

Shopping List: 10/3/2006

Beans			Corn Meal	1	0.00
Great northern beans - 15.5 oz	2	1.25	Bread Machine ingredients for	1	0.00
Canned Fruit			Salt	1	0.00
Mandarin orange slices	1	2.00	cayenne pepper	1	0.00
Maraschino cherries	1	1.50	Tarragon	1	0.00
Pineapple, crushed - 8 oz.	1	1.75	Garlic powder	1	0.00
Pineapple, crushed	1	1.75	Garlic salt	1	0.00
Canned Vegeta			Basil	1	0.00
Canned Corn	1	0.50	Vinegar	1	0.00
Canned Green Beans 32 oz.	1	2.00	Flour	1	0.00
Cheese			Garlic clove	5	0.00
Parmesan cheese - 8 oz (bag)	1	1.99	Pasta / Rice		
Mozzarella - 4 cups	1	3.50	Barley	1	1.50
Dairy/spreads			Vermicelli	1	1.00
Whipping Cream - 1 cup	1	1.11	Egg Noodles	1	1.50
Cream cheese, 3 oz.	1	1.00	Produce		
Light sour cream - 8 oz.	1	0.99	Salad greens	1	1.99
Pimienta cheese	1	2.00	Red Bell Pepper	1	2.50
Half & Half - 8 oz.	1	2.00	Celery	1	0.89
Ethnic Food			Salad mix-ins	1	2.00
Green Chiles (diced)	1	1.00	Broccoli Florets, bag	1	2.00
Freezer Items			zucchini	1	0.75
Sauted Onion (from freezer)	2	0.00	Carrots	1	1.60
Gr. beef from freezer	1	0.00	Napa Cabbage	1	2.00
cooked chicken - fr. freezer	1	0.00	Mushrooms, sliced	2	1.99
Frozen Vegeta			Tomatoes, ripe	3	1.00
Peas And Carrots 16 Oz	1	1.03	Green Onions	1	2.00
Meat			Yellow bell pepper	1	3.00
bacon	1	2.50	onion (1)	2	0.40
Kielbasa, smoked (fully cooked)	1	2.99	Green Bell Pepper	2	0.79
Chicken parts - 1 lbs.	2	3.50	Refrig. Items		
Nuts			Soy sauce/tamari	1	0.00
Slivered almonds	1	1.75	Lemon Juice	1	0.00
Pecans 1/2 cup	1	2.00	Lettuce leaves	1	0.00
Pantry Items			Butter	1	0.00
Oregano	1	0.00	Eggs	1	0.00
Baking Powder	1	0.00	Mayonnaise	1	0.00
Olive Oil	1	0.00	Milk	1	0.00
Parsley	1	0.00	Sauces		
Pepper, black	1	0.00	Alfredo sauce (1 lb. jar)	1	2.00
Vegetable Oil (pref. light oli)	1	0.00	Tomato Sauce 8 Oz	2	0.30
Thyme	1	0.00	Soup		
Italian seasoning	1	0.00	Ramen noodles (any flavor)	2	0.15
Sugar	1	0.00	Chicken Broth	4	0.88
Pizza crust ingredients or pre	1	0.00	Cr. Of Mushroom	1	0.89
Total:					\$82.26