

September 2013

# Market Day®

HELPING SCHOOLS WITH EVERY BITE



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

## Back to School Savings Special Trial Pricing on 3 Top Sellers!

3069



#1 SELLER!

SAVE \$2.00



**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. filets/~~\$15.99~~ **\$13.89**

\$1.16 each

"These are the best chicken breasts that I have ever come across. They turn out juicy no matter how they are prepared..." —Speedycook

5131



SAVE \$2.00



**5131 French Toast Sticks**

Serve these crisp, thick-cut batter fried sticks for a kid-friendly breakfast. 43-45 sticks/2.5 lbs./~~\$8.99~~ **\$6.99**

70¢ per serving

8180



SAVE \$2.00



**8180 Supersweet Corn**

Three times sweeter and crispier than any traditional sweet corn variety. 4 lbs. in 2 lb. resealable bags/~~\$9.99~~ **\$7.99**

38¢ per serving

NEW!

3161



**NEW! 3161 Naked 4 Cheese Stuffed Chicken Breast**

Boneless chicken breasts stuffed with mozzarella, Romano, Asiago, ricotta cheese & sundried tomatoes. Only 220 delicious calories! 4-5 oz./\$12.69

NEW!

8197



**NEW! 8197 California Blend**

Your favorite Market Day Broccoli, plus baby carrots & cauliflower florets. Flash frozen at the peak of freshness. Vitamins A & C. 2-2 lb. resealable bags/\$10.49

### 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.

GET BOTH FREE



### FREE Nesting Glass Bowls

with \$40 purchase\*



### FREE 4-Pk of Cheese Pizza Eat-zzas™

with \$90 online purchase\*  
Promo Code: **SEP Bonus**

See page 12 for details.

Prices valid for sale dates 9/1/13 - 9/28/13.

## Inside this issue:

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### 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.


## 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 like free products with purchase are frequently offered.
- 5 Facebook**   
Our fan base is growing! “Like Us” and be on the lookout for exclusive offers. [facebook.com/marketday](https://facebook.com/marketday)

## 3 Ways to Order

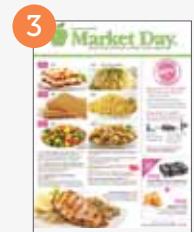
You can update your order anytime up until your cut-off date.



**1**  
Online  
[marketday.com](http://marketday.com)



**2**  
Mobile  
[marketday.com](http://marketday.com)



**3**  
Monthly Order Guide  
sent home in backpack

## 5 Must Try Top Sellers



**3069 ChicNSteakes**  
See page 1

**2050 Seasoned Salmon**  
See page 5



**5131 French Toast Sticks**  
See page 1



**4688 Broccoli Florets**  
See page 5



**4809 Chocolate Chip Cookie Dough**  
See page 5



## 3240 100 Calorie Turkey Filets ▲ 🌱 🍷

Plump, delicious and portion controlled. 22 grams of protein and 98% fat free. Trimmed and full of flavor. Perfect for any recipe. 6-3.75 oz./\$14.59 **\$13.59**

### Great Low Cal Protein!

"These were great...tender and flavorful, no need to add any additional spices. We used the leftovers for sandwiches..."  
—TryingToBeHealthy



## 75+ ITEMS TO CHOOSE FROM!

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

## 4288 Farmer's Market Blend ▲ 🌱 🍷 🍷 🍷 🍷

81¢ per serving  
★★★★★  
Carrots, broccoli, green/yellow beans & peppers. 2 lb. resealable bag/\$8.59 **\$8.09**



## 5160 Chocolate Chip Mini Pancakes ▲ 🍷 🍷 🍷 🍷 🍷 🍷

71¢ per serving  
★★★★★  
Made with 100% real chocolate chips. 2-48 packs/1.65 lbs./\$12.29 **\$11.29**

## 4079 Oatmeal with Mixed Berries ▲ 🍷 🍷

140 calories, 1.5 g. fat, 6g. fiber per serving! 8-6 oz./\$10.49 **\$9.99**



## 4291 Cheese Ravioli ▲ 🌱 🍷 🍷

Tender pasta pillows filled with creamy Ricotta. 76-82 raviolis/3 lbs./\$10.99 **\$10.49**

## 3436 Colby Jack Snack Sticks ▲ 🌱 🍷 🍷 🍷

42¢ each  
Individually wrapped for convenience. 24-.83 oz. sticks/\$10.49 **\$9.99**



## 3409 Giant Cinnamon Goldfish® Grahams ▲ 🍷 🍷 🍷 🍷 🍷

30¢ each  
The perfect lunch box treat. 25-.9 oz. pouches/\$7.99 **\$7.49**



## 3465 Hummus & Pita Chips To Go ▲ 🌱 🍷 🍷

No refrigeration required. Perfect for on-the-go! 6-3.1 oz./\$10.79 **\$10.29**



## 1318 Boneless Pork Chops ▲ 🍷 🍷 🍷

Lean and flavorful. Individually wrapped. 6-5 oz./\$13.29 **\$12.29**

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

Naturally lean. Ready to cook. 2-3 pieces/2.25 lbs./\$15.69 **\$14.69**



## 2125 Naked Haddock Fillets ▲ 🌱 🍷 🍷 🍷 🍷 🍷

Mild flaky white fish. Individually wrapped. 6-4 oz./\$17.69 **\$16.69**



Visit our Eat Well Section 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

4079



4291



3409



3465



1108



2125





# Customer Favorites



## 3184 Naked Broccoli and Cheese Stuffed Chicken



180 delicious calories and 24 grams of protein! Unbreaded, boneless chicken breasts stuffed with broccoli and a blend of cheeses.  
4-5 oz./\$12.29 **\$11.29**

