

Menus4Moms Grocery List for 9/1/08

Created by

Shopping List: 8/25/2008

Beans			Egg Noodles	1	1.50
Can of black beans	2	0.75	Wild Rice Blend	1	2.00
Bread			Produce		
Sourdough Bread	1	2.99	Onion (1)	1	0.40
Canned Vegeta			yellow squash - 3 lbs.	1	3.00
Canned Corn 14.5 oz	2	0.50	Baking Potatoes - 5 lb. bag	1	3.00
Rotel	1	1.50	Asparagus 1lb	1	1.99
Cheese			Red Bell Pepper	1	2.50
Mexican Blend - 2 cups	1	2.00	Green Onions	1	2.00
Ethnic Food			Zucchini	2	0.75
Enchilada Sauce (red)	1	1.50	Refrig. Items		
Whole Wheat Tortillas - 12 ct.	1	2.00	Lemon Juice	1	0.00
Freezer Items			Tomato	1	0.00
Browned Beef (from Freezer)	1	0.00	Parmesan Cheese	1	0.00
Sauted Onion (from freezer)	1	0.00	Lettuce Leaves	1	0.00
Frozen Dessert			Butter	1	0.00
Frozen whipped topping, 8 oz	1	1.50	Garlic Cloves	1	0.00
Frozen Vegeta			Salad Dressing	1	0.00
Cut Green Beans 16 Oz	1	1.15	Sour Cream	1	0.00
Okra - 10 oz., not breaded	2	2.00	Cheddar cheese, grated	1	0.00
Mixed Vegetables 16 Oz	1	1.50	Baby Carrots	1	0.00
Fruit			Sauces		
Peaches - 2	1	1.00	Alfredo Sauce (1 lb. jar)	1	2.00
Meat			Soup		
Top Round-London Broil 2-3 lbs	1	10.00	Onion Soup Mix	1	2.50
Chicken Breasts, Boneless 2lbs	2	6.00	Total:		\$67.53
Pantry Items					
Red Wine Vinegar	1	0.00			
Pecans	1	0.00			
Pepper, Black	1	0.00			
Olive Oil	1	0.00			
Oregano	1	0.00			
Parsley	1	0.00			
Sugar	1	0.00			
Vegetable Oil (pref. light oli	1	0.00			
Basil	1	0.00			
Soy Sauce	1	0.00			
Salt	1	0.00			
Brown Sugar	1	0.00			
Adobo	1	0.00			
Garlic Powder	1	0.00			
Garlic Salt	1	0.00			
Lemon Pepper	1	0.00			
Cinnamon	1	0.00			
Croutons	1	0.00			
Dill	1	0.00			
Pasta / Rice					
Linguine	1	1.50			