



# BUFFALO MOUNTAIN MARKET

COOPERATIVELY OWNED

Ph: 802-472-6677

75 Mill Street  
Hardwick, VT 05843

Open 7 Days a Week!

[www.bmfc.coop](http://www.bmfc.coop)

Prices Valid: Friday, April 4 - Thursday, April 10, 2025

## April Showers Bring Price Drops!



We have everything you need for your next meal!



16 oz. Pkg. Selected Variety  
**Cedar's Hommus** \$4.99



Greenhouse Grown  
**Sunset Red Peppers** \$1.99 lb



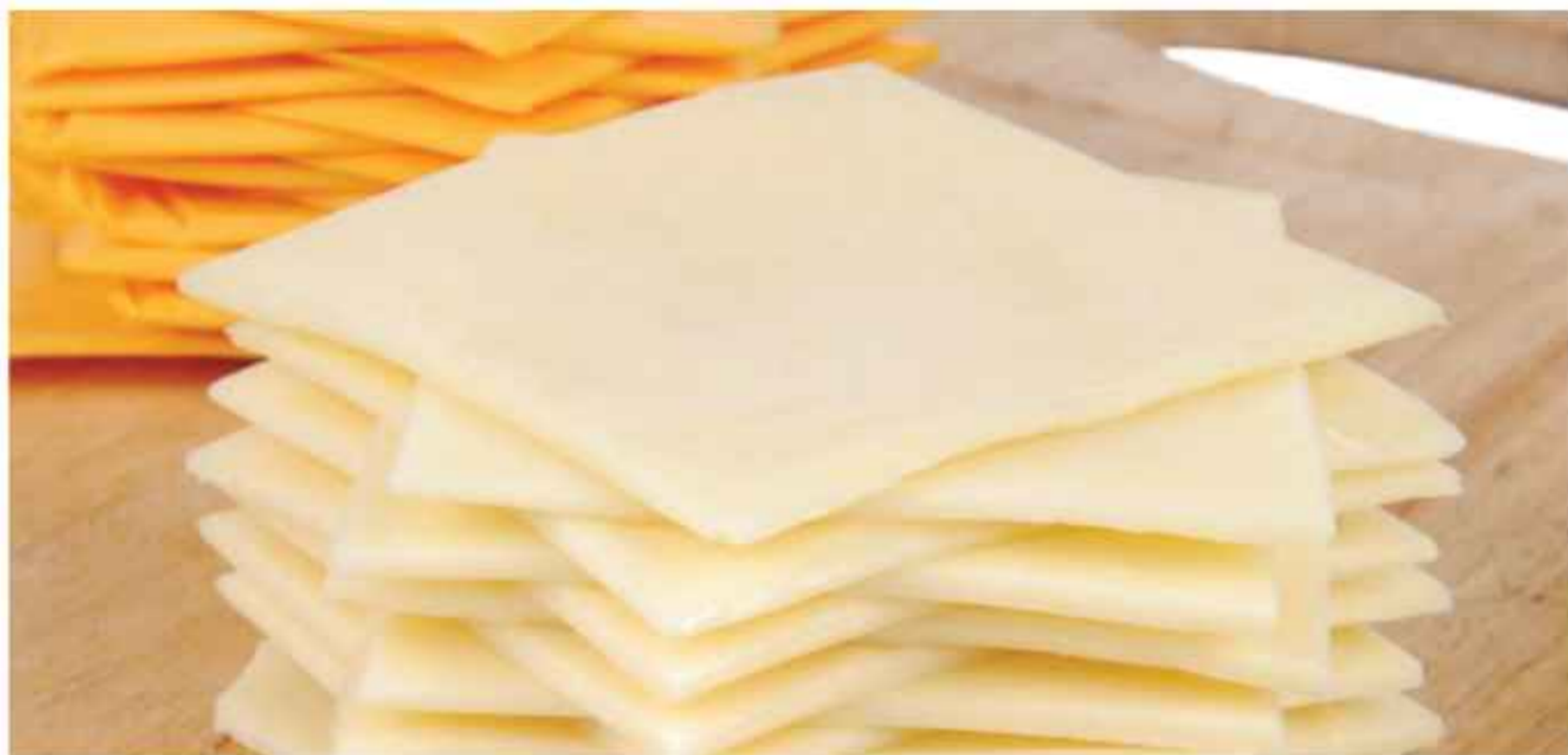
Certified Angus Beef®  
Boneless  
**Bottom Round Pot Roast** \$4.49 lb



