Please print heading info clearly.

TURN IN DEADLINE: Friday	/ January 21st	PICK UP DATE:	
NAME		NO. OF ITEMS	
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 Less 3%

 FINAL COST
Pay with cash or check. Food stamps now accepted by payment in advance. Make checks to **Tri-City Foods**, include your address and phone number. **\$15.00 fee** on returned checks. **All products guaranteed**! 518-272-0898

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Please record Pick Up date so you won't miss us!

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	Poultry Items				Breakfast Items						
1	Boneless Skinless Chicken Breasts Super tender flattened chicken breasts Totally trimmed, approx 20, 5lbs.	\$18.98 special		24	Cinnamon French Toast Sticks About 30, 2lbs.	\$5.19	4	17	Eggplant Rollatini Rolled eggplant with delicious Italian cheeses. 10 large count. Add sauce and bake.	\$11.98	
2	Breaded Chicken Breast Chunks Golden brown breaded, tender and tasty. Great buy! LARGE 5Ib bag.	\$14.98 special		25	Ready Made Pancakes Bake or micro. 36 count.	\$6.88	4	8	Potato and Cheese Perogies By Codino's. 3-13 oz packs.	\$6.69	
3	Chicken Nuggets Taste just like a famous fast food place. Approx. 75ct. BIG 5lb bag.	\$14.98 special		26	Fully Cooked Breakfast Patties Lean pork with country seasoning. 22 Large Patties - 3lbs.	\$11.98	4	9	Battered Onion Petals Top seller! Spicy delicious onion petals. Large 2lb bag.	\$6.79	
4	Chicken Cordon Bleu Stuffed w/ ham & cheese. Bakeable. 8 - 4oz. breasts.	\$12.98 special		27	French Toast Sticks Our original. About 30ct. 2lbs.	\$5.19	5	50	Mozzarella sticks Bake or deep fry, large, 3lbs	\$11.49	
5	Chicken breasts w/ Broccoli and Cheese (our original) Bakeable 8 - 4 oz. breasts.	\$12.98 special		28	Breakfast Pockets By Hot Pockets. Egg, sausage and cheese. 6 count.	\$6.49	5	51	Stuffed Shells Stuffed shells with cheese. Approx. 18 count. 3lb tray.	\$6.88	
6	Grilled Chicken Breast Strips NEW! w/ Parmesan and Herb Flavor. Great tasting, many uses, 4lbs.	\$12.98 special		29	Fully Cooked Breakfast Links Skinless. Same maker and taste as our patties. Approx. 40 links 2.75lbs	\$11.98	5	52	Cheese Filled Manicotti Approx 15 large manicotti. 2.5 lbs	\$6.88	
7	Chicken Tenders Golden Brown Breaded, Large 5lb bag	\$16.98 special		30	Potato Items Steak Cut French Fries Thicker fries made from delicious Idaho potatoes. 5lb bag.	\$7.98	5	53	Buffalo Chicken Logs Eggroll shaped. All white meat with buffalo sauce. 12 count.	\$8.29	
8	Breaded Chicken Breast Fillets Lightly breaded. Bake or deep fry. Approx. 16 - 18 count. 5lbs.	\$16.98 special		31	Potato Nuggets (Tater Tots) Barrel shaped. 5lb bag.	\$7.98	5	54	Pizza Dough 4 larger 20oz. frozen dough balls.	\$6.69	
9	Popcorn Chicken Golden-brown breaded, bake or deep fry. All breast meat. About 80, 5lb bag.	\$14.98 special		32	Seasoned French Fries Made from delicious Idaho potatoes. 5lb bag.	\$7.98	5	55	Garlic Knots By Furlani. 2 -8oz boxes.12 count total. Simply bake or even micro.	\$5.88	
