

SALES

Great deals available in July

Chebe
Garlic Onion Breadstick Mix, Gluten Free
\$3.49 (reg. \$3.99)



Aunt Fannie's
Cleaning Vinegar Wipes, Lavender
\$6.99 (reg. \$7.69)



Biokleen
Laundry Liquid, Free and Clear
\$12.99 (reg. \$15.29)



Ginger People
Gin Gins
\$2.39 (reg. \$2.79)



NOW
Lavender Essential Oil
\$9.99 (reg. \$11.99)



Santa Cruz
Lime Juice, Organic
\$5.29 (reg. \$5.99)



South of France
Bar Soap, Herbes de Provence
\$4.19 (reg. \$4.99)



Renew Life
Ultimate Flora, 50 Billion, 14 count
\$18.99 (reg. \$21.99)



601 N. Main Street, Newton, Kansas, 67114
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info@prairieharvestks.com
prairieharvestks.com

Store Hours:
10am-7pm Mon, Tue, Wed, Fri
10am-8pm Thu
9am-5pm Sat
Closed Sunday



ANNOUNCEMENTS

Thursdays with Salted Creamery

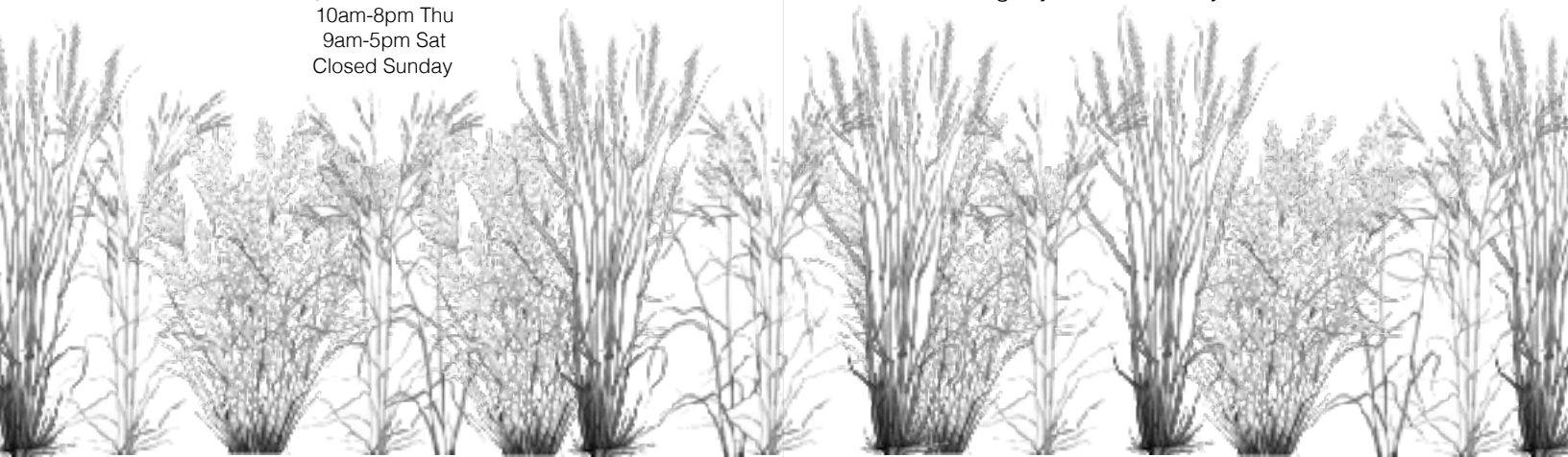
Every Thursday this summer join us for a delicious scoop of Salted Creamery ice cream. Kendra will have her cart parked out front scooping her small batch artisan ice cream from 5-8 pm. Pints and Quarts are also available in the cooler all summer to take and enjoy at home.

Fourth of July

The store will be closed for the Fourth of July (Tuesday) so that our employees can spend time with their families. We will be back open at our regular hours on the Fifth (Wednesday).

Tea Pots

In addition to all of our great sale items (see back) all of our tea pots, sets, and accessories are marked down! Make sure to get yours while they are still available!



LUNCH

Lunch is served 11-3:30pm. We serve different prepared from scratch meals each day of the week as well as our daily menu items in our deli cooler. Dine in or pick up the family-sized grab and go frozen meals from the freezer.

Monday

- Aunt Millie's Veggie Beef Soup - WF
- Lasagna (Beef or Black Bean - V)

Tuesday

- Sicilian Sausage Soup - WF
- Taco Bar (Beef or Vegetarian)

Wednesday

- Lentil Soup - WF
- Chicken Pot Pie

Thursday

- Vegetable Potato Soup - V
- Cajun Beans & Rice - WF, V

Friday

- Chicken Tortilla Soup - WF
- Macaroni & Cheese - V

Saturday

- Prairie Chili - V
- Macaroni & Cheese - V

Daily Menu Items

- Apricot Almond Chicken Salad on Greens - WF
- Tuna Salad on Greens as a wrap or sandwich
- Falafel Wrap w/ Tzatziki Sauce - V
- Gyro Wrap w/ Tzatziki Sauce
- Turkey Wrap or Sandwich
- Spinach Salad w/ Cranberries and Feta - WF, V
- Gingered Quinoa Salad - WF, V
- Fruit Salad w/ Seasonal Fruit - WF, V
- Hummus Cup w/ Veggies (Zesty or Italian) - WF, V
- Local Bison & Cheese Plate
- Grape & Cheese Cup - WF, V
- Peanut Butter w/ Veggies - WF, F
- Granola Parfait - WF, V
- Orange Cookie Parfait - WF, V
- Peanut Butter w/ Sesame Sticks - V

Key: V-vegetarian item, may contain dairy or eggs
WF-Weat free item

THURSDAY DINNER

Join us Thursdays for a delicious scratch made dinner served 4:30-8:00 pm. Call ahead to reserve your order by noon.

July 7th

- Shepherd's Pie

July 14th

- Local Beef Bierocks

July 21st

- Verenika Casserole

July 28th

- Local Beef Bierocks

Every Thursday

- Cajun Beans & Rice - WF, V and Daily Menu Items

Key: V-vegetarian item, may contain dairy or eggs
WF-Weat free item

BAKING SCHEDULE

Bread is baked fresh in store Monday-Friday each week and we have a variety of local Crust & Crumb breads available everyday.

Monday

- Cinnamon Raisin and 100% Whole Wheat
- Coffee Cake

Tuesday

- Oatmeal and Seven Grain

Wednesday

- Honey Whole Wheat and Cracked Wheat
- Crust & Crumb Croissants- Almond & Chocolate

Thursday

- Cinnamon-Orange Swirl and Seven Grain

Friday

- Zwieback
- Crust & Crumb Croissants - Almond & Chocolate
- Hamburger Buns

Daily

- Monster Cookies - WF, Date Bars - WF, Peanut Butter Chocolate Bars - WF, Chocolate Chip Pumpkin Muffins, Biscotti, Carrot Cake