

Menus4Moms Grocery List for 10/27/08

Created by

Shopping List: 10/20/2008

Beans			Sugar	1	0.00
Pork-n-beans, 28 oz.	2	1.00	Worcestershire Sauce	1	0.00
Great northern beans - 15.5 oz	2	1.60			
Bread			Pasta / Rice		
Hamburger Buns	1	1.50	Couscous	1	1.25
Dinner Rolls	1	3.00			
Canned Fruit			Produce		
Mandarin Orange Slices	1	1.00	Cabbage Slaw Mix	1	2.50
Pineapple Chunks	1	2.00	Tomatoes, Ripe	1	1.00
			Baking Potatoes - 5 lb. bag	1	3.00
Canned Vegeta			Onion (1)	1	0.40
Canned Corn 14.5 oz	1	1.00	Leaf Lettuce	1	1.50
			Cilantro, fresh (optional)	1	2.00
Cheese			Broccoli Bunch	2	0.75
Cheddar, sharp - 4 cups	1	4.00	Carrots-Baby	1	1.50
Condiments			Refrig. Items		
Bacon Bits	1	2.00	Mayonnaise	1	0.00
			Salad Dressing	1	0.00
Freezer Items			Lemon Juice	1	0.00
Browned Beef (from Freezer)	1	0.00	Milk	1	0.00
Sauteed Onion (from freezer)	1	0.00	Sour Cream	1	0.00
Peppers & onions (from freezer)	1	0.00	Eggs	1	0.00
			Butter	1	0.00
Frozen Vegeta			Mustard	1	0.00
Peas	1	1.70	Garlic Cloves	1	0.00
			Barbecue sauce	1	0.00
Fruit			Soup		
Apples	1	3.00	Chicken Broth	1	0.88
Grapes	1	2.99			
Oranges 1lb	1	0.49			
Bananas	1	0.85			
Meat			Total:		
Chicken parts - 1 lbs.	8	2.50			\$71.76
Pork Chops - 6 large	1	7.50			
Pantry Items					
Flour	1	0.00			
Croutons	1	0.00			
Baking Powder	1	0.00			
Red Wine Vinegar	1	0.00			
Cumin	1	0.00			
Garlic Powder	1	0.00			
Honey	1	0.00			
Corn Meal	1	0.00			
Brown Sugar	1	0.00			
Cinnamon	1	0.00			
Salt	1	0.00			
Pecans	1	0.00			
Tabasco	1	0.00			
Ketchup	1	0.00			
Olive Oil	1	0.00			
Oregano	1	0.00			
Adobo	1	0.00			
Pepper, Black	1	0.00			
Vinegar	1	0.00			