10	Mini Chicken Cordon-Bleu NEW! Stuffed with ham and cheese. Great appetizer. Approx 32 count.	\$11.98		33	Extra Crispy Fries Coated fries to get extra crispy. Bake or deep fry. 4.50lbs.	\$6.98	5	56	Large Whole Onion Rings Our Original! Bake or deep fry. Great onion rings. 2.50lb bag.	\$6.98	
11	Steak and Meat Items Boneless N.Y. Strip Steaks Center cut, 10oz SOLD BY THE STEAK	\$5.98 special		34	Sweet Potato Fries Bake or deep fry. 3lb. Bag.	\$6.98	5	57	Breaded Eggplant Slices Pre-browned. About 30 slices 2.50lb. Bag.	\$7.98	
12	Lean Ground Beef (our original) All natural, 85% lean. Sold by the pound.	\$5.39 PER POUND		35	Seasoned Diced Potatoes Pre-browned. Bake or pan fry. A top seller! Now LARGER 6lb bag.	\$7.98	5	58	Egg and Cheese Breadsticks Bake or micro. 10 6-inch sticks.	\$4.88	
13	Boneless Pork Chops All center cut, 14 to 16 count, 4lbs	\$14.88		36	Jersey Shore French Fries Battered, seasoned, finally back! 5lbs	\$7.98	5	59	Battered Mushrooms Bake, air fry or deep fry. About 40. 3lbs	\$11.98	
14	Jumbo Beef Burgers Approx 14 count, 5lbs	\$20.98		37	Roasted Rosemary Redskin Potatoes Fully cooked. Delicious side dish. Try this product. 2.5lb. Bag	\$7.49	6	50	Garlic Texas Toast Our original, By Furlani. 18 count. 3-8oz boxes. Great buy.	\$6.29	
15	Quarter LB Beef Burgers 85% lean. Simply the best. 20ct, 5lbs	\$20.98		38	Roasted Baby Baker Potatoes Lightly seasoned & roasted in olive oil. Heat, Serve. 2.5lbs.	\$7.49	6	51	Mini Pretzels w/ Cheese Micro or bake, 3 - 9oz bags.	\$5.98	
16	Philly Steak Sandwiches Made from real steak cuts. Thin sliced, Approx. 13 ct. 3.5 lbs average total weight	\$15.98		39	Hashbrown Patties Full sized patties. Approx 24 count. 3lbs.	\$5.49	6	52	Bake/deep fry, about 30, 2lbs	\$12.49	
17	NEW! Breaded Veal Patties Golden brown breaded. Fully cooked. Pan fry or bake. 10 - 4oz	\$11.98		40	Pizza Pizza Logs Eggroll shaped with pepperoni, sauce and cheese. Bake or deep fry.12ct	\$7.98	6	63	Bacon and Cheese Items Country Bacon Real hickory smoked bacon. 2 packs. 2lbs.	\$9.88	
18	Hot Italian Sausage Links 3 - 1lb packs	\$11.98		41	Deep Dish Cheese Pizza NEW! Individual size. 6ct, comes with a free pepperoni pack!	\$7.98 Special	6	64	Jalapeno American Cheese Deli-sliced daily. 1lb.	\$5.98	
19	All Natural Ground Beef 90% lean. Grass fed. A \$8.99 per pound value. Sold by the pound.	\$5.49 PER POUND		42	Deep Dish Cheese Pizza Individual size. 6ct.	\$7.98	6	55	Sliced American Cheese Best quality. Sliced white. 120 slices, 5lbs. Special!	\$14.88	
20	Center Cut Ham Slices Boneless BUY 2 - 8oz Ham Slices, GET 2 MORE FREE for a total of 4.	\$4.98 BUY TWO GET TWO FREE!		43	Appetizer and Dinner Items NEW! Cheese Pizza Breadsticks Filled with cheese and marinara. You get 10 large 7 inch breadsticks.	\$6.69 Special	6	66	Sliced Cheddar Cheese Delicious sharp cheddar. Sliced fresh daily 1 lb.	\$6.88	
21	Sweet Italian Sausage Links Lean and flavorful, 3 1lb packs	\$11.98		44	Cream Cheese Jalapeno Popper Filled w/ cream cheese . Bake/deep fry, about 30, 2lbs	\$12.49	6	57	Shredded Mozzarella Cheese Large economy size bag. 5lbs.	\$15.49	
22	Fully Cooked Italian Meatballs NEW! Great tasting. Simply heat and serve. 3.25lbs	\$12.98 special		45	Lasagna Rollups Filled with delicious cheeses. 12 individual, 4oz. Just add sauce.	\$6.98	6	68	Cooper Sharp Am. Cheese Deli sliced daily, top seller! 1lb.	\$5.98	
