

Menus4Moms Grocery List for 10/20/08

Created by

Shopping List: 10/12/2008

Baking Prod			Vanilla Extract	1	0.00
Bisquick	1	2.00	Vinegar	1	0.00
Banana pudding, 1 oz.	1	0.99	White Pepper	1	0.00
			Soy sauce	1	0.00
Bread			Oats-Quick cooking Oats	1	0.00
Dinner Rolls	1	2.00	Sugar	1	0.00
			Pepper, Black	1	0.00
Canned Vegeta			Salt	1	0.00
Mexican Corn	2	0.75			
			Pasta / Rice		
Cheese			Spiral Pasta (WW)	1	1.50
Velveeta -16 oz. (or store bra	1	4.50			
Mozzarrella - 4 cups	1	3.50	Produce		
			ginger	1	1.50
Condiments			Carrots	1	1.60
Peanut Butter	1	2.50	Red Bell Pepper	1	2.50
			Green Bell Pepper	2	0.79
Crackers			Onion	3	0.40
Vanilla wafers	1	2.00	Baking Potatoes - 5 lb. bag	1	3.00
			Greens of choice	1	3.00
Dairy/spreads			Green Onions	1	2.00
Half & Half - 16 oz.	1	1.99	Leaf Lettuce	1	1.50
			Tomatoes, Ripe	1	1.00
Ethnic Food					
Green Chiles (diced)	1	1.00	Refrig. Items		
Thai chili sauce (opt)	1	2.50	Salad Dressing	1	0.00
Flour tortillas, 10" - 8 ct.	1	2.00	Milk	1	0.00
Rice Noodles - dried	1	1.50	Sour Cream	1	0.00
			Baby Carrots	1	0.00
Freezer Items			Eggs	1	0.00
Sauteed Onion (from freezer)	1	0.00	Garlic Cloves	2	0.00
Ham, diced (from freezer)	1	0.00	Cheddar Cheese, Grated	1	0.00
Cooked Chicken - Fr. Freezer	1	0.00	Butter	1	0.00
Frozen Vegeta			Sauces		
Ore Ida Hash Browns - 30 oz.	1	3.50	Tomato Paste 6 Oz	1	0.45
Peas And Carrots 16 Oz	1	1.03	Spaghetti Sauce - 28 oz.	1	1.25
Fruit			Soup		
Bananas	1	0.85	Cheddar Cheese Soup, condensed	1	1.00
Bag of Granny Smith apples	1	3.00	Chicken Broth	4	0.88
			Cr. of Celery	1	0.89
Meat			Cr. Of Chicken	2	0.89
Ground Beef - 1 lb.	5	2.50			
			Total:		\$81.13
Nuts					
Pine Nuts	1	3.00			
Pantry Items					
Cinnamon	1	0.00			
Croutons	1	0.00			
Olive Oil	1	0.00			
Honey	1	0.00			
Cumin	1	0.00			
Chili Powder	1	0.00			
Flour	1	0.00			
Brown Rice	1	0.00			
Brown Sugar	1	0.00			
Italian seasoning	1	0.00			