

Menus4Moms Grocery List for 1/19/09

Created by

Shopping List: 1/12/2009

Canned Fruit			Cornstarch	1	0.00
Fruit Cocktail 16 Oz	2	1.18	Garlic Salt	1	0.00
Canned Vegeta			Chili Powder	1	0.00
Mexican Corn	2	0.75	Honey	1	0.00
Cheese			Beef Bouillon Granules	1	0.00
Cheddar, Shredded - 2 cups	2	2.50	Bread Crumbs	1	0.00
Cream Cheese Brick 3 Oz	1	0.75	Pasta / Rice		
Condiments			Brown Rice (Texmati)	1	2.50
Ranch Dressing Mix	1	1.00	Produce		
Dairy/spreads			Baking Potatoes - 5 lb. bag	1	4.00
Sour Cream-16 oz.	1	1.99	Yellow Squash - 3 lbs.	1	3.00
Refrigerated Crescent Rolls	1	1.50	Zucchini	2	0.75
Fish			Carrots-Baby	1	2.50
Salmon - 4 -6 oz. fillets	1	10.00	Tomatoes - Cherry	1	2.00
Freezer Items			Red Onion	1	1.00
Cooked Chicken - Fr. Freezer	2	0.00	Green Bell Pepper	1	0.85
Sauteed Onion (from freezer)	1	0.00	Greens of Choice	1	3.00
Leftover Pork Chops	1	0.00	Red Bell Pepper	1	2.50
Browned Beef (from Freezer)	1	0.00	Refrig. Items		
Frozen Dessert			Butter	1	0.00
Pepp. Farm Puff Pastry Shells	1	3.00	Lemon Juice	1	0.00
Frozen Vegeta			Bacon or bacon bits	1	0.00
Peas	2	1.50	Milk	1	0.00
Broccoli Cuts 16 Oz	1	1.50	Garlic, minced - jar	1	0.00
Green Beans	1	2.50	Snacks		
Fruit			Tortilla Chips	1	2.50
Apples	1	3.00	Soup		
Meat			Crn. of Potato	1	1.00
Ground Beef - 1 lb.	5	2.50	Chicken Gravy	2	1.50
Nuts			Chicken Broth	2	0.88
Sliced Almonds-sm. bag	1	2.00	Total:		\$82.71
Pantry Items					
Soy Sauce	1	0.00			
Oregano	1	0.00			
Non-stick cooking spray	1	0.00			
Minced Garlic, Dried	1	0.00			
Onion, dried minced	1	0.00			
Olive Oil	1	0.00			
Pecans	1	0.00			
Basil	1	0.00			
Rosemary, Dried	1	0.00			
Salt	1	0.00			
Poultry Seasoning	1	0.00			
Adobo	1	0.00			
Pepper, Black	1	0.00			
Pepper, Red	1	0.00			
Cumin	1	0.00			