23	Sweet Bourbon Pork Chops Boneless center cuts, 12 - 6oz chops, BIG 4.5lb box.	\$14.98 Special		46	Lasagna Spinach Rollups Filled with cheese and spinach. 12 individual, 4oz. Just add sauce.	\$6.98	6	i9	Fontina Sliced Cheese A cross between provolone and mozzarella. Great! A must try. 1lb sliced.	\$6.49	
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70	Grated Parmesan & Romano Best quality. Pure, no fillers. 1lb. \$9.95 Value	\$7.29		90	Chicken + Veggie Dumplings Tasty oriental dumplings, 40 count	\$15.98		110	Snacks and More Veggie Spring Rolls Tasty oriental treats, 20 count	\$6.98
71	Shaved Italian Cheeses Romano and parmesan cheese blend. Outstanding. 1lb. A 11.95 value.	\$7.29		91	Seafood Items Breaded Lobster Bites Bake or deep fry. 2 - 17oz bags.	\$8.98 SPECIAL		111	Pork + Veggie Dumplings Tasty oriental dumplings, 40 count	\$15.98
72	Sliced Munster Cheese Sliced fresh daily 1 lb.	\$5.98		92	Breaded Crab + Cheese Bites Bake or deep fry. 2 - 17oz bags.	\$8.98 Special		112	Lean Ground Turkey Meat 1 - 1lb, Sold By The Pound	\$2.89 PER POUND
73	Sweet Horseradish Pickle Slices Bread and butter style slices. By Adirondack pickle. 24oz jar.	\$6.49		93	Not Breaded Haddock Fillets All center cuts. 8-10 boneless, skinless wild caught fillets. All natural. 3lbs.	\$19.98		113	Dorito Snack Mix Lunch pack size. 6 nacho cheese & 6 cool ranch. 12 total	\$4.59
74	Raspberry Melba Sauce Large 32oz jar.	\$8.29		94	Raw Shrimp Peeled & cleaned ready to cook large shrimp. About 50.	\$18.98 Special		114	Frito Lays Variety Pack Lunch pack size. 12 count, 3 varieties to make up the 12 bags	\$4.59
75	American Cheese For those who do not want a 5lb brick. 1lb package.	\$4.49		95	Breaded Coconut Shrimp Butterfly, deep fry or pan fry. About 60, 3lbs.	\$18.98		115	Grandma's Cookies Assorted flavors, peanut butter, oatmeal raisin, chocolate chip, vanilla cream, 9 count	\$4.49
76	Mozzarella String Cheese Land O Lakes Product Premium cheese stick. 30-1oz. sticks.	\$9.50		96	Ready Made Crab Cakes Lots of crab. Tasty. You get 12 large 3.5 oz crab cakes.	\$14.98 special		116	Soup Items Corn Chowder Tasty corn chowder with bacon, potatoes, peppers, etc. 4lb tub, makes about 12 bowls.	\$6.98
77	Sliced Provolone Cheese Best quality. 1.50lb package.	\$6.98		97	Breaded Clam Strips Bake or deep fry. You get either 8 - 4oz bags or 2 - 16oz bags. Depending on inventory.	\$10.98		117	New England Clam Chowder Thick and hearty white clam chowder. 4lb tub, makes about 12 bowls.	\$6.98
78	Sliced Swiss Cheese Best quality. 1.50lb. package.	\$6.98		98	Breaded Jumbo Shrimp Butterflied. Deep fry or pan fry. About 60, 3lb bag.	\$18.98 Special		118	Deli Items Honey Baked Ham Best quality. Sliced fresh daily. 1lb. \$9.95 value.	\$6.98
79	Long Pepperoni Stick Approx 2 feet long.	\$11.49		99	Dessert Items Apple Cinnamon Coffee Cake Gourmet quality,10-12 slices 1.5lbs	\$7.98		119	Honey SmokedTurkey Breast Sliced fresh daily. 1lb. \$9.95 value.	\$6.98
