

**Menus4Moms Shopping List for 2/9/09**

Created by

Shopping List: 2/9/2009

				French Bread	1	2.49
<b>Fruit</b>				Hoagie Rolls	1	2.00
Apples	1	3.00				
Bananas	1	0.75				
Grapes	1	1.99		<b>Frozen Pasta</b>		
Oranges 1lb	1	1.00		Frozen Ravioli	1	4.99
Peaches - 3	1	2.50				
				<b>Produce</b>		
<b>Refrig. Items</b>				Green Bell Pepper	4	0.85
Baby Carrots	1	0.00		Onions - Bag	1	2.00
Butter	1	0.00		Red Bell Pepper	1	2.50
Buttermilk	1	0.00		Tomatoes, Ripe	1	1.00
Garlic Cloves	1	0.00				
Lemon Juice	1	0.00		<b>Ethnic Food</b>		
Lettuce Leaves	1	0.00		Green Chiles (diced)	1	1.00
Salad Dressing	1	0.00		Whole Wheat tortillas 6"	1	2.50
Salsa	1	0.00				
Sour Cream	1	0.00		<b>Meat</b>		
				Kielbasa, smoked (fully cooked	1	2.99
<b>Pantry Items</b>				Sausage links (precooked)	1	4.00
Baking Powder	1	0.00				
Croutons	1	0.00		<b>Canned Fruit</b>		
Flour	1	0.00		Pineapple Chunks	1	2.00
Garlic Salt	1	0.00				
Non-Stick Cooking Spray	1	0.00		<b>Baking Prod</b>		
Olive Oil	1	0.00		Self-Rising Flour	1	1.50
Olive Oil Spray	1	0.00				
Parsley	1	0.00		<b>Sauces</b>		
Pepper, Black	1	0.00		Spaghetti Sauce - 28 oz.	1	1.50
Red Wine Vinegar	1	0.00				
Rice, your preference	1	0.00		<b>Total:</b>		<b>\$72.98</b>
Salt	1	0.00				
Sugar	1	0.00				
<b>Beans</b>						
Black Beans- dried	2	1.50				
<b>Frozen Vegeta</b>						
Breaded Okra	1	2.00				
Broccoli Cuts 16 Oz	1	1.50				
<b>Canned Vegeta</b>						
Canned Corn 14.5 oz	1	0.75				
Roasted Red Peppers (jar)	1	2.00				
<b>Cheese</b>						
Cheddar, Shredded - 2 cups	1	2.50				
Cottage Cheese, 8 oz	1	1.00				
Cream Cheese Brick 3 Oz	1	0.75				
Italian Blend - 8oz.	1	1.89				
Mexican Blend - 2 cups	1	2.00				
Mozzarella - Shredded 8 oz.	2	2.00				
Provolone Slices	1	3.99				
<b>Freezer Items</b>						
Cooked Chicken - Fr. Freezer	1	0.00				
Peppers & onions (from freezer	1	0.00				
<b>Dairy/spreads</b>						
Eggs	1	2.00				
Yogurt	1	2.49				

**Bread**