

Shopping List: 10/6/2005

Baking Prod			Parsley	1	0.00
Jello - orange 3 oz.	1	1.50	Pepper	1	0.00
Evaporated milk	1	0.89	Marjoram	1	0.00
Beans			Flour	1	0.00
Black Beans- dried	1	1.50	Butter	1	0.00
Bread			Chili Powder	1	0.00
crusty bread	1	2.00	Cumin	1	0.00
French Bread	1	2.49	cooked chicken - fr. freezer	1	0.00
Canned Fruit			Sugar	1	0.00
Pineapple, crushed	1	1.75	Croutons	1	0.00
Canned Vegeta			Corn Meal	1	0.00
Canned Corn	1	0.90	Lettuce leaves	1	0.00
Mushroom Pieces - 4 oz.	1	0.85	Browned beef (from Freezer)	1	0.00
Cheese			Sauted Onion (from freezer)	1	0.00
Ricotta - 16 oz.	1	1.99	Paper-Plastic		
Ricotta - 8 oz.	1	1.25	8x8 foil pans	1	1.50
Velveeta -32 oz. (or store bra	1	5.50	Pasta / Rice		
Cheddar, sharp - 4 cups	1	4.00	Elbow Macaroni 16 oz.	1	1.73
Parmesan cheese - 8 oz	1	1.99	Lasagna noodles	1	1.50
Mozzarella cheese, sliced - 16	1	3.00	Rotini - whole wheat	1	1.20
Dairy/spreads			Produce		
Milk 2% - 1/2 gallon	1	2.29	Green Beans 1 lb.	1	3.00
Light Sour Cream - 8 oz	1	1.25	Celery	1	0.89
Pimiento cheese	1	2.00	Spinach - 1-1/4 lbs.	1	2.00
Eggs	1	1.75	onion (1)	1	0.40
Ethnic Food			Salad mix	1	1.99
Enchilada Sauce (red)	1	1.50	Sauces		
Frozen Vegeta			Tomato Sauce 8 Oz	1	0.30
Tator Tots	1	2.50	Spaghetti Sauce - 28 oz.	1	1.25
Broccoli Cuts 16 Oz	1	1.32	Soup		
Fruit			Chicken Broth	4	0.88
Mango, fresh or in jar	1	2.00	Cr. Of Chicken	1	0.89
Meat			Knorr Vegetable soup mix	1	2.00
Boneless chicken - 1 lb.	1	3.00	Cr. Of Mushroom	1	0.89
Steaks - 6	1	18.00	Total:		
Pantry Items			\$88.28		
Mayonnaise	1	0.00			
Salt	1	0.00			
Bread Crumbs	1	0.00			
Olive Oil	1	0.00			
Baking Powder	1	0.00			
Adobo	1	0.00			
Salad Dressing	1	0.00			
bell pepper, sauted (from free	2	0.00			