80	Veggie Items Hearty Garlic Dill Pickles Bread and Butter style slices. By Adirondack Pickle. 24oz Jar.	\$6.49		100	Blueberry Coffee Cake Gourmet quality,10-12 slices 1.5lbs	\$7.98		120	Boiled Ham Plain ham, not smoked. Best quality. Sliced fresh daily. 1lb. \$7.98 value.	\$5.29
81	Peppers and Onion Blend 2 lb. bag	\$3.98		101	Amish Carrot Cake Roll Filled with a delicious cream cheese filling. 21oz	\$8.49		121	Ham off the Bone Best quality. Fresh from our deli daily. 1lb pack	\$7.49
82	Cut Corn 2.50lb bag.	\$3.50		102	Chocolate Cream Pie Thaw and eat.	\$9.98		122	Roast Beef Sliced fresh daily. 1lb. \$11.95 value	\$8.98
83	Broccoli Florets Grade A fancy. 2lb bag.	\$3.98		103	Chocolate Chip Cookies By Otis Spunkmeyer. Ready to bake. Approx 45 count. 3lbs.	\$9.50		123	Virginia Baked Ham Sliced fresh daily. 1lb. \$9.95 value.	\$6.98
84	Cauliflower Florets Grade A fancy - 2lb. bag	\$3.98		104	Apple Crumb Pie 8-Inch Fully baked	\$3.88		124	Capicola (Hot Ham) Sliced fresh daily. 1lb.	\$6.49
85	Brussel Sprouts Small and tender. Grade A fancy. 2lb bag.	\$3.98		105	Fully Cooked Meal Kits Beef and Broccoli Meal Kit Tender beef steak, broccoli, white rice and vegetables in a savory soy sauce. 24 oz, serves 2-3.	\$6.00		125	Genoa Salami Best quality. Fresh from our deli daily. 1lb pack	\$6.98 Special
86	Prince Edward Blend Baby carrots, baby yellow and green beans. 2lb bag.	\$3.98		106	Chicken Stir Fry Meal Kit Tender chicken chunks, peas, carrots and broccoli with fried rice. 24 oz, serves 2-3.	\$6.00		126	Sliced Pepperoni Best quality. Fresh from our deli daily. 1lb. pack	\$6.98 Special
87	Peas and Carrots 2.5lb bag	\$3.98		107	Shrimp Scampi Meal Kit Shrimp, linguini pasta and deli- cious vegetables in a creamy garlic sauce. 24 oz, serves 2-3.	\$6.00		127	Corned Beef Sliced fresh daily. 1lb.	\$7.98
88	Hot Pocket Items Ham+Cheese Pockets By Hot Pockets. 6-4oz.	\$6.65		108	Chicken Alfredo Meal Kit White meat chicken, pasta and vegetables in a rich and creamy alfredo sauce. 24 oz, serves 2-3.	\$6.00		128	Oven Roasted Turkey Breast Sliced fresh daily. 1lb. \$9.95 value.	\$6.98
89	Pepperoni Pockets By Hot Pockets. With cheese, pepperoni & marinara. 6-4oz.	\$6.65		109	Shrimp Fried Rice Meal Kit Tasty oriental meal kit. Fully cooked. 24 oz, serves 2-3.	\$6.00		129	Wunderbar Bologna Sliced fresh daily. 1lb. \$4.99 value.	\$3.98

Dear Customers,

Remember all our deli items are sliced fresh the same day of the co-op. Always fresh, always the best quality, and, of course, always great prices. We are always adding new items, so read the list carefully! All products as always are guaranteed.

Remember to let your relatives, friends, co-workers and neighbors know about us. Like Tri City Foods on Facebook.

Order online at **www.tricityfoods.com**.

If there is an item you ordered before that is not on the list, call us for availability. 518-272-0898

Thank you for your business.

WEIGHTS ARE CORRECT, COUNTS MAY VARY - NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS We now accept FOOD STAMP payments- Must prepay by phone 24 or more hours in advance. Call 518-272-0898 You may also Mail your order directly to: Tri-City Foods 618 Third Ave. Watervliet, NY 12189