

GreenValley Marketplace

Locally Owned & Operated Since 1915



SEPT. FRI 18 SAT 19 SUN 20 MON 21 TUES 22 WED 23 THUR 24

Fresh, Grade A
Boneless Chicken Thighs
Family Pack
Limit 2 packs at this price

\$1.99
LB

Save \$1.80 lb



FARMHOUSE FRESH

Marinated Pork Tenderloin or Fillet
19.2-23 oz
Selected Varieties

Smithfield

Fresh Bone-In Center Cut Pork Chops
Family Pack

\$1.99
LB

Save \$1.50 lb



Fresh Beef Porterhouse or T-Bone Steak
Family Pack

\$6.99
LB

Save \$4.00 lb



USDA CHOICE BEEF PORTERHOUSE OR T-BONE STEAK FAMILY PACK \$13.99 lb SAVE \$4.00 LB



Red/Green Grapes

\$1.99
LB

Save \$1.50 lb



Pretzel Bites

30 ct - w/ beer cheese, buffalo chicken or lump crab dip

\$10

Save \$3.99



STORE MADE Kitchen Fresh

Original Cheese or Pepperoni Flatbread Pizza

\$5

Save up to \$1.50



STORE MADE Kitchen Fresh

Famous Fried Chicken

12 pc Mixed - perfectly seasoned & crispy

\$12.99

Save \$1.50



STORE MADE Kitchen Fresh

MAC & CHEESE \$3.99 lb

Freshly Store Prepared Stuffed Flounder Fillet w/ Lump Crabmeat

8 oz

\$6

Save \$1.99



CenSea 26/30 ct, Farm Raised, Salt Water, Frozen

Ex-Large Raw EZ Peel White Shrimp

Sold in 2 lb bag
Limit 2 at this price

\$5
LB

Save \$4.98 on 2 lbs



FOOTBALL FAVORITES

Wild Caught Fresh Local Maryland Lump Crabmeat
16 oz cont.

\$26

Save \$8.99



J.O. SPICE MARYLAND CRAB SOUP MIX 5.3 OZ \$5.99



Honeycrisp Apples

\$3.99

Save \$3.00

2 LB BAG

Kraft Shreds or Chunks

5-8 oz - Assorted Varieties



2/\$4

Save \$5.38 on 2

Culinary Circle Pizza

14.1-28.9 oz
Assorted Varieties



\$3.99

Save \$3.00

Pumpkin Cream Cheese Muffins
6 ct

\$7

Save \$2.99



Lower's BAKERY SCRATCH MADE

Angel Soft Bath Tissue
12 Mega Rolls

\$7.99

Save \$5.40



Prego Spaghetti Sauce

44-45 oz - Assorted Varieties
Limit 4 at this price

2/\$5

Save \$4.98 on 2



Essential Everyday Pasta
12-16 oz
Assorted Varieties

79¢

Save 96¢



Pepsi
2 Liter
Assorted Varieties

2/\$4

Save \$2.58 on 2



FOOTBALL FAVORITES

BEER, WINE & SPIRITS UNBEATABLE PRICES!

