

October

**FRIDAY, 14th
10AM - 6PM**

**SATURDAY, 15th
10AM - 3PM**

(example) **quantity of cases**
you would like to purchase

NAME: _____

IT'S EASY:

1) Fill out this form
(or order online at monadnock.storebyweb.com)
indicating the number of cases you wish to buy in the gray boxes.

2) Give it to a staff
member at the table in the front of the store on the day of the sale.

3) Pay inside
the store while we assemble your order.

4) Confirm
We will check your order against your receipt so nothing is forgotten and we can help you to your car.

PLEASE NOTE:

- Quantities are limited.
- All items available by designated quantity only.
- While supplies last.
- Pre-orders are not guaranteed.
- No additional discounts.
- No refunds or returns.
- All sales are final.
- No substitutions.
- No rain checks.

34 CYPRESS ST.
KEENE, NH
(603) 355 8008
MONADNOCKFOOD.COOP

PLU	case qty	case description	save!	retail unit	sale unit	case price
PRODUCE & GARDEN						
001175		Alyson's Orchard LOCAL MacIntosh Apples (20 lbs)	50%	\$1.99	\$0.99	\$19.80
001176		High Meadow Farm, VT ORGANIC Mixed Winter Squash (20 lbs) (Delicata, Honeynut, Butternut, Acorn & Sunshine)	33%	\$2.99	\$1.99	\$41.80
001179		Picadilly Farm ORGANIC LOCAL Carrots (10 lbs)	25%	\$1.99	\$1.49	\$14.90
001191		Picadilly Farm ORGANIC LOCAL Red Beets (10 lbs)	28%	\$2.49	\$1.79	\$17.90
001156		Picadilly Farm ORGANIC LOCAL Covington Sweet Potatoes (20 lbs)	33%	\$2.99	\$1.99	\$39.80
MEAT & SEAFOOD						
009702		Farmsmart Fresh Boneless Skinless Chicken Thighs (5 lb avg)	30%	\$4.99	\$3.49	\$17.45
009707		Farmsmart Fresh Boneless Skinless Chicken Breast (5 lb avg)	33%	\$5.99	\$3.99	\$19.95
099710		MFC Housemade Fresh Country Sage Bulk Breakfast Sausage (5 lb avg)	37%	\$7.99	\$4.99	\$24.95
009706		North Country Smokehouse Fresh LOCAL Fruitwood Bacon (5 lb avg)	25%	\$9.99	\$7.49	\$37.45
009704		Northeast Raised Frozen Ground Beef (2 x 2.5 lb)	33%	\$14.97	\$9.99	\$19.98
009709		Ducktrap Frozen Wild Caught Smoked Sockeye Salmon Trim (3 x 1 lb)	27%	\$10.99	\$7.99	\$23.97
SCAN		Orca Bay Frozen Sockeye Salmon (1 - 1.5 lb avg) Sold by the lb	30%	\$19.99	\$13.99	\$13.99
010117		Orca Bay Frozen Tilapia Fillet (6 x 10 oz)	28%	\$6.99	\$4.99	\$29.94
009701		Vermont Salumi Frozen Italian Pork Sausage (4 x 14 oz)	28%	\$6.99	\$4.99	\$19.96
001190		Wood's Fisheries Frozen 16/20 Shell On Shrimp (1 x 2 lb)	27%	\$17.99	\$12.99	\$25.98
010175		World Dock Frozen Wild Caught Haddock (5 lb avg)	22%	\$8.99	\$6.99	\$34.95
PERISHABLE (cheese, deli and perishable)						
