

Menus4Moms Grocery List for 4/28/08

Created by

Shopping List: 4/21/2008

<b>Bread</b>			Carrots-Baby	1	1.50
Sliced Sandwich Bread	1	2.50	Onions - bag	1	2.00
Italian bread	1	2.50	Mushrooms, whole	1	1.59
<b>Canned Vegeta</b>			Baking potatoes - 5 lb. bag	1	3.00
Canned Corn 14.5 oz	1	0.50	Baby spinach (bag)	1	2.99
<b>Dairy/spreads</b>			scallions/green onions	2	2.00
Light sour cream - 8 oz.	1	0.99	Red Bell Pepper	1	2.50
Vanilla yogurt - 8 oz.	1	0.50	Green Bell Pepper	1	0.79
Cream Cheese 8 oz	1	2.00	White Potatoes	1	3.00
<b>Ethnic Food</b>			<b>Refrig. Items</b>		
Rice Noodles - dried	1	1.50	Salad Dressing	1	0.00
<b>Freezer Items</b>			Milk	1	0.00
ham, diced (from freezer)	1	0.00	Garlic, minced - jar	1	0.00
<b>Frozen Vegeta</b>			Butter	1	0.00
Peas	1	1.50	Parmesan Cheese	1	0.00
Broccoli Cuts 16 Oz	1	1.32	Eggs	2	0.00
<b>Fruit</b>			<b>Soup</b>		
Bag of Granny Smith apples	1	3.00	Chicken Broth	2	0.88
Grapes	1	1.99	Cr. Of Mushroom	1	0.89
<b>Meat</b>			Beef Broth	1	0.89
Boneless chicken breasts - 6	1	7.00	<b>Total:</b>		
Eye of Round Roast - 3-4 lbs.	1	8.00	<b>\$66.81</b>		
<b>Nuts</b>					
Walnuts	1	1.50			
peanuts	1	2.50			
<b>Pantry Items</b>					
Flour	1	0.00			
Adobo	1	0.00			
Croutons	1	0.00			
Sugar	1	0.00			
Soy sauce	1	0.00			
Vinegar	1	0.00			
Vanilla Extract	1	0.00			
sunflower seeds	1	0.00			
Honey	1	0.00			
Brown rice	1	0.00			
Raisins	1	0.00			
Olive Oil	1	0.00			
Salt	1	0.00			
Oregano	1	0.00			
paprika	1	0.00			
Pepper, black	1	0.00			
Peanut butter	1	0.00			
<b>Pasta / Rice</b>					
Linguine	1	1.50			
<b>Produce</b>					
Carrots	1	1.60			
ginger	1	1.50			