**ONLY 180 CALORIES EACH!**

## 3174 Naked Mushroom Stuffed Chicken Breast



170 calories of yummm! All white meat chicken breast stuffed with caramelized onions, mushrooms and Swiss cheese in a white wine sauce.  
4-5 oz./\$12.69 **\$11.69**

"...I felt like [a celebrity chef] without the effort..."  
—Lunee2ns

**ONLY 170 CALORIES EACH!**



## TRY OUR DELICIOUS LINE OF NAKED CHICKEN BREASTS!

These unbreaded chicken breasts are the ultimate solution for healthy eating. Individually packed for portion control and convenience. A variety of flavors so everyone can choose which one they want for dinner!

**NEW!**



**NEW! 3161 Naked 4 Cheese Stuffed Chicken Breast**   
220 calories.  
4-5 oz./\$12.69



**3190 Naked Cordon Bleu Stuffed Chicken Breast**  
220 calories.  
4-5 oz./\$12.69



**3226 Naked Bruschetta Stuffed Chicken Breast**   
170 calories.  
4-5 oz./\$12.69



4726



3455



3499

**4726 Apple Crisp**   
87¢ per serving  
Apples blended with sugar, butter and cinnamon. 2-24 oz. trays/\$10.99 **\$10.49**

**3455 Cheese Pizza**   
Eat-zzas™  
Individual deep-dish style pizza. 6-5 inch/\$9.39 **\$8.89**

**3499 30 Count String Cheese**   
38¢ each  
30-1 oz. sticks/\$12.49 **\$11.49**



3402



7832



3173

**3402 Chocolate Chip Cookie Dough Cups**   
A safe to eat frozen cookie dough. Egg-free. 8-3 oz. cups/\$9.49 **\$8.99**

**7832 Angus Sliders**   
100% Angus beef, cheese & hearth baked rolls. 10-2.45 oz./\$13.99 **\$12.99**

**3173 Diced Chicken Tenderloins**   
Fully cooked. 2-1 lb. bags/\$14.99 **\$13.99**



3108



1255 | NEW SIZE!



7081

**3108 Chicken Fries**   
\$1.00 per serving  
Precooked. 96-120 pieces/3 lb. resealable bag/\$15.99 **\$14.99**

**1255 French Dip** **NEW SIZE!**  
Pre-cooked with seasoned au jus. 95% fat free. 36 oz. tub/\$10.99

**7081 Cheese Pizzas**   
Crispy and delicious. Extra thin. 3-12 inch/\$13.99 **\$12.99**



## Great Snack for Family!

"This product is amazing. It tastes like a real slice of cheesecake on a stick. My whole family loved them..." — Anonymous

### 4750 Fudge Dipped Cheesecake Pops

★★★★★  
Indulge in this rich and creamy cheesecake, dipped in a scrumptious chocolate fudge. Perfect 180 calorie dessert. Individually wrapped.  
8-1.8 oz./\$9.79 **\$8.79**



ONLY 180 CALORIES EACH!

### 1264 Mixed Grill

Great value and variety!  
4-1/4 lb Patties, 4-ChicNSteakes, 4-Boneless Pork Chops/\$17.99 **\$16.99**

### 7763 Vegetable Fried Rice

Authentic taste makes it a top seller.  
2-1 lb. rice/2-2 oz. sauce/\$9.99 **\$9.49**

### 4688 Broccoli Florets

All florets, no stems, Grade A fancy.  
2-2 lb. resealable bags/\$10.49 **\$9.99**

### 4809 Chocolate Chip Cookie Dough

Loaded with sweet chocolate chips.  
61-75 pieces/3 lbs./\$9.29 **\$8.79**

### 2245 Bosco® Breadsticks

Breadsticks, stuffed with mozzarella.  
18-3.1 oz./\$14.99 **\$13.99**

### 1058 Ground Beef - 85% Lean

Unbelievable taste & beautiful color.  
4-1 lb. pkg./\$18.16 **\$17.16**

### 2050 Seasoned Salmon

Premium fillets, Market Day exclusive.  
4-5 oz./\$18.49 **\$17.49**

### 2189 Krispy Krunchy Cod

Flaky, white cod fillets with breading.  
9-3.6 oz./\$15.99 **\$14.99**



### Cheese Stick & Turkey Roll-Up

- 1/4 cup light mayonnaise
- 4 6" tortillas (whole wheat or spinach)
- 12 turkey slices
- 12 tomato slices
- 12 cucumber slices
- 4 String Cheese #3499
- 1 cup lettuce; shredded

QUICK & EASY BACK-TO-SCHOOL RECIPE FOR YOUR KIDS!

