

Menus4Moms Grocery List for 7/28/08

Created by

Shopping List: 7/21/2008

				Bread Machine ingredients for	1	0.00
Baking Prod				Self-rising Flour	1	0.00
Pepp. Farm Stuffing bag 18 oz.	1	3.00		Baking Powder	1	0.00
Powdered Sugar	1	0.00		Corn Meal	1	0.00
				Cinnamon	1	0.00
Canned Fruit				Flour	1	0.00
Pineapple chunks 20 oz.	1	2.00		Cumin	1	0.00
				Olive Oil	1	0.00
Canned Vegeta				Parsley	1	0.00
Diced tomatoes - 14.5 oz.	1	1.00				
Canned Corn 14.5 oz	3	0.50				
Pimiento - 4 oz	1	2.00		Pasta / Rice		
Black Olives	1	1.50		Spiral pasta (WW)	1	1.50
Cheese				Produce		
Mozzarella - shredded 8 oz.	2	2.00		Green Onions	1	2.00
Cheddar shredded - 2 cups	2	2.50		yellow squash - 3 lbs.	1	3.00
Mexican Blend - 2 cups	2	2.00		Tomatoes, ripe	1	1.00
				onion (1)	1	0.40
Condiments				Green Bell Pepper	4	0.79
Ranch Dressing Mix	2	1.00		Red Bell Pepper	1	2.50
Ranch Dressing	1	1.99		Lettuce, variety pack	1	4.00
Dairy/spreads				Refrig. Items		
Sour Cream - 16 oz	1	1.99		Butter	1	0.00
Sour cream - 8 oz.	1	0.99		Carrots	1	0.00
Eggs - dz	1	2.00		Buttermilk	1	0.00
Refrigerated Pizza Dough	1	1.50		Milk 4+ c.	1	0.00
				Sour cream	1	0.00
Ethnic Food				Eggs	1	0.00
Whole wheat tortillas - 12 ct.	1	2.00		Bacon or bacon bits	1	0.00
Freezer Items				Sauces		
Browned beef (from Freezer)	1	0.00		Spaghetti Sauce - 28 oz.	1	1.25
Sauted Onion (from freezer)	4	0.00				
cooked chicken - fr. freezer 3	1	0.00		Soup		
				Cr. Of Chicken	3	0.89
Frozen Vegeta				Chicken Broth	3	0.88
Cut Green Beans 16 Oz	1	1.15				
Broccoli cuts - 8 oz.	1	0.99		Total:		\$77.22
Fruit						
Grapes	1	1.99				
Meat						
Ham, diced 3 cups	1	5.00				
Chicken parts - 1 lbs.	2	2.50				
Miscellaneous						
Foil pans, 9x9	1	2.50				
Pantry Items						
Adobo	1	0.00				
Rice, your preference	1	0.00				
Salt	1	0.00				
Cilantro	1	0.00				
Pepper, black	1	0.00				
Chili Powder	1	0.00				
Sugar	1	0.00				
Tabasco	1	0.00				
Vanilla Extract	1	0.00				