

Menus4Moms Grocery List for 7/7/08

Created by

Shopping List: 6/30/2008

Beans			Parsley	1	0.00
Black Beans- dried	1	1.50	Sugar	1	0.00
Bread			Cumin	1	0.00
Pita bread - 6 ct.	1	2.00	Vinegar	1	0.00
French Rolls	1	2.50	Vegetable Oil (pref. light oli	1	0.00
Italian bread	1	2.50	Bay leaf	1	0.00
Canned Fruit			Adobo	1	0.00
Pineapple chunks	1	2.00	Balsamic vinegar	1	0.00
Canned Vegeta			Basil	1	0.00
Diced tomatoes - 14.5 oz.	1	1.00	Hot sauce	1	0.00
Tomato Paste - 6 oz.	1	0.50	Thyme	1	0.00
Stewed tomatoes	1	1.00	Tarragon	1	0.00
Cheese			Garlic salt	1	0.00
Parmesan cheese - 8 oz (bag)	1	1.99	Ground coriander - optional	1	0.00
Mozzarella - shredded 8 oz.	2	2.00	Pasta / Rice		
Ricotta - 8 oz.	1	1.25	Jumbo Shells	1	2.00
Ricotta - 16 oz.	1	1.99	Produce		
Cheddar shredded - 2 cups	1	2.50	zucchini	3	0.75
Cheddar, sharp - 4 cups	1	4.00	Tomatoes, ripe	5	1.00
Condiments			Green Onions	1	2.00
Dry Onion Soup Mix	1	2.00	Mushrooms, sliced	1	1.99
Ethnic Food			Green Bell Pepper	1	0.79
Enchilada Sauce (red)	1	1.50	Basil-fresh	1	1.99
Whole wheat tortillas - 12 ct.	1	2.00	cucumbers	2	2.00
Taco seasoning	1	1.25	Red Bell Pepper	3	2.50
Fish			Potatoes, 5 lb. bag	1	3.00
Tilapia - 2 lbs.	1	6.00	Red Onion	2	1.00
Freezer Items			Refrig. Items		
Sauted Onion (from freezer)	1	0.00	Garlic cloves	6	0.00
cooked chicken - fr. freezer	1	0.00	Sandwich peppers or relish	1	0.00
Frozen Vegeta			Eggs	1	0.00
Green beans	1	2.00	Lemon Juice	1	0.00
Cut Corn 16 Oz	2	1.15	Sour cream	1	0.00
Fruit			Mustard	1	0.00
Red grapes	2	2.50	Lettuce leaves	1	0.00
Apples	1	3.00	Mayonnaise	1	0.00
Bananas 1lb	1	0.59	Sauces		
Lemon	2	0.75	Spaghetti Sauce - 28 oz.	1	1.25
Meat			Snacks		
Beef Roast - 3-4 lbs.	1	7.50	Potato chips	1	3.00
Pantry Items			Total:		
Olive Oil (2+ cups)	1	0.00	\$100.14		
Oregano	1	0.00			
Rice, your preference	1	0.00			
Salt	1	0.00			
Pepper, black	1	0.00			
paprika	1	0.00			