For each serving, spread 2 Tbsp. mayonnaise on tortilla. Add 3 slices each; turkey, tomato, and cucumber. Top with cheese stick and 1/4 cup lettuce. Roll tortilla closed; cut in 1/2 and serve. **Serves 4**



## JOIN THE CONVERSATION



### Ratings & Reviews

We'd love to hear from you and so would others. Share your feedback on our products—what makes them your favorites or what can make them even better.

#### Rate in 4 Simple Steps:

1. Log-in to marketday.com
2. Click on a product
3. Select "Write a Review"
4. Submit your review



### Facebook

"Like Us" and be on the lookout for exclusive offers. [facebook.com/marketday](https://www.facebook.com/marketday)



### Pinterest

Our fan base is growing! "Follow Us" on Pinterest to find great recipes, delicious new items, quick and easy meals, fun party ideas and much more! [pinterest.com/marketdaypins](https://www.pinterest.com/marketdaypins)



5044



5178

#### 5044 Ham, Egg White, Cheese English Muffin

This tasty breakfast sandwich is perfect in a rush. Individually wrapped. Microwaveable. 6-4 oz./\$10.69 **\$10.19**

#### 5178 Mini Breakfast Bagel

Bagels with 8g of whole grain, topped with eggs, cheese & bacon. Quick breakfast or snack. 18 bagels/\$8.79 **\$8.29**



4068



5094

#### 4068 Fully Cooked Bacon Slices

Sizzlin' with rich hickory smoked flavor, this will tempt your nose & taste buds. 40 slices/\$17.69 **\$16.69**

#### 5094 Ultimate

**Breakfast Cookie** 100% whole grain oatmeal cinnamon cookie. 6 grams fiber. 5 grams protein. Individually wrapped. 12-2.2 oz./\$10.49 **\$9.99**

83¢ each



5169



2281

#### 5169 Cinnamon Crunch French Toast Bites

Brunch in a crunch. Goopy cinnamon inside mini pieces of cinnamon French toast. 44-48 sticks/2 lbs./\$9.99 **\$9.49**

#### 2281 Breakfast Pizzas

Easy, extra cheesy. Scrambled eggs, sausage, bacon and cheese on a pizza crust. 6-6 inch pizzas/\$12.29 **\$11.29**

#### 5086 Cinnamon Scones

Fully baked scone with cinnamon chips, great on the go. Individually wrapped. 12-2.5 oz./\$11.99 **\$10.99**

92¢ each



5086



8116

#### 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/\$17.99 **\$16.99**



### So Yummy!

"I've bought these every month since they've been offered. I just thaw them and eat them without heating them. No nuts was the reason why I tried them, it's hard to find banana bread without nuts. The sugar topping is just enough. Great product!"

—MDReviewer

#### 5190 Petite Banana Breads

Made with all natural ingredients and no preservatives. Individually wrapped for on-the-go breakfasts or snacks. Perfect warm or cold. 6-3.6 oz./\$10.49 **\$9.99**

Smart Start Breakfast

**Meat**

- PICTURED — SAVE \$1.00**
- 1264 Mixed Grill p. 5  
4-1/4 lb Patties, 4-ChicNSteakes,  
4-Boneless Pork Chops/\$17.99 **\$16.99**

**Beef**

- PICTURED — SAVE UP TO \$1.00**
- 1277 100 Calorie Steaks p. 11  
6-3.75 oz./\$16.69 **\$15.69**
  - 1255 French Dip p. 4  
**NEW SIZE!** 36 oz. tub/\$10.99
  - 1058 Ground Beef -  
85% Lean p. 5  
4-1 lb. pkg./\$18.16 **\$17.16**
  - 1215 Italian Style  
Meatballs p. 11  
59-71 pieces/3 lb. resealable  
bag/\$16.39 **\$15.39**

- 1094 1/4 lb. Beef Patties -  
10 ct  
10-4 oz./\$13.49
- 1332 All Beef Hot Dogs  
12-2.67 oz./\$11.69
- 1271 Bacon & Cheddar  
Angus Burgers  
8-5.3 oz./\$17.49
- 1122 Fully Cooked Pot Roast  
2.25 lbs./\$16.69
- 7630 Hearty Beef Stew  
2.25 lb. bag/\$13.99
- 1096 Home-Style Gravy &  
Beef Tips  
2.5 lb. pouch/\$15.99
- 7058 Meat Loaf Slices  
8-3.5 oz./\$12.39
- 1131 Ranch Steaks®  
6-5 oz./\$18.99
- 1260 Sirloin Beef Roast  
2 lbs./\$17.49
- 1695 Stuffed Peppers  
4-10 oz./\$14.49
- 1121 Sweet & Smokey  
Petite Steaks  
6-4 oz./\$19.99
- 1208 Teriyaki Steak Kabobs  
8-3 oz./\$19.99
- 1141 Vidalia® Onion Burgers  
8-5.3 oz./\$14.99
- 1280 Whole Beef Flat Iron  
16 oz./\$11.99

