-2.7 oz./\$9.49 **\$8.99**
- 7123 Pretzel Dogs p. 8  
6-4.7 oz./\$10.29 **\$9.79**
- 7173 Turkey & Cheese Pretzel Sandwich p. 9  
6-5 oz./\$14.39 **\$13.39**
- 7021 Uno's® Pepperoni Tastefulls™ p. 8  
6-4 oz. ind. wrapped/\$10.99 **\$10.49**
- 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
- 7007 Philly Cheese Steak Kit  
4 sandwiches/2.63 lbs./\$14.99
- 7065 Smoked Ham & Provolone Pretzel Sandwich  
6-5.8 oz./\$14.29

- 7057 Turkey Chili **LM**  
32 oz. pouch/\$10.99

### **Desserts**

- PICTURED — SAVE UP TO 50¢**
- 4823 Cinnamon Coffee Cake Slices p. 1 **NEW**  
8-3.6 oz./\$10.79
- 4936 Old Fashioned Apple Cake p. 4  
7 inch/\$9.49 **\$8.99**
- 4910 Apple Blossoms®  
8-4 oz./\$11.69
- 4726 Apple Crisp  
2-24 oz. trays/\$9.99
- 4623 Apple Deep Dish Pie  
10 inch/\$12.00
- 4809 Chocolate Chip Cookie Dough  
61-75 pieces/3 lbs./\$7.99
- 3402 Chocolate Chip Cookie Dough Cups  
8-3 oz. cups/\$8.49
- 4596 Chocolate Chip Cookie Meltdown **LM**  
4-4 oz./\$8.59
- 7680 Choc.-Choc. Chip Cakes  
12-2 oz. individual cakes/\$10.49
- 4750 Fudge Dipped Cheesecake Pops  
8-1.8 oz./\$8.79
- 4942 Variety Cheesecake  
8 inch/pre-sliced/\$13.00

### **Snacks**

- PICTURED — SAVE UP TO \$1.00**
- 3499 30 Count String Cheese p. 9  
30-1 oz. sticks/\$11.49 **\$10.49**
- 3436 Colby Jack Snack Sticks p. 9  
24-.83 oz. sticks/\$9.49 **\$8.99**
- 5111 Fruit Singles® p. 9  
12-4 oz. cups/\$11.29 **\$10.29**
- 3426 Fruit Snacks Variety Pk p. 8  
28-.84 oz. pouches/\$7.99 **\$7.49**
- 3409 Giant Cinnamon Goldfish® Grams p. 9  
25-.9 oz. pouches/\$6.99 **\$6.49**
- 3496 GoGo SqueeZ™ Applesauce p. 8  
18-3.2 oz./\$13.29 **\$12.29**
- 3440 GoGo SqueeZ™ Apple Strawberry p. 9  
18-3.2 oz./\$13.29 **\$12.29**
- 6166 Quaker Chewy® Granola Bar Variety Pack p. 8  
24-.84 oz./\$8.29 **\$7.79**
- 8858 American Cheese  
72 slices/3 lbs./\$13.79
- 3486 GoPicnic® Salami & Cheese Ready-to-Eat Meal  
1 box/\$3.99
- 3465 Hummus & Pita Chips To Go  
6-3.1 oz./\$9.79
- 3366 Whole Grain PB&J Grahamwiches  
12-2.2 oz. sandwiches/\$11.49

### **Beverages**

- PICTURED — SAVE UP TO \$1.00**
- 8118 Gatorade® Kid-Size Variety Pack p. 8  
24-12 oz. plastic bottles/\$15.99 **\$14.99**
- 8107 Nesquik® Low Fat Chocolate Milk p. 8  
24-8 oz. plastic bottles/\$19.59 **\$18.59**
- 8088 Nestle® Juicy Juice® - Apple p. 9  
24-10 oz. plastic bottles/\$18.59 **\$17.59**
- 8093 Organic Chocolate Milk p. 9  
12-8 oz. cartons/\$14.99 **\$13.99**
- 8091 Arnold Palmer® Ice Tea Lemon Stix  
2-30 count boxes/\$14.99
- 6023 Flavored Hot Cocoa Assortment  
30-1.25 oz. pouches/\$13.99
- 8116 Tropicana® Orange Juice Singles  
24-8 oz. cartons/\$16.99

### **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.

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

★★★★★ **Customer Ratings**

\*Total price based on actual weight

- New Customer
- Change of Name/Address/Phone
- Add to Order Guide Mailing List (check all that apply)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  I want to volunteer.

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

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

( ) \_\_\_\_\_ ( ) \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell or Other \_\_\_\_\_

A portion of every purchase goes to your school. Products, pricing & promotions are current at time of printing & subject to change. All products sold by box only. ©2013 Market Day Corporation

### **TOTAL QUANTITY ORDERED**

\_\_\_\_\_

**100% SATISFACTION GUARANTEED**  
If you have questions about a product, call us toll free at 877.632.7753  
Mon-Fri 7am-6pm & Sat 8am-12pm CST.

