

**Menus4Moms Grocery List for 10/06/08**

Created by

Shopping List: 9/29/2008

<b>Bread</b>				
Italian Bread	1	2.50		
Dinner rolls	1	2.00		
<b>Canned Vegeta</b>				
French onions (Durkee) - 6oz	1	2.00		
Pimiento - 4 oz	1	2.00		
Creamed Corn	2	1.00		
Mushroom Pieces - 4 oz.	1	0.85		
<b>Cheese</b>				
Parmesan Cheese - 8 oz (bag)	1	1.99		
Cheddar, Shredded - 2 cups	1	2.50		
Monterey Jack cheese, shredded	1	2.50		
<b>Condiments</b>				
Good Seasons Italian Packet	1	3.00		
<b>Dairy/spreads</b>				
Sour Cream-16 oz.	1	1.99		
Half & Half - 16 oz.	1	1.99		
<b>Ethnic Food</b>				
Green Chiles (diced)	1	1.00		
<b>Freezer Items</b>				
Browned Beef (from Freezer)	1	0.00		
Sauteed Onion (from freezer)	1	0.00		
<b>Frozen Vegeta</b>				
Broccoli Cuts 16 Oz	1	1.32		
Tater Tots - 32oz	1	3.50		
Peas	1	1.50		
<b>Fruit</b>				
Kiwi	2	0.50		
Cantaloupe	1	2.00		
Red Grapes	1	1.99		
Bag of Granny Smith apples	1	3.00		
Bananas	1	0.85		
Plum	2	0.50		
<b>Meat</b>				
Chicken - whole roaster	1	4.50		
Ham butt or shoulder, smoked	1	10.00		
<b>Pantry Items</b>				
Onion Powder	1	0.00		
Olive Oil	1	0.00		
Cumin	1	0.00		
Dry Mustard	1	0.00		
Pepper, Black	1	0.00		
Paprika	1	0.00		
Cornstarch	1	0.00		
Garlic Powder	1	0.00		
White Pepper	1	0.00		
Cayenne Pepper	1	0.00		
Thyme	1	0.00		
Salt	1	0.00		
<b>Pasta / Rice</b>				
Wild Rice Blend	1	2.00		
Elbow Macaroni 8 oz.	1	1.25		
Linguine	1	1.50		
<b>Produce</b>				
Scallions	1	2.00		
Salad mix-ins	1	2.00		
Cilantro, fresh	1	2.00		
Green Beans 1 lb.	1	3.00		
Sugar Snap Peas 6 oz.	2	2.00		
Onion (1)	1	0.40		
Mushrooms, Whole (4 oz.)	2	1.59		
<b>Refrig. Items</b>				
Garlic Cloves	1	0.00		
Butter	1	0.00		
Lettuce Leaves	1	0.00		
Salad Dressing	1	0.00		
Milk	1	0.00		
<b>Snacks</b>				
Tortilla chips	1	2.50		
<b>Soup</b>				
Chicken Broth	2	0.88		
Cr. Of Mushroom	1	0.89		
Cr. of Celery	1	0.89		
<b>Total:</b>				<b>\$84.35</b>