**Pork**

- PICTURED — SAVE UP TO \$1.00**
- 1318 Boneless Pork Chops p. 3  
6-5 oz./\$13.29 **\$12.29**
  - 1288 Peppercorn Pork  
Loin p. 11  
1.5 lbs./\$9.99 **\$9.49**
  - 1108 Whole Pork  
Tenderloins p. 3  
2-3 pieces/2.25 lbs./\$15.69 **\$14.69**
  - 1226 Bacon Wrapped Tournedos  
6-4 oz./\$13.59
  - 1202 Barbecued Pork  
2-1.5 lb. tubs/\$16.89
  - 1243 Boneless Pork Filets  
6-5 oz./\$11.69
  - 7050 Boneless Pork Riblets  
36-37 pieces/1.75 lbs./\$13.29
  - 1250 Fully Cooked Baby  
Back Ribs with Sauce  
1 slab/1.65 lbs./\$16.99

- 1274 Italian Rack of Pork  
2.8 lbs./\$17.99
- 1144 Petite Boneless  
Sliced Ham  
97% fat free. 2.5 lbs./\$16.99

**Poultry**

- PICTURED — SAVE UP TO \$2.00**
- 3240 100 Calorie Turkey  
Filets p. 3  
6-3.75 oz./\$14.59 **\$13.59**
  - 3108 Chicken Fries p. 4  
96-120 pieces/3 lb. resealable  
bag/\$15.99 **\$14.99**
  - 3069 ChicNSteakes p. 1  
12-4 oz./\$15.89 **\$13.89**
  - 3173 Diced Chicken  
Tenderloins p. 4  
2-1 lb. bags/\$14.99 **\$13.99**
  - 7170 Individual Chicken  
Pot Pies p. 9  
4-10 oz. trays/\$10.99 **\$10.49**
  - 3161 Naked 4 Cheese Stuffed  
Chicken Breast p. 1, 4 **NEW**  
4-5 oz./\$12.69
  - 3184 Naked Broccoli & Cheese  
Stuffed Chicken Breast p. 4  
4-5 oz./\$12.29 **\$11.29**
  - 3226 Naked Bruschetta  
Stuffed Chicken Breast p. 4  
4-5 oz./\$12.69
  - 3190 Naked Cordon Bleu  
Stuffed Chicken Breast p. 4  
4-5 oz./\$12.69
  - 3174 Naked Mushroom & Cheese  
Stuffed Chicken Breast p. 4  
4-5 oz./\$12.69 **\$11.69**
  - 3180 Teriyaki Chicken  
Kabobs p. 11  
8-3 oz./\$14.99 **\$13.99**

- 3141 Artichoke Parmesan  
Stuffed Chicken Breast  
4-5 oz./\$13.49
- 3171 Breaded Chicken  
Breast Patties  
15-17 pieces/3 lbs./\$14.99
- 3156 Broccoli & Cheese  
Stuffed Chicken  
8-6 oz./\$16.99
- 7054 Chicken & Dumplings  
2.5 lb. pouch/\$11.99
- 3048 Chicken Cordon Bleu  
8-6 oz./\$16.99
- 3027 Chicken Gems®  
3 lb. resealable bag/\$14.99
- 3024 Chicken Kiev  
8-6 oz./\$16.99
- 3033 Chicken Nuggets  
62-72 pieces/3 lb. resealable  
bag/\$14.99
- 3103 Chicken Parmesan  
Patties  
8-3.55 oz./\$14.99
- 7091 Chicken Stir-Fry Kit  
4-6 servings/2.4 lbs./\$15.99
- 3070 Chicken Tenders  
2 lb. resealable bag/\$15.79
- 3091 Crème Brie Stuffed  
Chicken Breast  
4-6 oz./\$13.49
- 3151 Fully Cooked Buffalo  
Chicken Bites  
2 lb. resealable bag/\$14.99

- 3193 Fully Cooked Turkey  
Sausage Links  
40 links/2 lb. resealable bag/\$9.99
- 3153 General Tso's Chicken  
4-10 oz. trays/\$12.99
- 3198 Gourmet Bistro Chicken  
2-1/2 Chickens/\$13.29
- 3168 Hickory Smoked BBQ  
Chicken  
2-1 lb. bags/\$11.99
- 3136 Honey BBQ Chicken  
Tenders  
2 lb. resealable bag/\$14.99
- 3218 Lemon Pepper  
ChicNSteakes  
8-4 oz./\$12.99
- 3178 Oven Ready Boneless  
Turkey Breast  
4-6 lbs.\* @ \$5.19 per lb.
- 3158 Popcorn Chicken  
2 lb. resealable bag/\$11.99
- 3164 Seasoned Chicken  
Breast Strips  
2 lb. resealable bag/\$15.79
- 3072 Teriyaki ChicNSteakes  
8-4 oz./\$12.99
- 3010 Turkey Tournedos  
6-4 oz./\$14.29