### 8175 Baby Baked Potatoes



Fully baked mini potatoes, lightly seasoned.  
2 lb. resealable bag/\$10.59 **\$10.09**



8175

### 4694 Mashed Potato Patties



**67¢**  
per serving

Patties or fluffy mashed in minutes.  
12-3 oz./resealable bag/\$8.49 **\$7.99**



4694

### 2141 Garlic & Herb Shrimp



Tender, tail-off, lightly marinated.  
51-60 per lb./1 lb./\$14.99 **\$13.99**



2141

### 4042 Breaded Mozzarella Sticks with Sauce

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



4042



4098

### 4098 Steakhouse Onion Rings



**68¢**  
per serving

Steakhouse style. Crispy right from the oven. 2 lbs./\$7.99 **\$7.49**

### 7792 Home-Style Biscuit Dough

Fluffy, golden brown homemade biscuits  
22-24 pieces/3.75 lbs./\$8.59 **\$8.09**

**37¢**  
per serving



7792

### 2171 Premier Popcorn Shrimp



Golden breading. Flavorful shrimp.  
Tail-off. 67-98 pieces/1.5 lbs./\$8.79 **\$8.29**

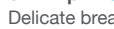


2171



2405

### 2405 Oven-Ready Butterfly Shrimp



Delicate breading, crunchy in oven.  
18-25 per lb./2 lbs./\$17.29 **\$16.29**

### 4688 Broccoli Florets



**43¢**  
per serving

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

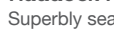


4688



2014

### 2014 Lemon Pepper Breaded Haddock Fillets



Superbly seasoned with zesty breadcrumbs. 1.5 lbs./\$14.69 **\$13.69**

### 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./\$14.69 **\$13.69**



### Slow Cooker Southwest Shredded Pork

- 2 pieces (about 2 lbs.) Whole Pork Tenderloins #1108; thawed
- 1 15 oz. can tomato sauce
- 1 1 oz. packet taco seasoning
- 1 medium onion; quartered
- 1 14.5 oz. can diced tomatoes
- 12 flour tortillas

Pour tomato sauce on bottom of 5 or 6-quart slow cooker. Add whole pork tenderloins (if necessary cut in half to fit in pot) and sprinkle taco seasonings packet over tenderloins. Top with onion and diced tomatoes. Cover and cook on High 4 to 5 hours or Low 6 to 7 hours. Using 2 forks, shred into chunks. Serve warm with tortillas and desired toppings such as shredded cheddar cheese, sliced avocado, sour cream and salsa.  
**Serves 6**

Customer Favorites



# HALLOWEEN PARTY



### Favorite Snack!

"...always fresh and deliciously fruity, and I love them because they're made with real fruit and high in vitamin C." —Suz8

### Kids Love Them!

"My family likes these mini bagel pizzas! Just right for an after school snack! Crunchy and Cheesy!" —macmom



**3426 Fruit Snacks Variety Pack** ▲ **27¢ each**

Fruit kids can't resist. Two great, chewy, fat free varieties made with real fruit juice. Assortment includes 2 Tree Top® varieties. 28-.84 oz. pouches/\$7.99 **\$7.49**

**4120 Three Cheese Mini Pizza Bagels** ▲ **12¢ each**

Whole grain bagels topped with real mozzarella, Cheddar, & Monterey Jack cheese. Quick and crispy in the microwave in under 3 minutes. 36 bagels/\$10.59 **\$10.09**



7851



7088



8118



7021



3496



8107



7123



6166

**7851 Li'l Bagel Dogs** ▲ **12¢ each**  
All beef dogs wrapped in a soft bagel. 28-32 pieces/1.25 lbs./\$9.99 **\$9.49**

**3496 GoGo SqueeZ™ Apple-sauce** ▲ **12¢ each** ★★★★★  
Just apples in a to-go pouch. No added sugar. 18-3.2 oz./\$13.29 **\$12.29**

**7088 Pepperoni Thin Crust Pizza** ▲ **12¢ each**  
Loaded with pepperoni. Thin crust. 3-12 inch/\$13.99 **\$12.99**

**8107 Nesquik® Low Fat Chocolate Milk** ▲ **77¢ each** ★★★★★  
Chill, shake and serve. 24-8 oz. plastic bottles/\$19.59 **\$18.59**

**8118 Gatorade® Kid-Size Variety Pack** ▲ **12¢ each** ★★★★★  
Berry, strawberry & grape flavors. 24-12 oz. plastic bottles/\$15.99 **\$14.99**

**7123 Pretzel Dogs** ▲ **12¢ each**  
All-beef hot dog wrapped in soft pretzel bread. 6-4.7 oz./\$10.29 **\$9.79**

**7021 Uno's® Pepperoni Tastefulls™** ▲ **12¢ each** ★★★★★  
Pepperoni and mozzarella pocket. 6-4 oz. individually wrapped/\$10.99 **\$10.49**

**6166 Quaker Chewy® Granola Bar Variety Pack** ▲ ★★★★★  
8g whole grains. No high fructose corn syrup. 24-.84 oz./\$8.29 **\$7.79**