Fresh, Bone-In, Family Pack  
**Center Cut Pork Chops** \$1.79 lb



14.5-15.25 oz. 12 Pack  
Selected Variety  
**Food Club Vegetables** \$11.49



Deli Sliced, White or Yellow  
**Land O Lakes American Cheese** \$4.99 lb



Cluster  
**Sunset Tomatoes** 99¢ lb



32 oz. Selected Variety  
**College Inn Broth** 2/\$4



English  
**Sunset Cucumbers** 99¢ ea



5.25-10 oz. Selected Variety  
**Near East Side Dishes** 2/\$3



9.2-13.8 oz. Selected Variety  
Town House or Club  
**Kellogg's Snack Crackers** 2/\$5



5 oz. Can, Selected Variety  
**Bumble Bee Solid White Albacore Tuna** 4/\$5



16 oz. Salted or Unsalted  
**Food Club Butter Quarters** \$3.49



20 oz. Pkg. Selected Variety  
**Jessica's Brick Oven Tuscan Pane Bread** \$2.99



# Grocery, Snacks, & Beverages

10 ct. Pods or 10-12 oz.  
Selected Variety  
**Wide Awake  
Coffee**

**\$4.49**



11-14.75 oz. Selected Variety  
**Post  
Cereal**

**2/\$5**



24 oz. Selected Variety  
**Newman's Own  
Pasta Sauce**

**\$2.99**



4-4.1 oz. Selected Variety  
**Idahoan  
Mashed Potatoes**

**2/\$3**



16-17.6 oz. 4 Pack  
Selected Variety  
**Dole  
Fruit Cups**

**\$2.99**

23.5 oz. Selected Variety  
**Newman's Own  
Organic Pasta Sauce**

**\$4.49**

12-16 oz. Selected Variety  
**Ronzoni  
Pasta**

**2/\$3**

8-16 oz. Selected Variety  
**Ronzoni  
Lasagna**

**\$2.29**

6 oz. Selected Variety  
**Food Club  
Stuffing Mix**

**\$1.29**

15 oz. Selected Variety  
**Patak's  
Simmer Sauce**

**\$3.99**

2 oz.  
**Food Club  
Onion Mix**

**\$1.19**

30 oz. Salad Dressing or  
**Food Club  
Mayonnaise**

**\$3.69**

12 oz. Squeeze Bottle  
**Food Club  
Spicy Brown Mustard**

**\$1.39**

8 oz. Squeeze Bottle  
**Food Club  
Yellow Mustard**

**79¢**

6 oz. Selected Variety  
**Pearls  
Olives**

**2/\$5**

16 oz. Selected Variety  
**Food Club  
Pickles**

**\$2.29**

5-6 oz. Selected Variety  
**Pam  
Cooking Spray**

**\$3.49**

12 oz. Selected Variety  
**Food Club  
Gravy**

**2/\$3**



16 oz. Selected Variety  
**Food Club  
Dressing**

**2/\$4**



2 lb. Bag, Selected Variety  
**Food Club  
Baking Sugar**

**\$2.59**



9-10.75 oz. Selected Variety  
**Doritos  
Tortilla Chips**

**\$3.99**

7 oz. Selected Variety  
**PopCorners  
Popped-Corn  
Snacks**

**2/\$7**

15.25-18.4 oz. Brownie Mix or Selected Variety  
**Pillsbury  
Cake Mix or Frosting**