**Seafood**

- PICTURED — SAVE UP TO \$1.00**
- 2117 Battered Alaska Cod p. 11  
2-12 oz. bags/\$12.69 **\$11.69**
  - 2125 Haddock Filets p. 3  
6-4 oz./\$17.69 **\$16.69**
  - 2189 Krispy Krunchy Cod p. 5  
9-3.6 oz./\$15.99 **\$14.99**
  - 2050 Seasoned Salmon p. 5  
4-5 oz./\$18.49 **\$17.49**
  - 2092 Sweet Potato  
Encrusted Pollock p. 11  
1.5 lbs./\$11.49 **\$10.99**
  - 2082 Wild Alaskan Grilled  
Salmon p. 11  
6-4 oz. filets/\$16.99 **\$15.99**
  - 2145 Crab Cakes  
8-2 oz./\$15.99
  - 2141 Garlic & Herb Shrimp  
51-60 per lb./1 lb./\$15.99
  - 2041 Gourmet Stuffed  
Flounder  
6-5 oz. filets/\$20.99
  - 2090 Jumbo Party Shrimp  
w/Sauce  
26-30 per lb./1 lb./\$18.59
  - 2086 Large Shrimp  
31-40 per lb./1 lb./\$15.69
  - 2178 Lemon Parmesan  
Salmon  
4-5 oz./\$18.49
  - 2014 Lemon Pepper Breaded  
Haddock Filets  
1.5 lbs/\$15.69
  - 2144 Mediterranean Tilapia  
4-5 oz./\$14.39
  - 2129 Oven Ready Breaded  
Coconut Shrimp  
31-37 pieces/1.5 lbs./\$16.29
  - 2405 Oven-Ready Butterfly  
Shrimp  
18-25 per lb./2 lbs./\$18.29
  - 2017 Potato Encrusted  
Pollock  
6-4 oz./\$11.99

- 2171 Premier Popcorn Shrimp  
67-98 pieces/1.5 lbs./\$9.79
- 2156 Shrimp Scampi  
2-8 oz. pouches/\$14.29
- 2074 Tilapia Fillets  
5-8 fillets/1.5 lbs./\$14.99
- 2195 Wood Roasted Wild  
Salmon  
4-5 oz./\$18.49

**Breakfast**

- PICTURED — SAVE UP TO \$2.00**
- 2281 Breakfast Pizzas p. 6  
6-6 inch pizzas/\$12.29 **\$11.29**
  - 5160 Chocolate Chip Mini  
Pancakes p. 3  
2-48 packs/1.65 lbs./\$12.29 **\$11.29**
  - 5169 Cinnamon Crunch  
French Toast Bites p. 6  
44-48 sticks/2 lbs./\$9.99 **\$9.49**
  - 5086 Cinnamon Scones p. 6  
12-2.5 oz./\$11.99 **\$10.99**
  - 5131 French Toast Sticks p. 1  
43-45 sticks/2.5 lbs./\$8.99 **\$6.99**
  - 4068 Fully Cooked  
Bacon Slices p. 6  
40 slices/\$17.69 **\$16.69**
  - 5044 Ham, Egg White,  
Cheese English Muffin p. 6  
6-4 oz./\$10.69 **\$10.19**
  - 5178 Mini Breakfast Bagel p. 6  
18 bagels/\$8.79 **\$8.29**
  - 5022 Mini Donuts with  
Cinnamon Sugar Kit p. 9  
6-6 donuts/6 cinnamon sugar packets  
/6 shaker bags/\$11.99 **\$10.99**
  - 4079 Oatmeal with  
Mixed Berries p. 3  
8-6 oz./\$10.49 **\$9.99**
  - 5190 Petite Banana  
Breads p. 6  
6-3.6 oz./\$10.49 **\$9.99**
  - 5094 Ultimate Breakfast  
Cookie p. 6  
12-2.2 oz./\$10.49 **\$9.99**
  - 5003 Bacon Quiche  
10 inch/2.375 lbs./\$10.89
  - 5091 Microwave Pancakes  
18-3 packs/3.75 in. dia./  
3 lbs./\$11.69
  - 5157 Mini Cheese Omelets  
12-2 oz./\$10.89
  - 5184 Waffle Sticks - Maple  
12-2.33 oz./\$11.99

**Side Dishes**

- PICTURED — SAVE UP TO \$2.00**
- 8175 Baby Baked Potatoes p. 10  
2 lb. resealable bag/\$11.59 **\$10.59**
  - 8189 Baja Roasted  
Corn Blend p. 10  
2 lb. resealable bag/\$8.99 **\$8.49**
  - 2245 Bosco® Breadsticks p. 5  
18-3.1 oz./\$14.99 **\$13.99**
  - 4688 Broccoli Florets p. 5  
2-2 lb. resealable bags/\$10.49 **\$9.99**
  - 8197 California Blend p. 1 **NEW**  
2-2 lb. resealable bags/\$10.49
  - 4288 Farmer's Market  
Blend p. 3  
2 lb. resealable bag/\$8.59 **\$8.09**
  - 4261 Five Cheese Garlic  
Toast p. 10  
16 slices/\$7.49 **\$6.99**