Super Lyte Vodka + Ade
8 pk

\$15.99

Save \$3.00



Sierra Nevada Beer
12 pk/12 oz cans

\$16.99

Save \$5.00



Available at 4681 Mountain Rd. Location Only

From the Garden *Local Produce Daily!*

Fresh Express Salad Bowls



\$4.59

Fresh Express Chopped Salad Kits



\$4.59

Eggrolls/Wonton Wrappers



\$3.79

Locally Grown Green/Yellow Squash



\$1.49 LB

Raspberries
6 oz



\$3.99

Acorn/Butternut/Spaghetti Squash



\$1.49 LB

Organic

Bananas



79¢ LB

Gala Apples
2 lb pouch



\$4.79

Fresh Cuts

Fajita/Peppers/Onions
12 oz



\$4.59

Butternut Squash Chunks
18 oz



\$5.79

Healthy Snacks

Pitted Dates
10 oz



\$3.79

Yogurt Raisins
11 oz



\$5.79

Butcher Shop

Fresh Bone-In Assorted Pork Chops or
Country Style Pork Spareribs
Family Pack



\$1.89 LB

Selected Varieties
Fresh Dinner Sausage Local Maryland
Ostrowski



\$4.29 LB

Fresh Bone-In Thin Center Cut Pork Chops
Family Pack



\$2.49 LB

Fresh Boneless Chuck Roast
Family Pack



\$6.99 LB

Fresh Perdue 90% Lean Ground Turkey
16 oz



\$5.29

Fresh Boneless Chuck Steak
Family Pack



\$7.49 LB

Certified Organic
Whole Frying Chicken



\$3.99 LB

Fresh Stew Beef
Family Pack



\$7.99 LB

Selected Varieties
Smithfield Thinly Sliced Lunch
Meat
12 oz



\$3.39

Sugardale Sliced Bacon
12 oz



\$3.49

Selected Varieties
Oscar Mayer Uploaded
Lunchables
14.1-15.5 oz



\$3.99

Selected Varieties
Eckrich Smoked Sausage Links
14 oz



21/\$7

Selected Varieties
Tyson Fully Cooked Chicken Strips
22-27 oz



\$8.29

From The Sea



Crabs are Back! – Call for pricing & availability - Our pricing won't be beat

Farm Raised
Sea Cove 60/90 ct Medium
Cooked Tail-On Broken
Shrimp
Sold in 2 lb bag



\$6.99 LB

Nature's Best Surimi Snow
Crab Legs
12 oz



\$6.49

Farm Raised
Local Maryland Chesapeake
Bay Orchard Point Live
Shell Oysters



\$10.99 DOZEN

Wild Caught
Large 5/8 oz Canadian
Snow Crab Clusters



\$11.99 LB

Wild Caught
Fresh Cod Fillet



\$12.99 LB

Farm Raised
Fresh Organic Salmon Fillet



\$16.99 LB



Deli & Prepared Meals

Our deli salads available in larger party sizes



Pit Beef or Turkey Sliders
8 ct - with raw onion & horsey sauce
\$16.99



Panera Soup
16 oz
\$5.99



Seafood or Buffalo Chicken Mac & Cheese
\$5.99 LB



Hot Chicken Parmesan Sub
\$6



Caprese Pasta Spinach Salad
\$6.99 LB



Creamy Rice Pudding
\$4.99 LB

Fresh Sliced Deli Meat & Cheese

Dietz & Watson American Cheese
\$5.99 LB

Eckrich Hawaiian Ham
\$6.99 LB

Kretschmar Smoked Ham
\$6.99 LB

Eckrich Beef Bologna
\$7.99 LB

Dietz & Watson Imported Ham or Buffalo Chicken Breast
\$8.99 LB

Dietz & Watson Gourmet Lite Turkey Breast
\$12.99 LB



Crispy Chicken Tenders
Assorted Varieties
\$7.99 LB



Pork Roast Meal
with sauerkraut & 2 sides
\$7.99



Creamy Homestyle Chicken & Rice Soup
\$5.99 LB



Chicken Chesapeake Topped with Lump Crab Dip & Pasta Alfredo
Meal for 2
\$13.99

Available in Seafood Dept.

Available in Seafood Dept.

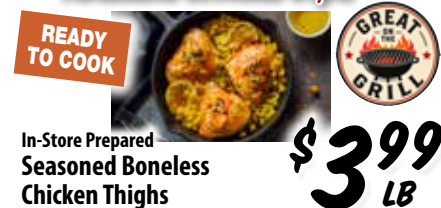
Available in Meat Dept.



Freshly Store Prepared Jumbo Coconut Shrimp
5/\$6



Freshly Store Prepared Fresh Salmon Fillet w/ Butter, Vegetables & Rice
12 oz
\$8



In-Store Prepared Seasoned Boneless Chicken Thighs
\$3.99 LB



Spaghetti & Meatballs w/ Parmesan Cheese
Family Size - Serves 4
\$18.99

Bakery! Crave-Worthy Treats

Blueberry or Sour Cream Cake Donuts
6 ct



\$4.99

Fresh Baked Zucchini or Pumpkin Chocolate Chip Loaf Cake



\$5.99

8" Apple Lattice, Apple Crumb or French Apple Pie



\$7.99

8" Single Layer Apple Cider Cake with Maple Buttercream Icing



\$10.99

Fresh Baked Bagels
4 ct



\$3.99

Bread Pudding
Assorted Varieties



\$3.99 LB



Judy's Corner

Wellness Manager • Holistic Nutritionist
Essential Oil Coach • RYT Yoga Instructor
Have wellness questions? Contact me at:
natural@greenvalleymarketplace.com



PUMPKIN CHOCOLATE CHIP OATMEAL MUFFINS

Kid-friendly • Protein-packed • Easy breakfast or snack

Ingredients:

- 1 cup pumpkin puree
- 2 eggs
- ½ cup Greek yogurt
- ¼ cup maple syrup
- 1 tsp vanilla
- 1½ cups rolled oats
- 1 tsp pumpkin pie spice
- 1 tsp baking powder
- ½ cup mini chocolate chips
- Optional: ¼ cup chopped walnuts or pecans

Directions:

1. Heat oven to 350°F.
2. Mix pumpkin, eggs, yogurt, maple syrup and vanilla.
3. Stir in oats, pumpkin spice and baking powder.
4. Fold in chocolate chips.
5. Divide into a greased or lined muffin tin.
6. Bake 18–22 minutes, until set.