001147		Perfect Bar Peanut Butter Bars (8 x 2.5 oz)	36%	\$2.99	\$1.89	\$15.12
001122		Perfect Bar Dark Chocolate Chip Peanut Butter Bars (8 x 2.3 oz)	36%	\$2.99	\$1.89	\$15.12
001184		Chobani Blueberry Greek Yogurt (12 x 5.3 oz)	28%	\$1.39	\$0.99	\$11.88
001173		Chobani Lemon Cream Greek Yogurt (12 x 5.3 oz)	28%	\$1.39	\$0.99	\$11.88
001186		Live Soda Fountain Cola Kombucha (8 x 12 oz)	36%	\$2.99	\$1.89	\$15.12
001121		Live Soda Root Beer Kombucha (8 x 12 oz)	36%	\$2.99	\$1.89	\$15.12
001183		Maplebrook Farm, VT Crumbled Feta (6 x 8 oz)	40%	\$6.99	\$4.19	\$25.14
001181		Saputo Whole Milk Shredded Mozzarella (1 x 5 lb)	44%	\$8.99	\$4.99	\$24.95
FREEZER						
001177		American Flatbread Cheese and Herb Pizza (6 x 13.8 oz)	31%	\$10.99	\$7.49	\$44.94
001139		Cappello's Gluten-Free Cheese Pizza (6 x 11 oz)	31%	\$10.99	\$7.49	\$44.94
001117		Cascadian Farm ORGANIC Broccoli Florets (12 x 10 oz)	34%	\$3.49	\$2.29	\$27.48
001115		Cascadian Farm ORGANIC Sweet Corn (12 x 10 oz)	34%	\$3.49	\$2.29	\$27.48
001114		Cascadian Farm ORGANIC Sweet Green Peas (12 x 10 oz)	34%	\$3.49	\$2.29	\$27.48
001188		Woodstock ORGANIC Red Raspberries (12 x 10 oz)	35%	\$6.99	\$4.49	\$53.88
001189		Woodstock ORGANIC Strawberries (12 x 10 oz)	30%	\$4.99	\$3.49	\$41.88
001187		Woodstock ORGANIC Wild Blueberries (12 x 10 oz)	35%	\$6.99	\$4.49	\$53.88
001178		Snow's LOCAL Vanilla Ice Cream (2 x 48 oz)	29%	\$7.79	\$5.49	\$10.98
BODY CARE						
001105		Dr. Tung's Smart Floss (6 x 30 yd)	37%	\$4.49	\$2.79	\$16.74
001170		Kiss My Face Olive Oil Bar Soap Fragrance Free (4 x 3 pk)	40%	\$4.99	\$2.99	\$11.96
001106		Seventh Generation Tampons Regular with Applicator (6 x 18 ct)	32%	\$6.99	\$4.69	\$28.14
001125		Seventh Generation Ultra-Thin Pads Regular with Wings (6 x 18 ct)	34%	\$4.99	\$3.29	\$19.74
001182		Tom's Wicked Fresh! Peppermint Toothpaste (6 x 4.7 oz)	41%	\$7.99	\$4.69	\$28.14
001131		Weleda Skin Food Cream (2 x 2.5 oz)	42%	\$18.99	\$10.99	\$21.98
COFFEE, TEA & WINE						
001109		Equal Exchange ORGANIC Earl Grey Tea (6 x 20 bags)	34%	\$4.99	\$3.29	\$19.74
001108		Equal Exchange ORGANIC English Breakfast Tea (6 x 20 bags)	34%	\$4.99	\$3.29	\$19.74
001142		Equal Exchange ORGANIC Love Buzz Whole Bean Coffee (6 x 12 oz)	22%	\$8.99	\$6.99	\$41.94
001146		Equal Exchange ORGANIC Mind Body & Soul Whole Bean Coffee (6 x 12 oz)	22%	\$8.99	\$6.99	\$41.94
001111		La Riojana Cabernet Sauvignon (12 x 750 ml)	20%	\$9.99	\$7.99	\$95.88
001158		Moncaro Pinot Grigio (12 x 750 ml)	20%	\$9.99	\$7.99	\$95.88