\*Total price based on actual weight



- 7782 French Breadsticks p. 10  
20-1.5 oz./\$10.49 **\$9.99**
- 8137 Green Bean Munchtables p. 10  
3-10 oz. bags/\$9.99 **\$9.49**
- 8174 Nantucket Island Blend p. 10  
2 lb. bag/~~\$8.39~~ **\$7.89**
- 4680 Quick 'n' Crispy Shoestring French Fries p. 10  
2.5 lb. resealable bag/~~\$9.39~~ **\$8.89**
- 8180 Supersweet Corn p. 1  
2-2 lb. resealable bags/~~\$9.99~~ **\$7.99**
- 7763 Vegetable Fried Rice p. 5  
2-1 lb. rice & sauce/~~\$9.99~~ **\$9.49**
- 8145 Whole Grain Sweet Pea Blend p. 10  
2-10 oz./\$5.99 **\$5.49**
- 8169 Yukon Gold Potato & Vegetable Blend p. 10  
2 lbs./~~\$8.39~~ **\$7.89**
- 8205 9-Grain Orzo Blend  
1.5 lbs./\$9.99
- 8160 Cheesy Hashbrown Bake  
28 oz. tray/\$9.29
- 8162 "Extra Young" Tiny Peas  
2-2 lb. resealable bags/\$10.69
- 4223 Garlic Knots  
18 count/\$10.79
- 8168 Gourmet Green Beans  
2-2 lb. resealable bags/\$11.29
- 7792 Home-Style Biscuit Dough  
22-24 pieces/3.75 lbs./\$9.79
- 8150 Kyoto Blend  
2 lb. resealable bag/\$10.39
- 4694 Mashed Potato Patties  
12-3 oz./resealable bag/\$9.49
- 4211 Seasoned Wedge Fries  
2 lbs./\$7.29
- 4098 Steakhouse Onion Rings  
2 lbs./\$8.99
- 4281 Sweet Potato Fries  
2-1 lb. bags/\$9.49
- 4250 Sweet Potato Medley  
1.5 lb. resealable bag/\$10.89
- 4277 Three Cheese Twice Baked Potatoes  
10-5 oz. portions/\$11.99
- 8203 Zucchini Munchtables  
3-10 oz. bags/\$9.99

### Appetizers

**PICTURED — SAVE UP TO \$1.00**

- 7832 Angus Sliders p. 4  
10-2.45 oz./\$13.99 **\$12.99**
- 4215 Easy Guacamole p. 10  
1 lb. pouch/~~\$8.99~~ **\$8.49**
- 4048 Egg Rolls w/Sauce p. 10  
24-1.5 oz. egg rolls/3 sauce packets/~~\$15.49~~ **\$14.49**
- 4120 Three Cheese Mini Pizza Bagels p. 9  
36 bagels/~~\$11.59~~ **\$10.59**

- 4042 Breaded Mozzarella Sticks with Sauce  
35-45 stcks/6 scc packts/3.25 lbs./\$14.59
- 4030 Buffalo Chicken Sticks  
2.5 lbs./approx. 40 sticks/\$13.79
- 6020 Cheddar & Bacon Potato Skins  
Approx. 15 pieces/1 lb./\$8.99
- 7851 Li'l Bagel Dogs  
28-32 pieces/1.25 lbs./\$10.99
- 4067 Mini Chicken Cordon Bleu Bites  
Uncooked. 31-33 pieces/2 lbs./\$12.99
- 4108 Stuffed Appetizer Bread  
2-22 oz. loaves/\$13.99

### Pizza & Pasta

**PICTURED — SAVE UP TO \$1.00**

- 7135 Cheese Lasagna Rollups p. 11  
12-2.75 oz./\$12.99 **\$11.99**
- 3455 Cheese Pizza Eat-zzas™ p. 4  
6-5 inch/~~\$9.39~~ **\$8.89**
- 7081 Cheese Pizzas p. 4  
3-12 inch/~~\$13.99~~ **\$12.99**
- 4291 Cheese Ravioli p. 3  
76-82 raviolis/3 lbs./\$10.99 **\$10.49**
- 4608 Easy Serve Mac & Cheese by Kraft® p. 10  
8-7 oz. packages/~~\$11.99~~ **\$10.99**
- 7192 Lasagna with Meat Sauce p. 11  
32 oz. tray/~~\$10.99~~ **\$10.49**
- 7076 Stuffed Eggplant p. 11  
8-3.5 oz. pcs./\$11.29 **\$10.79**

- 7148 Baked Manicotti  
6 manicotti/2.18 lb. tray/\$11.29
- 7068 Margherita Flatbread  
11 oz./\$7.99
- 4035 Mediterranean Pizzas  
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

### Soup & Sandwiches

**PICTURED — SAVE UP TO \$1.00**

- 6153 Chop House® Cheeseburgers p. 9  
6-4.8 oz./\$12.99 **\$11.99**
- 3434 PB&J Squarewiches® p. 9  
8-2.7 oz./\$10.49 **\$9.99**
- 7173 Turkey & Cheese Pretzel Sandwich p. 9  
6-5 oz./\$15.39 **\$14.39**
- 7168 Broccoli and Cheddar Soup  
32 oz. pouch/\$10.99
- 7151 Cheesy Baked Potato Soup  
32 oz. pouch/\$10.69
- 7007 Philly Cheese Steak Kit  
4 sandwiches/2.63 lbs./\$15.99

- 7123 Pretzel Dogs  
6-4.7 oz./\$11.29
- 7065 Smoked Ham & Provolone Pretzel Sandwich  
6-5.8 oz./\$15.29
- 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**