**\$1.79**

5 lb. Selected Variety  
**Food Club  
All-Purpose Flour**

**\$2.59**

5 lb. Selected Variety  
**King Arthur Baking Company  
Organic Flour**

**\$8.29**

2-3 lb. Selected Variety  
**King Arthur Baking Company  
Gluten Free Flour**

**\$8.99**

8.1 oz.  
**Davis or Rumford  
Baking Powder**

**\$3.89**

10 oz. Selected Variety  
**Food Club  
Marshmallows**

**99¢**

12-15.6 oz. Selected Variety  
**Skittles, Lifesavers, or Starburst  
Candies**

**\$4.49**

7.4-10.83 oz. Selected Variety  
**Mars  
Chocolate Candies**

**\$4.99**

6 oz. Selected Variety  
**Diamond of California  
Almonds**

**\$3.99**

13 oz. Selected Variety  
**Crav'n Flavor  
Potato Chips**

**\$3.29**

4-5 oz. Selected Variety  
**Pop Zup  
Popcorn**

**\$4.99**

8.5-12 oz. Selected Variety  
**Crav'n Flavor  
Fudgy Cookies**

**2/\$5**

8 oz. Selected Variety  
**Miss Vickie's  
Kettle Cooked Potato Chips**

**\$3.99**



# Pet & Household



6 Mega Rolls, Selected Variety  
**Cottonelle**  
Bath Tissue

**\$9.29**



12-16 lb. Selected Variety  
**Kingsford**  
Charcoal Briquets

**\$12.99**

2 Double Rolls, Choose-A-Sheet  
**Scott**  
Paper Towels

**\$3.29**

250 sq. ft.  
Stretch-tite  
Plastic Food Wrap

**\$3.99**

# Frozen & Dairy



5-8 oz. Selected Variety  
**Sargento**  
Shredded Cheese

**\$2.99**



52 oz. Selected Variety  
**Food Club**  
Orange Juice

**\$3.49**

OWN  
BRAND



12 oz. Pkg. Selected Variety  
**Bays**  
English Muffins

**\$3.29**



4.5-6.7 oz. Selected Variety  
**Chobani**  
Greek Yogurt

**4/\$5**



32 oz. Selected Variety  
**Stonyfield**  
Organic  
Yogurt

**\$4.49**



12 oz. Selected Variety  
**Food Club**  
Vegetables

**\$1.29**

OWN  
BRAND

10 oz. Selected Variety  
**Food Club**  
Cheese Snack Squares **\$2.99**

9-14 oz. Selected Variety  
**Pictsweet Farms**  
Vegetables **2/\$5**

26 oz. Italian  
**Celentano**  
Meatballs **\$6.49**

16-24 oz. 6-8 Packs  
Selected Variety Drinks or  
**Stonyfield Organic**  
Yogurt **\$4.29**

18.3-18.9 oz. Selected Variety  
**Ellio's**  
Frozen Pizza **\$3.99**

1.5 qt. Selected Variety  
**Tillamook**  
Ice Cream **\$5.99**

32 oz. Selected Variety Non-Dairy  
**Wide Awake**  
Coffee Creamer **\$3.49**

12-14 oz. Selected Variety  
**Amy's**  
Pizza **\$7.99**

30 oz. Selected Variety  
**Crav'n Flavor**  
Ice Cream Bars **\$3.99**

32 oz. Selected Variety Dairy  
**Wide Awake**  
Coffee Creamer **\$3.99**

7.5-9 oz. Selected Variety Pot Pie or  
**Amy's**  
Macaroni & Cheese **\$3.99**

42 oz. Selected Variety  
**Crav'n Flavor**  
Ice Cream Sandwiches **\$3.49**

8 oz. Extra Creamy  
**Cabot**  
Premium Butter Quarters **\$2.99**

25-28 oz. Selected Variety  
**On-Cor**  
Frozen Meals **\$4.49**

18-30 oz. Strawberry Shortcake or  
Orange Cream  
**Crav'n Flavor**  
Ice Cream Bars **\$2.99**

8 oz. Selected Variety  
**Daisy**  
Sour Cream **\$1.49**

12.84-16 oz. Selected Variety  
**Mrs. T's**  
Pierogies **\$2.99**

16.9-36.8 oz. Mickey Mouse  
or Selected Variety  
**Drumstick** or **Nestlé**  
Frozen Novelties **\$7.49**