Kid Tip:

Let the kids add the chocolate chips and sprinkle a little pumpkin spice on top before baking!

Farmers Market Pumpkin

15 oz

Organic

\$2.99



Coombs Family Farms Maple Syrup

8 oz

Organic

\$8.99



Bob's Red Mill Organic Old Fashioned Whole Grain Rolled Oats

32 oz

\$6.99



Abe's Chocolate Chip Mini Muffins

12 ct

\$5.99



Post Honey Bunches of Oats Cereals

11-12 oz
Assorted Varieties

2/\$5



Kraft Easy Mac Cup

2.05 oz
Assorted Varieties

99¢



Canada Dry

6 pk/16.9 oz btls
Assorted Varieties

2/\$6



Pepsi

12 pk/12 oz cans
Assorted Varieties

2/\$13



Mott's Snack & Go Applesauce

12 pk
Assorted Varieties

\$6.99



Cheez-It Crackers

7 oz
Assorted Varieties

\$1.99



College Inn Chicken Broth

32 oz
Assorted Varieties

\$2.29



Peter Pan Peanut Butter

16.3 oz
Assorted Varieties

2/\$5



Doritos

9-10.75 oz
Assorted Varieties

\$3.99



Prego Spaghetti Sauce

44-45 oz
Assorted Varieties
Limit 4 at this price

2/\$5



Essential Everyday Pasta

12-16 oz
Assorted Varieties

79¢



Crisco Canola or Vegetable Oil

40 oz
Assorted Varieties

\$3.99



Frito Lay Multipack Snacks

10 ct
Assorted Varieties

\$5.99



Utz Kettle or Grandma Utz's Chips, Popcorn or Cheese Curls

6.5-8.5 oz
Assorted Varieties

2/\$7



Minute White or Brown Rice

28 oz

\$3.29



Heinz Yellow Mustard

14 oz

\$1.39



Libby's Pumpkin

15 oz

\$2.19



Essential Everyday Salsa

16 oz
Assorted Varieties

\$2.19



Snapple Tea & Beverages

6 pk/16 oz
Assorted Varieties

\$4.99



Capri Sun Fruit Drinks

60 oz
Assorted Varieties

\$3.59



Temptations Cat Food

3 oz
Assorted Varieties

\$1.69



Xtra Laundry Detergent

56-57.6 oz
Assorted Varieties

\$2.99



Sparkle Paper Towels

6 Double Rolls

\$7.99



Martin's Long or Sandwich Potato Rolls

8 ct

2/\$6



Dairy

Essential Everyday Almond Milk

64 oz
Assorted Varieties

\$3.29



Florida's Natural Orange Juice

52 oz
Assorted Varieties

\$3.49



Oikos Protein Yogurt

5.3 oz
Assorted Varieties

2/\$3



Eggo Waffles or Pancakes

8.4-14.8 oz
Assorted Varieties

2/\$5



Hanover Classic Vegetables

10-12 oz
Assorted Varieties

2/\$3



Stone Ridge Creamery Ice Cream

48 oz
Assorted Varieties

\$3.49



Starbucks Creamers

24-28 oz
Assorted Varieties

\$3.99



Essential Everyday Natural Sliced Cheese

6-8 oz
Assorted Varieties

2/\$4



Dannon Activia Yogurt

12 pk/48 oz
Assorted Varieties

\$6.99



Banquet Breakfast Bowls

9-10.5 oz
Assorted Varieties

\$3.99



Banquet Frozen Chicken Nuggets or Patties

24-32 oz
Assorted Varieties

\$4.29



Lean Cuisine Frozen Meals

6-11.5 oz
Assorted Varieties

\$2.69



ARNOLD - 6AM-10PM

1238 Bay Dale Drive
Arnold, MD 21012
410-757-0505

ELKRIDGE - 6AM-10PM

7280 Montgomery Road
Elkridge, MD 21075
410-579-4646

LAKE SHORE - 7AM-9PM

4681 Mountain Road
Pasadena, MD 21122
410-255-6800

PASADENA - 6AM-10PM

8095 Edwin Raynor Blvd.
Pasadena, MD 21122
410-255-0070

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