

Shopping List: 4/19/2006

Canned Vegeta			Salad mix	2	1.99
Mushroom Pieces - 4 oz.	1	0.85	Green Beans 1 lb.	1	3.00
Canned Corn	1	0.50	Acorn squash (1 per 2 people)	1	3.00
Cheese			Carrots-Baby	1	1.50
Parmesan cheese - 8 oz (bag)	1	1.99	Broccoli slaw	1	1.50
Feta - 4oz.	1	2.50	Celery	1	0.89
Mozzarella - 2 cups	1	1.50	Yellow bell pepper	1	3.00
Condiments			Refrig. Items		
ranch dressing mix	1	1.00	Teriyaki sauce	1	0.00
Freezer Items			Soy sauce/tamari	1	0.00
Sauted Onion (from freezer)	1	0.00	Sour cream	1	0.00
Frozen Vegeta			Hot sauce	1	0.00
Baby/petite peas	2	2.00	Eggs	2	0.00
Meat			Garlic cloves	1	0.00
Chicken parts - 1 lbs.	4	2.50	Mayonnaise	1	0.00
Hot Italian Sausage - 1 lb.	1	2.50	Salad Dressing	1	0.00
Flank Steak - 1-1/2 lb.	1	5.00	Milk	1	0.00
Pepperoni	1	1.39	Butter	1	0.00
Pantry Items			Sauces		
Vegetable Oil (pref. light oli	1	0.00	Spaghetti Sauce - 28 oz.	1	1.25
Flour	1	0.00	Tomato Sauce 8 Oz	1	0.30
Sugar	1	0.00	tomatoes - diced 14.5	1	1.50
Poppy seed	1	0.00	Snacks		
Red Wine Vinegar	1	0.00	Buttery Round Crackers (Ritz)	1	2.00
Salt	1	0.00	Soup		
Olive Oil	1	0.00	Cr. Of Chicken	2	0.89
Oregano	1	0.00	Total:		
Pepper	1	0.00	\$67.61		
Balsamic vinegar	1	0.00			
Adobo	1	0.00			
Basil	1	0.00			
Brown Sugar	1	0.00			
cayenne pepper	1	0.00			
Worcestershire Sauce	1	0.00			
Dry Mustard	1	0.00			
Vinegar	1	0.00			
Croutons	1	0.00			
Paper-Plastic					
9x9 foil pans	1	1.50			
Pasta / Rice					
Orecchiette pasta (or med. she	1	2.50			
Rotini - whole wheat	1	1.20			
WW pasta shells - 16oz.	1	1.50			
Produce					
Green Onions	1	2.00			
Asparagus 1lb	2	1.99			