

Shopping List: 11/21/2006

Bread				Salad mix-ins	1	2.00
Bread of your choice	1	2.00		onion (1)	1	0.40
Canned Vegeta				Salad greens	1	1.99
Canned Green Beans 32 oz.	1	2.00		Green Onions	1	2.00
Cheese				Refrig. Items		
Parmesan cheese - 8 oz (bag)	1	1.99		Leftover turkey	1	0.00
Mozzarella - shredded 8 oz.	2	2.00		Eggs	1	0.00
Monterey Jack cheese, shredded	1	2.50		Salad Dressing	1	0.00
Cream Cheese Brick 3 Oz	1	0.75		Mayonnaise	1	0.00
				Soy sauce/tamari	1	0.00
Dairy/spreads				Sauces		
Crescent rolls - low fat	2	1.50		tomatoes - diced 14.5	1	1.50
Pillsbury bread sticks	1	1.50		Spaghetti Sauce - 28 oz.	2	1.25
Vanilla yogurt - 8 oz.	1	0.50		Crushed Tomatoes, 28 oz.	1	1.25
Ethnic Food				Soup		
Frozen Edamame	1	2.50		Chicken Broth	2	0.88
Green Chiles (diced)	1	1.00		Beef Broth	2	0.89
Freezer Items				Total:		
Browned beef (from Freezer)	1	0.00		\$52.80		
Sauted Onion (from freezer)	1	0.00				
Frozen Pasta						
Frozen Ravioli	1	4.99				
Frozen Vegeta						
Mixed Vegetables 12 Oz	1	0.99				
cut corn - 12 oz.	1	0.99				
Peas And Carrots 16 Oz	1	1.03				
Fruit						
Grapes	1	1.99				
Bag of Granny Smith apples	1	3.00				
Meat						
Pepperoni	1	1.39				
Nuts						
Walnuts	1	1.50				
Pantry Items						
Pizza crust ingredients or pre	1	0.00				
Garlic clove	1	0.00				
Pepper, black	1	0.00				
Croutons	1	0.00				
Salt	3	0.00				
Parsley	1	0.00				
Brown rice	1	0.00				
Rice (preferably Calrose)	1	0.00				
Thyme	1	0.00				
Produce						