- 4726 Apple Crisp p. 4  
2-24 oz. trays/~~\$10.99~~ **\$10.49**
- 4809 Chocolate Chip Cookie Dough p. 5  
61-75 pieces/3 lbs./\$9.29 **\$8.79**
- 3402 Chocolate Chip Cookie Dough Cups p. 4  
8-3 oz. cups/~~\$9.49~~ **\$8.99**
- 4750 Fudge Dipped Cheesecake Pops p. 5  
8-1.8 oz./\$9.79 **\$8.79**
- 4910 Apple Blossoms®  
8-4 oz./\$12.69
- 4623 Apple Deep Dish Pie  
10 inch/\$12.00
- 4596 Chocolate Chip Cookie Meltdown  
4-4 oz./\$9.59
- 7680 Chocolate-Chocolate Chip Cakes  
12-2 oz. individual cakes/\$11.49
- 4936 Old Fashioned Apple Cake  
7 inch/\$10.49
- 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/\$12.49 **\$11.49**
- 8858 American Cheese p. 9  
72 slices/3 lbs./\$14.79 **\$13.79**
- 3436 Colby Jack Snack Sticks p. 3  
24-.83 oz. sticks/~~\$10.49~~ **\$9.99**
- 5111 Fruit Singles® p. 9  
12-4 oz. cups/~~\$12.29~~ **\$11.29**
- 3426 Fruit Snacks Variety Pack p. 9  
28-.84 oz. pouches/~~\$8.99~~ **\$8.49**
- 3409 Giant Cinnamon Goldfish® Grams p. 3  
25-.9 oz. pouches/~~\$7.99~~ **\$7.49**
- 3496 GoGo SqueeZ™ Applesauce p. 9  
18-3.2 oz./\$14.29 **\$13.29**
- 3486 GoPicnic® Salami & Cheese Ready-to-Eat Meal p. 9  
1 box/\$5.99 **\$4.99**
- 3465 Hummus & Pita Chips To Go p. 3  
6-3.1 oz./\$10.79 **\$10.29**

- 3366 Whole Grain PB&J Grahamwiches p. 9  
12-2.2 oz. sandwiches/~~\$12.49~~ **\$11.49**
- 3440 GoGo SqueeZ™ Apple Strawberry  
18-3.2 oz./\$14.29
- 6166 Quaker Chewy® Granola Bar Variety Pack  
24-.84 oz./\$9.29

### Beverages

**PICTURED — SAVE UP TO \$1.00**

- 8088 Nestle® Juicy Juice® - Apple p. 9  
24-10 oz. plastic bottles/~~\$19.59~~ **\$18.59**
- 8116 Tropicana® Orange Juice Singles p. 6  
24-8 oz. cartons/~~\$17.99~~ **\$16.99**
- 8091 Arnold Palmer® Ice Tea Lemon Sx  
2-30 count boxes/\$15.99
- 8118 Gatorade® Kid-Size Variety Pack  
24-12 oz. plastic bottles/\$16.99
- 8107 Nesquik® Low Fat Chocolate Milk  
24-8 oz. plastic bottles/\$20.59
- 8093 Organic Chocolate Milk  
12-8 oz. cartons/\$15.99

### 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

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- 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 \_\_\_\_\_

### TOTAL QUANTITY ORDERED

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## 7173 Turkey and Cheese Pretzel Sandwich

Hankering for a healthy sandwich? Gobble up lean turkey and golden American cheese on a chewy pretzel style bun. Thaw and devour. 6-5 oz./\$15.39 **\$14.39**

### WOW! Amazing!

"This is going to become one of my favorite sandwiches. Cooks up great in microwave. You first taste the pretzel, then the American cheese, then the turkey. Delicious! Will be stocking up on these." —agent99



## 3496 GoGo SqueeZ™ Applesauce

No added sugar.  
18-3.2 oz./\$14.29 **\$13.29**

74¢ each

## 4120 Three Cheese Mini Pizza

Whole grain bagel topped with 3 real cheeses. 36 bagels/\$11.59 **\$10.59**

## 7170 Individual Chicken Pot Pies

Microwaveable. Flaky and delicious.  
4-10 oz. trays/\$10.99 **\$10.49**

## 3426 Fruit Snacks

Variety Pack  
Assortment includes 2 Tree Top® varieties. 28-.84 oz. pouches/\$8.99 **\$8.49**

30¢ each

## 3366 Whole Grain PB&J

Grahamwiches  
Peanut butter & grape jelly, graham wafers.  
12-2.2 oz. sandwiches/\$12.49 **\$11.49**

## 5111 Fruit Singles®

Peaches and strawberries. No sugar added. 12-4 oz. cups/\$12.29 **\$11.29**

## 8088 Nestle® Juicy Juice® - Apple

100% juice, no sugar added.  
Resealable cap.  
24-10 oz. plastic bottles/\$19.59 **\$18.59**

77¢ each

## 8858 American Cheese

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

## 6153 Chop House® Cheeseburgers

100% beef topped with Kraft® American cheese. 6-4.8 oz./\$12.99 **\$11.99**

## 3486 GoPicnic® Salami & Cheese

Ready-to-Eat Meal  
Salami, cheese, crackers, cashew mix, & cookies. 1 box/\$5.99 **\$4.99**

## 3434 PB&J Squarewiches®

White whole grain crustless sandwich.  
8-2.7 oz./\$10.49 **\$9.99**

## 5022 Mini Donuts with

Cinnamon Sugar Kit  
6-6 count donuts/6 cinnamon sugar packets/6 shaker bags/\$11.99 **\$10.99**