PRE-ORDER YOUR ITEMS ONLINE AT: monadnockfood.coop/truckload/
Cases are dependent upon distributor availability. Pre-orders are not guaranteed.

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SNACKS						
001144		Blue Diamond Hint of Sea Salt Nut Thins (12 x 4.25 oz)	37%	\$3.99	\$2.49	\$29.88
001130		Gimme Roasted Sea Salt Seaweed Snacks (12 x .35 oz)	40%	\$2.49	\$1.49	\$17.88
001133		Ginger People Original Ginger Chews (12 x 3 oz)	33%	\$2.99	\$1.99	\$23.88
001167		Gomacro ORGANIC Chocolate Chip Coconut Almond Butter Bar (12 x 2.3 oz)	28%	\$2.79	\$1.99	\$23.88
001166		Gomacro ORGANIC Chocolate Chip Peanut Butter Bar (12 x 2.5 oz)	28%	\$2.79	\$1.99	\$23.88
001128		Lacroix Grapefruit Sparkling Water (2 x 12 pks)	32%	\$6.99	\$4.69	\$9.38
001107		Lacroix Peach Pear Sparkling Water (2 x 12 pks)	32%	\$6.99	\$4.69	\$9.38
001127		Que Pasa ORGANIC Yellow Tortilla Chips (6 x 11 oz)	44%	\$4.49	\$2.49	\$14.94
001123		VT Smoke & Cure BBQ Beef Meat Sticks (24 x 1 oz)	40%	\$1.99	\$1.19	\$28.56
001124		VT Smoke & Cure Beef & Pork Cracked Pepper Meat Sticks (24 x 1 oz)	40%	\$1.99	\$1.19	\$28.56
PANTRY STAPLES						
001116		Amy's ORGANIC Cream of Tomato soup (12 x 14.5 oz)	33%	\$4.49	\$2.99	\$35.88
001180		Amy's ORGANIC Lentil Soup (12 x 14.5 oz)	33%	\$4.49	\$2.99	\$35.88
001154		Annie's Homegrown Real Cheddar Mac & Cheese (12 x 6 oz)	53%	\$2.79	\$1.29	\$15.48
001143		Annie's Homegrown White Cheddar Mac & Cheese (12 x 6 oz)	53%	\$2.79	\$1.29	\$15.48
001168		Blue Diamond Unsweetened Original Almond Milk (12 x 32 fl oz)	33%	\$2.99	\$1.99	\$23.88
001165		Bonne Maman Raspberry Preserves (6 x 13 oz)	33%	\$5.99	\$3.99	\$23.94
001169		Bonne Maman Strawberry Preserves (6 x 13 oz)	33%	\$5.99	\$3.99	\$23.94
001129		Coco Goods ORGANIC Coconut Milk (12 x 13.5 fl oz)	43%	\$2.29	\$1.29	\$15.48
001161		Farmer's Market ORGANIC Canned Pumpkin (12 x 15 oz)	42%	\$3.79	\$2.19	\$26.28
001119		Field Day ORGANIC Black Beans (12 x 15 oz)	15%	\$1.29	\$1.09	\$13.08
001151		Field Day ORGANIC Garbanzo Beans (12 x 15 oz)	15%	\$1.29	\$1.09	\$13.08
001185		Field Day ORGANIC Kidney Beans (12 x 15 oz)	15%	\$1.29	\$1.09	\$13.08
001132		Field Day ORGANIC Chicken Broth (12 x 32 fl oz)	21%	\$2.29	\$1.79	\$21.48
001150		Field Day ORGANIC Low Sodium Chicken Broth (12 x 32 fl oz)	21%	\$2.29	\$1.79	\$21.48
001145		Field Day ORGANIC Low Sodium Vegetable Broth (12 x 32 fl oz)	21%	\$2.29	\$1.79	\$21.48
001118		Kettle & Fire Chicken Bone Broth (6 x 16.9 fl oz)	40%	\$7.99	\$4.79	\$28.74
001136		Muir Glen ORGANIC Crushed Fire Roasted Tomatoes (12 x 28 oz)	56%	\$4.99	\$2.19	\$26.28
001134		Muir Glen ORGANIC Diced Tomatoes (12 x 28 oz)	51%	\$4.49	\$2.19	\$26.28
001157		Muir Glen ORGANIC Tomato Basil Pasta Sauce (12 x 25.5 fl oz)	40%	\$4.49	\$2.69	\$35.94
001171		Field Day ORGANIC Gluten-Free Brown Rice Fusilli Pasta (12 x 12 oz)	16%	\$2.49	\$2.09	\$25.08
001149		Field Day ORGANIC Traditional Fusilli Pasta (12 x 16 oz)	20%	\$1.99	\$1.59	\$19.08
001152		Field Day ORGANIC Traditional Spaghetti (12 x 16 oz)	20%	\$1.99	\$1.59	\$19.08
001164		Field Day Wild Caught Albacore Salted Tuna (12 x 5 oz)	13%	\$2.29	\$1.99	\$23.88
001163		Field Day Wild Caught Albacore Unsalted Tuna (12 x 5 oz)	13%	\$2.29	\$1.99	\$23.88
001148		Koyo Asian Vegetable Dry Ramen Noodles (12 x 2.1 oz)	36%	\$1.25	\$0.79	\$9.48
001138		Koyo Garlic Pepper Dry Ramen Noodles (12 x 2.1 oz)	36%	\$1.25	\$0.79	\$9.48
001162		Near East Original Rice Pilaf Mix (12 x 6.09 oz)	36%	\$2.49	\$1.59	\$19.08
001160		R.W Knudsen ORGANIC Just Tart Cherry Juice (6 x 32 fl oz)	33%	\$8.99	\$5.99	\$35.94
001140		R.W Knudsen ORGANIC Just Tart Cranberry Juice (6 x 32 fl oz)	29%	\$8.49	\$5.99	\$35.94
001174		San Remo Extra Virgin Olive Oil (6 x 16.9 fl oz)	50%	\$13.99	\$6.99	\$41.94
001126		Teddie's All Natural Chunky Peanut Butter (12 x 16 oz)	17%	\$3.99	\$3.29	\$39.48
001120		Teddie's All Natural Smooth Peanut Butter (12 x 16 oz)	17%	\$3.99	\$3.29	\$39.48
001135		Field Day Bath Tissue (4 x 12 pk)	17%	\$6.99	\$5.79	\$23.16
001137		Field Day Free & Clear Laundry Detergent (4 x 100 fl oz)	12%	\$11.99	\$10.49	\$41.96
BULK FOODS						
001159		Bulk ORGANIC Rolled Oats (1 x 25 lbs)	30%	\$2.29	\$1.59	\$39.75
001112		Bulk ORGANIC Thompson Raisins (1 x 5 lbs)	40%	\$4.49	\$2.69	\$16.14
001113		Tierra Farms ORGANIC Dried Mango (1 x 5 lbs)	37%	\$13.99	\$8.79	\$43.95