

Shopping List: 10/17/2006

Bread			Red Onion	1	1.00
Ciabatta bread	1	2.50	Salad greens	2	1.99
Canned Vegeta			Red Bell Pepper	1	2.50
Canned Corn	3	0.50	Salad mix-ins	2	2.00
Canned Green Beans 32 oz.	1	2.00	Refrig. Items		
Glory Collard Greens	1	2.00	Tomato	1	0.00
Cheese			Lettuce leaves	1	0.00
Cheddar shredded - 2 cups	1	2.50	Mustard	1	0.00
Mozzarella - shredded 8 oz.	2	2.00	Lemon Juice	1	0.00
Mexican Blend - 2 cups	1	2.00	Eggs	2	0.00
Parmesan cheese - 8 oz (bag)	1	1.99	Salad Dressing	1	0.00
Dairy/spreads			Sour cream	1	0.00
Crescent rolls - low fat	2	1.50	Butter	1	0.00
Refrigerated Cookie Dough - ju	1	2.50	Sauces		
Ethnic Food			Spaghetti Sauce - 28 oz.	2	1.25
Enchilada Sauce (red)	1	1.50	Rotel tomatoes and green chili	1	1.00
Whole Wheat tortillas	1	2.50	Total:		
Freezer Items			\$63.74		
Sauted Onion (from freezer)	1	0.00			
Peppers & onions (from freezer)	1	0.00			
Browned beef (from Freezer)	3	0.00			
Black beans (from freezer)	1	0.00			
Frozen Dessert					
Vanilla Ice Cream 1/2 gal.	1	4.00			
Frozen Pasta					
Frozen Ravioli	1	4.99			
Fruit					
Bag of Granny Smith apples	1	3.00			
Meat					
Pepperoni	2	1.39			
Pork Chops - 6 large	1	6.00			
Pantry Items					
Garlic clove	5	0.00			
Vegetable Oil (pref. light oli	1	0.00			
Salt	1	0.00			
Bread Crumbs	1	0.00			
Vanilla Extract	1	0.00			
Sugar	1	0.00			
Red Wine Vinegar	1	0.00			
Parsley	1	0.00			
Adobo	1	0.00			
Sugar sprinkles	1	0.00			
Pizza crust ingredients or pre	1	0.00			
Pepper, black	1	0.00			
Produce					