

Menus4Moms Grocery List for 12/29/08

Created by

Shopping List: 12/23/2008

Beans			Bread Crumbs	1	0.00
Can of Black Beans	1	0.75	Bay Leaf	1	0.00
Lentils	1	1.00	Worcestershire Sauce	1	0.00
			Oregano	1	0.00
Bread			Parsley	1	0.00
Crusty Bread	1	2.00	Non-Stick Cooking Spray	1	0.00
Hoagie rolls	1	2.50	Olive Oil	1	0.00
			Thyme	1	0.00
Canned Fruit			Pepper, Red	1	0.00
Pineapple Chunks	1	2.00	Sugar	1	0.00
Mandarin Orange Slices	1	1.00	Cumin	1	0.00
			Coconut, Shredded	1	0.00
Canned Vegeta			Red Wine Vinegar	1	0.00
Mexican Corn	2	0.75	Salt	1	0.00
Diced Tomatoes - 14.5 oz.	1	1.00	Brown Rice	1	0.00
			Pepper, Black	1	0.00
Cheese			Honey	1	0.00
Provolone slices	1	3.99	Ketchup	1	0.00
Mexican Blend - 2 cups	1	2.00			
			Produce		
Condiments			Red Onion	2	1.00
Stone-ground mustard	1	2.00	Spinach	1	2.00
Sandwich Peppers	1	2.50	Cucumbers	2	1.00
Chili Sauce	1	2.00	Tomatoes, Ripe	2	1.00
			Carrots	1	1.60
Dairy/spreads			Green Bell Pepper	1	0.85
Sour Cream-8 oz.	1	1.00	New Potatoes (Red) 1 lb.	3	1.50
			Onion (1)	1	0.40
Deli			Green Onions	1	2.00
Sliced Turkey Breast 16 Oz	2	4.20	Leaf Lettuce	2	2.00
Sliced Ham 16 Oz	2	4.48			
			Refrig. Items		
Ethnic Food			Condiments For Sandwiches	1	0.00
Flour tortillas, 10" - 8 ct.	1	2.00	Eggs	1	0.00
Green Chiles (diced)	1	1.00	Cheddar Cheese, Grated	1	0.00
			Butter	1	0.00
Freezer Items			Lemon Juice	1	0.00
Cooked Chicken - Fr. Freezer	1	0.00	Mayonnaise	1	0.00
Ham - fr. freezer	1	0.00	Garlic Cloves	1	0.00
Frozen Dessert			Snacks		
Cool Whip 8 oz.	1	2.00	Mini Marshmallows 16 Oz	1	1.19
Frozen Vegeta			Soup		
Broccoli Cuts 16 Oz	1	1.50	Beef Broth	2	0.89
Cut Corn 16 Oz	1	1.75	Cr. Of Mushroom	1	1.00
			Chicken Broth	2	0.88
Fruit					
Peaches - 3	1	2.50			
Oranges 1lb	1	1.00			
Meat					
Bacon	2	2.50			
Smoked Sausages	1	4.00			
Nuts					
Pecans 1/2 cup	1	2.00			
Pantry Items					
			Total:		\$92.43