

**Menus4Moms Shopping List for 2/16/09**

Created by

Shopping List: 2/11/2009

				Couscous	1	1.25
<b>Canned Fruit</b>				Spaghetti- 8 oz.	4	0.80
Mandarin Orange Slices	1	1.00				
Pineapple Chunks	2	2.00				
				<b>Produce</b>		
<b>Canned Vegeta</b>				Baby spinach (bag)	1	2.99
Canned Corn 14.5 oz	1	0.75		Green Bell Pepper	2	0.85
Tomato sauce - 8 oz.	2	0.50		Green Onions	1	2.00
				Mushrooms, Whole (4 oz.)	3	2.00
<b>Cheese</b>				Onion (1)	4	0.40
Cheddar, Shredded - 2 cups	2	2.50		Tomatoes, Ripe	3	1.00
Feta - 4oz.	1	2.25				
Monterey Jack cheese, shredded	2	2.50		<b>Refrig. Items</b>		
Mozzarella - Shredded 8 oz.	2	2.00		Baby Carrots	1	0.00
Ricotta - 16 oz.	1	1.99		Butter	1	0.00
				Garlic Cloves	1	0.00
<b>Dairy/spreads</b>				Lemon Juice	1	0.00
Eggs	1	2.00		Lettuce Leaves	1	0.00
Sour Cream-8 oz.	1	1.00		Milk	1	0.00
				Parmesan Cheese	1	0.00
<b>Ethnic Food</b>				Salad Dressing	1	0.00
Frozen Edamame	1	2.50				
				<b>Sauces</b>		
<b>Freezer Items</b>				Spaghetti Sauce - 28 oz.	2	1.50
Browned Beef (from Freezer)	3	0.00				
Sauteed Onion (from freezer)	1	0.00		<b>Soup</b>		
				Chicken Broth	2	0.88
<b>Frozen Vegeta</b>				Cr. Of Mushroom	1	1.00
Broccoli Cuts 16 Oz	1	1.50				
Brussels Sprouts 16 Oz	1	1.55		<b>Total:</b>		<b>\$75.06</b>
Peas And Carrots 16 Oz	1	1.03				
<b>Fruit</b>						
Grapes	1	1.99				
<b>Meat</b>						
Pepperoni	2	2.50				
Pork Chops - 6 large	1	6.00				
<b>Pantry Items</b>						
Adobo	1	0.00				
Basil	1	0.00				
Cinnamon	1	0.00				
Coconut, Shredded	1	0.00				
Croutons	1	0.00				
Flour	1	0.00				
Garlic Salt	1	0.00				
Honey	1	0.00				
Italian seasoning	1	0.00				
Non-Stick Cooking Spray	1	0.00				
Olive Oil	1	0.00				
Oregano	1	0.00				
Pepper, Black	1	0.00				
Pizza Crust Ingredients or pre	1	0.00				
Rice (preferably Calrose)	1	0.00				
Salt	1	0.00				
Soy Sauce	1	0.00				
Vegetable Oil (pref. light oli	1	0.00				
White Cooking Wine	1	0.00				
<b>Pasta / Rice</b>						