

Menus4Moms Grocery List for 1/26/09

Created by

Shopping List: 1/20/2009

Beans			Sugar	1	0.00
Great northern beans - 15.5 oz	2	1.25	Flour	1	0.00
			Corn Meal	1	0.00
Canned Fruit			Pasta / Rice		
Applesauce	1	1.69	Lasagna noodles	1	1.50
			Couscous	1	1.25
Canned Juices			Calrose Rice	1	3.89
Apple Juice 32 Oz	1	1.21			
			Produce		
Canned Vegeta			Asparagus 1lb	2	1.99
Canned Corn 14.5 oz	2	0.50	Onion (1)	1	0.40
			Cilantro, fresh	1	2.00
Dairy/spreads			Green Onions	1	2.00
Refrigerated Biscuits	1	1.50			
eggs	1	2.00	Refrig. Items		
			Butter	1	0.00
Desserts			Buttermilk	1	0.00
Pudding Choc 4/4.25 Oz	1	1.42	Milk	1	0.00
			Garlic Cloves	1	0.00
Ethnic Food					
Kikkoman Stir-fry sauce	1	2.00	Soup		
			Cr. Of Chicken	1	0.89
Freezer Items			Chicken Broth	6	0.88
Sauteed Onion (from freezer)	1	0.00			
Cooked Chicken - Fr. Freezer	1	0.00	Total:		\$67.87
Frozen Dessert					
Vanilla Ice Cream 1/2 gal.	1	4.00			
Frozen Vegeta					
Peas And Carrots 16 Oz	1	1.03			
Stir-Fry vegetables	1	2.00			
Fruit					
Pears - 4	1	2.84			
Granny Smith Apple	1	0.99			
Cantaloupe	1	2.00			
Meat					
Pork Tenderloin - 2 lbs.	1	7.50			
Boneless chicken - 1 lb.	1	3.00			
Sausage links (precooked)	1	4.00			
Chicken Breasts, Boneless	1	6.00			
Pantry Items					
Salt	1	0.00			
Ground ginger	1	0.00			
Olive Oil	1	0.00			
Oregano	1	0.00			
Pepper, Black	1	0.00			
Soy Sauce	1	0.00			
Vegetable Oil (pref. light oli	1	0.00			
Tabasco	1	0.00			
Cinnamon	1	0.00			
Brown Sugar	1	0.00			
Adobo	1	0.00			
Baking Powder	1	0.00			
Baking Soda	1	0.00			
Cumin	1	0.00			