8137



8145



8189

### 8137 Green Bean Munchables

Lightly breaded crouton coated green beans. 3-10 oz. bags/~~\$9.99~~ **\$9.49**

### 8145 Whole Grain Sweet Pea Blend

7 whole-grains with peas, onions & quinoa. 2-10 oz./\$5.99 **\$5.49**

### 8189 Baja Roasted Corn Blend

Corn, peppers, black beans, onions, chilies. 2 lb. resealable bag/~~\$8.99~~ **\$8.49**



8169



7782



4680

### 8169 Yukon Gold Potato and Vegetable Blend

Yukon Gold potatoes & veggies with lemon & herbs. 2 lbs./~~\$8.39~~ **\$7.89**

### 7782 French Breadsticks

Heat & serve. 20-1.5 oz./\$10.49 **\$9.99**

### 4680 Quick 'n' Crispy Shoestring French Fries

2.5 lb. resealable bag/~~\$9.39~~ **\$8.89**



4215



4261



4048

### 4215 Easy Guacamole

Chopped avocados & seasonings. Mash & serve. 1 lb. pouch/~~\$8.99~~ **\$8.49**

### 4261 Five Cheese Garlic Toast

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

### 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**



8175



4608

### 8175 Baby Baked Potatoes

2 lb. resealable bag/~~\$11.59~~ **\$10.59**

### 4608 Easy Serve Mac & Cheese by Kraft

Classic "blue box" flavor. Ready to serve. 8-7 oz. packages/~~\$11.99~~ **\$10.99**



### Nantucket Island Blend and Chicken Salad

- 1/2 cup Nantucket Island Blend #8174; thawed
- 1/2 cup Diced Chicken Tenderloins #3173; thawed
- 2 cups mixed salad greens
- 1/2 cup pear; sliced
- 1 Tbsp. Blue cheese
- 2 Tbsp. walnuts
- 1 Tbsp. olive oil
- 1 Tbsp. balsamic vinegar

Combine Island Blend, Diced Chicken Tenderloins, mixed salad greens, pear, Blue cheese and walnuts. Toss with oil and vinegar. **Serves 2**

### 8174 Nantucket Island Blend

Crisp sugar snap peas, red peppers, broccoli florets, lively orange & yellow carrots with a sprinkling of crimson cranberries. 2 lb. resealable bag/~~\$8.39~~ **\$7.89**

## Appetizers & Sides



# Delicious Dinners

## Salmon Cucumber & Dill Sandwich



- 4 Wild Alaskan Grilled Salmon #2082; thawed
- ½ cup fat-free plain yogurt
- 4 tsp. lemon juice
- 1 tsp. dried dill weed
- 1 cup cucumber; chopped
- 4 4" whole-wheat pitas

Flake salmon and place in bowl. Combine yogurt, juice and dill in another small bowl. Stir yogurt mixture into salmon. Fold in cucumber. Stuff each pita equally with mixture. **Serves 4**



## 2082 Wild Alaskan Grilled Salmon

Get your fill of fresh grilled taste without firing up the barbie. Boneless, skinless and fully cooked. All you do is enjoy. 6-4 oz. fillets/\$16.99 **\$15.99**

### 2117 Battered Alaska Cod

Mild and flaky with golden batter. 2-12 oz. Bags/\$12.69 **\$11.69**

### 3180 Teriyaki Chicken Kabobs

Pre-skewered; ginger, garlic, teriyaki marinade. 8-3 oz./\$14.99 **\$13.99**

### 1288 Peppercorn Pork Loin

Petite pork loin with cracked peppercorn rub. 1.5 lbs./\$9.99 **\$9.49**

### 1277 100 Calorie Steaks

Portion controlled. 19g of protein. 97% fat free. 6-3.75 oz./\$16.69 **\$15.69**

### 2092 Sweet Potato Encrusted Pollock

14g protein. 1.5 lbs./\$11.49 **\$10.99**

### 7135 Cheese Lasagna

Blend of 3 cheeses. Just add sauce. 12-2.75 oz./\$12.99 **\$11.99**

### 7192 Lasagna w/Meat Sauce

Pasta, meat sauce & cheese. Bake & serve. 32 oz. tray/\$10.99 **\$10.49**

### 7076 Stuffed Eggplant

Breaded eggplant stuffed with ricotta cheese. 8-3.5 oz. pcs./\$11.29 **\$10.79**

### 1215 Italian Style Meatballs

All beef, fully cooked and oven baked. 59-71 pieces/3 lb. resealable bag/\$16.39 **\$15.39**



## 20 EASY MEALS FOR AROUND \$100

“Using just 7 Market Day items, I selected these recipes to create simple, budget-friendly menu options for my family. Many can be made in advance or in a crock pot. Send me your ideas at [recipes@marketday.com](mailto:recipes@marketday.com).” —Kristine Holtz, Market Day LLC, President and CEO

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\*Limited to one of each offer per qualifying customer per Promo Period - Free Nesting Glass Bowls and Free 4-Pack of Cheese Pizza Eat-zzas™ (Promo Period pick-up dates 9/1/13 - 9/28/13) and Free Hanging Organizer (contents not included) (Promo Period pick-up dates 9/1/13 - 12/29/13). Cheese Pizza Eat-zzas™ 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. Purchase amount is calculated after applicable discounts/coupons and before tax. Promotions not available for purchases made at Market Day or GFS Marketplace stores or on Peapod orders. No substitutions. Promotions subject to change or termination without notice.

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