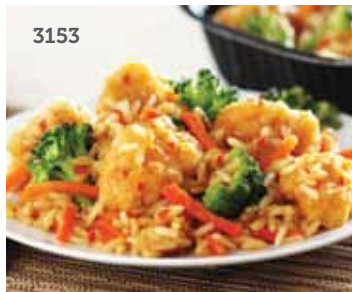




3440



8093



3153

3440 GoGo SqueeZ™ Apple Strawberry **68¢ each**  
▲ 🍌 🍌 🍌 🍌 🍌 🍌  
No added sugar! 18-3.2 oz./\$13.29 **\$12.29**

8093 Organic Chocolate Milk  
▲ 🍌 🍌 🍌 🍌 🍌 🍌  
Organic. Antibiotic, hormone, & pesticide free. 12-8 oz. cartons/\$14.99 **\$13.99**

3153 General Tso's Chicken 🍱 🍴 🍴  
Chicken, rice, and veggies. Single Serve. 4-10 oz. trays/\$11.99 **\$10.99**



7170



3499



7173

7170 Individual Chicken Pot Pies 🍱 🍴 🍴  
Flaky & delicious. 4-10 oz. trays/\$9.99 **\$9.49**

3499 30 Count String Cheese ▲ 🍌 🍌 🍌 🍌 🍌 🍌 **35¢ each**  
Individually wrapped mozzarella. 30-1 oz. sticks/\$11.49 **\$10.49**

7173 Turkey and Cheese Pretzel Sandwich 🍱 🍴 🍴  
6-5 oz./\$14.39 **\$13.39**



3456



4211



8088

3456 Pepperoni Pizza Eat-zzas™ 🍱 🍴 🍴  
Individually wrapped. 6-5 inch/\$8.99 **\$8.49**

4211 Seasoned Wedge Fries ▲ 🍌 🍌 🍌 🍌 🍌 🍌 **58¢ per serving**  
2 lbs./\$6.29 **\$5.79**

8088 Nestle® Juicy Juice® - Apple ▲ 🍌 🍌 🍌 🍌 🍌 🍌 **73¢ each**  
100% juice, no sugar added. 24-10 oz. plastic bottles/\$18.59 **\$17.59**

## KID FAVORITE LUNCHBOX

### SHOPPING LIST



3434 PB&J Squarewiches®  
White whole grain crustless sandwich.  
8-2.7 oz./\$9.49 **\$8.99**



3436 Colby Jack Snack Sticks ▲ 🍌  
Individually wrapped for convenience. 24-.83 oz. sticks/\$9.49 **\$8.99**



5111 Fruit Singles®  
▲ 🍌 🍌 🍌 🍌 🍌 🍌  
Peaches and strawberries. No sugar added.  
12-4 oz. cups/\$11.29 **\$10.29**



3409 Giant Cinnamon Goldfish® Grahams ▲ 🍌  
★★★★★  
The perfect lunch box treat. 25-.9 oz. pouches/\$6.99 **\$6.49**

TOTAL

\$34.76

PB&J Squarewich  
Colby Jack Snack Stick  
Fruit Single  
Cinnamon Goldfish® Grahams

Only \$2.61  
per lunch!



Lunch & Snacks

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**GRAND PRIZE = FREE GROCERIES FOR A YEAR**  
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Market Day.



**FREE 1 lb. of Broccoli Florets**  
with \$40 purchase\*


---





**FREE 4-Pack of ChicNSteakes**  
with \$90 online purchase\*  
Promo Code: **OCTBONUS**


**ONLINE ONLY!**


\*Limited to one of each offer per qualifying customer per Promo Period - Free 1 lb. of Broccoli Florets / Free 4-Pack of ChicNSteakes (Promo Period pick-up dates 9/29/13 - 10/26/13) and Free Hanging Organizer (contents not included) (Promo Period pick-up dates 9/1/13 - 12/29/13). ChicNSteakes offer only valid for orders placed at marketday.com using promo code at checkout. Market Day may substitute a free item of equal value if quantities of Hanging Organizer are depleted. Items pictured inside organizer not included. Purchase amount is calculated after applicable discounts/coupons and before tax. Promotions not available for purchases made at the Market Day store, GFS Marketplace stores or on Peapod orders. No substitutions. Promotions subject to change or termination without notice.

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**HOW TO ORDER @ MARKETDAY.COM**

**1. REGISTER** Select a school & create a username/password.

**2. SEARCH** Find product & add to your cart.

**3. CHECKOUT** Submit your order.

If you have any questions or would like to place an order, call us toll free at 877-632-7753, Mon-Fri 7am-6pm & Sat 8am-12pm CST

**ORDERING INFORMATION:**

**Freequent Buyer®**



- Perfect for organizing all those school and sport calendars, important notes, coupons, etc.
- Includes 2 hooks for over-the-door hanging
- Measures 31" long x 13¼" wide

**\$30 VALUE!**

Buy 3 Times and Earn a

**FREE HANGING ORGANIZER!\***

Make two purchases of \$40\* between September & November. Then place a third order of \$40\* in December to receive a FREE Hanging Organizer at your December sale pick-up.