

Shopping List: 11/28/2006

Beans			Tarragon	1	0.00
Black Beans- dried	1	1.50	Salt	1	0.00
Green peas, dried - 12 oz.	1	0.99	Sugar	1	0.00
Bread			Pasta / Rice		
crusty bread	1	2.00	Yellow Rice, lg. pkg.	1	2.50
Canned Fruit			Produce		
peaches	1	1.50	Green Bell Pepper	3	0.79
Fruit Cocktail 16 Oz	1	1.18	Tomatoes, ripe	1	1.00
Pineapple chunks	2	2.00	Leaf Lettuce	1	0.00
Canned Vegeta			onion (1)	2	0.40
Canned Corn	2	0.50	Mushrooms, whole	1	1.59
Cheese			Refrig. Items		
Cheddar block	1	2.50	Soy sauce/tamari	1	0.00
Cheddar shredded - 2 cups	1	2.50	Lemon Juice	1	0.00
Parmesan cheese - 8 oz (bag)	1	1.99	Buttermilk	1	0.00
Mozzarella - shredded 8 oz.	1	2.00	Butter	1	0.00
Ethnic Food			Salsa	1	0.00
taco mix & shells	1	2.00	Milk	1	0.00
Enchilada Sauce (red)	1	1.50	Sauces		
Freezer Items			Spaghetti Sauce - 28 oz.	1	1.25
Browned beef (from Freezer)	1	0.00	Soup		
cooked chicken - fr. freezer	1	0.00	Chicken gravy	2	1.50
Frozen Dessert			Chicken Broth	2	0.88
Pepp. Farm puff pastry shells	1	2.50	Total:		
Frozen Vegeta			\$56.81		
Broccoli cuts - 8 oz.	1	0.99			
Fruit					
Apples	1	3.00			
Meat					
Ham slices (honey or country)	1	4.00			
Pepperoni	1	1.39			
Chicken breasts, boneless - 2.	1	6.00			
Pantry Items					
Pizza crust ingredients or pre	1	0.00			
Adobo	1	0.00			
Pepper, black	1	0.00			
Oregano	1	0.00			
Basil	1	0.00			
Olive Oil	1	0.00			
Flour	1	0.00			
Cinnamon	1	0.00			
Self-rising Flour	1	0.00			
Cumin	1	0.00			
Red Wine Vinegar	1	0.00			