Shopping List: 10/10/2006

Beans		
Can of black beans	1	0.75
Bread		
Dinner rolls	1	2.00
Canned Vegeta		
Canned Corn	3	0.50
Black Olives	1	1.50
Cheese		
Cheddar shredded - 2 cups	1	2.50
Cream Cheese Soft 8 Oz	1	1.50
Cheddar, sharp - 4 cups	1	4.00
Mexican Blend - 2 cups	2	2.00
Condiments		
Ranch Dressing	1	1.99
good seasons italian packet	1	3.00
Ethnic Food		
Enchilada Sauce (red)	1	1.50
Whole Wheat tortillas	1	2.50
Fish		
Flaky white fish 2 lbs.	1	8.00
Freezer Items		
Black beans (from freezer)	2	0.00
Browned beef (from Freezer)	1	0.00
Frozen Vegeta		
Okra - 10 oz., not breaded	1	2.00
Meat		
Beef Roast - 3-4 lbs.	1	7.50
Chicken parts - 1 lbs.	4	3.50
Pantry Items		
Cornstarch	1	0.00
Dry Mustard	1	0.00
Pepper, black	1	0.00
Salt	1	0.00
Pizza crust ingredients or pre	1	0.00
Vinegar	1	0.00
Red Wine Vinegar	1	0.00
Basil	1	0.00
Vegetable Oil (pref. light oli	1	0.00
Adobo	1	0.00
Lemon pepper	1	0.00
Oregano	1	0.00
olive oil spray	1	0.00
Pasta / Rice		
Elbow Macaroni 8 oz.	1	1.25

Produce		
New potatoes (red) 1 lb.	1	2.00
onion (1)	1	0.40
Cauliflower - 2 heads	1	3.00
Tomatoes, ripe	1	1.00
Salad mix-ins	1	2.00
Salad greens	2	1.99
Red Bell Pepper	1	2.50
Green Onions	1	2.00
Green Bell Pepper	1	0.79
Green Beans 1 lb.	1	3.00
Refrig. Items		
Salsa	1	0.00
Salad Dressing	1	0.00
Milk	1	0.00
Lettuce leaves	1	0.00
Sour cream	1	0.00
Soy sauce/tamari	1	0.00
Butter	1	0.00
Carrots	3	0.00
Sauces		
Rotel tomatoes and green chili	2	1.00
Total:		**$82.16**