16 oz. Ranch or French Onion  
**Daisy**  
Dip **\$2.49**

30-36.8 oz.  
**Oreo**  
Ice Cream Cones or Cups **\$7.99**



# Meat, Deli, & Seafood

Certified Angus Beef® Boneless  
**Bottom Round Rump Roast** **\$4.99**  
lb

Certified Angus Beef® Family Pack  
**Round Cube Steak** **\$6.99**  
lb

Fresh, Bone In  
**Rib End Pork Roast** **\$1.69**  
lb

16 oz. Pkg. Chicken & Pork  
**Sugardale  
Hot Dogs** **\$1.99**

8 oz. Pkg. Selected Variety Anytime Favorites  
**Smithfield  
Boneless Ham Steak** **\$3.49**

16 oz. Pkg. St. Louis Style  
**Lloyd's  
Pork Spareribs** **\$8.99**

7-9 oz. Pkg. Selected Variety  
**Hillshire Farm  
Ultra Thin Deli Meat** **\$4.99**

8 oz. Pkg. Selected Variety  
**Applegate Naturals or Organics  
Breaded Chicken** **\$6.99**

Deli Sliced  
**New England Traditions  
Pastrami or Corned Beef** **\$12.99**  
lb

Deli Sliced  
**Dietz & Watson  
Bacon Lovers Turkey** **\$10.99**  
lb

Deli Sliced  
**Dietz & Watson  
Gouda Cheese** **\$9.99**  
lb

Deli Fresh  
**Häns Kissle  
Seafood Salad** **\$7.99**  
lb

Deli Fresh, Twist Pasta Salad or  
**Häns Kissle  
Red Dill Potato Salad** **\$3.99**  
lb

1 lb. Pkg. 16-20 ct. Frozen  
**Sea Best  
Easy Peel Raw Shrimp** **\$8.49**

1 lb. Pkg. 41-50 ct. Tail On, Frozen  
**Sea Best  
Cooked Shrimp** **\$7.99**



Certified Angus Beef®  
Boneless, Family Pack  
**New York  
Sirloin Steak** **\$7.49**  
lb



Fresh, Bone In, Family Pack  
**Loin Cut  
Pork Chops** **\$1.99**  
lb



Fresh, Boneless, Family Pack  
**Jumbo  
Chicken Breast** **\$3.29**  
lb



**We have great  
deals for your  
next meals!**

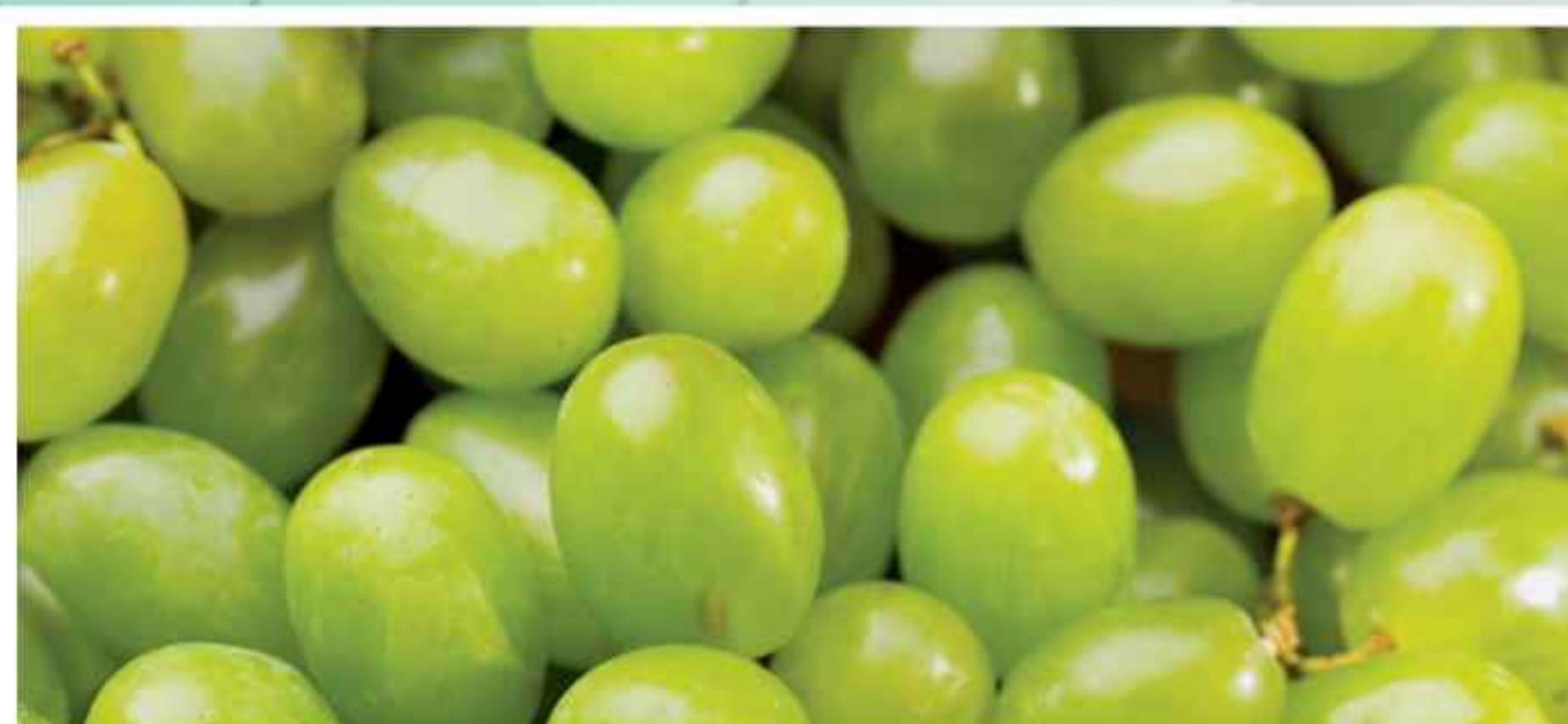


Deli Sliced  
**New England  
Traditions  
Swiss Cheese** **\$7.99**  
lb



9.8-10.8 oz. Pkg.  
Selected Variety  
**Lunchables** **\$2.49**

# Produce



Seedless  
**Welch's  
Green Grapes** **\$2.49**  
lb



**Pack a healthy  
snack!**

6 ct. Pkg.  
**Organic Mini Cucumbers** **\$2.99**

1 lb. Pkg.  
**Organic Mini Sweet Peppers** **\$3.59**

Tangy  
**Limes** **59¢**  
ea

12 oz. Pkg.  
**Pero Family Farms  
Snipped Green Beans** **\$2.69**

12 oz. Pkg. Flavor or Sugar Bombs  
**Sunset  
Tomatoes** **\$3.99**

Fresh  
**Zucchini or Summer  
Squash** **\$1.39**  
lb

2 lb. Pkg. All Purpose  
**Yellow Onions** **\$1.19**

Washington State  
**Pink Lady Apples** **\$1.59**  
lb



6 oz. Pkg.  
**Basket & Bushel  
Blackberries** **2/\$5**



Florida Fresh  
**Broccoli  
Crowns** **\$1.79**  
lb

## Lemon Avocado Toast

### Ingredients:

- 2 slices whole grain bread
- ½ avocado
- 2 tablespoons chopped fresh cilantro, or more to taste
- 1 teaspoon lemon juice, or to taste
- ¼ teaspoon lemon zest
- 1 pinch cayenne pepper
- 1 pinch fine sea salt
- ¼ teaspoon chia seeds

### Directions:

- Toast bread slices to desired doneness, 3 to 5 minutes.
- Mash avocado in a bowl; stir in cilantro, lemon juice, lemon zest, cayenne pepper, and sea salt. Spread avocado mixture onto toast and top with chia seeds.

