Menus4Moms Shopping List for 2/23/09
Created by
Shopping List: 2/17/2009

Frozen Vegeta			
Asparagus	1	2.50	
Peas And Carrots 16 Oz	1	1.03	
Refrig. Items			
Bacon Or Bacon Bits	1	0.00	
Butter	1	0.00	
Salad Dressing	1	0.00	
Produce			
Bag Baby Spinach	1	2.50	
Baking Potatoes - 5 Lb. Bag	1	4.00	
Green Beans 1 Lb.	1	3.00	
Green Onions	1	2.00	
Mushrooms, Sliced	1	1.99	
Fruit			
Bag Of Granny Smith Apples	1	3.00	
Oranges 1lb	1	1.00	
Pantry Items			
Balsamic Vinegar	1	0.00	
Basil	1	0.00	
Beef Bouillon Granules	1	0.00	
Brown Sugar	1	0.00	
Cayenne Pepper	1	0.00	
Cinnamon	1	0.00	
Cornstarch	1	0.00	
Croutons	1	0.00	
Dry Mustard	1	0.00	
Flour	1	0.00	
Hot Sauce	1	0.00	
Non-Stick Cooking Spray	1	0.00	
Olive Oil	1	0.00	
Pepper, Black	1	0.00	
Raisins	1	0.00	
Salt	1	0.00	
Self-Rising Flour	1	0.00	
Soy Sauce	1	0.00	
Tarragon	1	0.00	
Vegetable Oil (pref. Light Oil	1	0.00	
Worcestershire Sauce	1	0.00	
Soup			
Beef Broth	1	0.89	
Cr. Of Chicken	1	1.00	
Baking Prod			
Bisquick	1	2.00	
Dairy/spreads			
Buttermilk	1	3.00	
Eggs	1	2.00	
Milk (gallon)	1	3.50	
Sour Cream-16 Oz.	1	1.99	
Cheese			
Cheddar, Shredded - 2 Cups	3	2.50	
Freezer Items			

Cooked Chicken - Fr. Freezer	1	0.00
Meatballs (from Freezer)	1	0.00
Bread		
Crusty Bread	1	2.00
Canned Meals		
Dried Beef - Small Jar	1	2.50
Pasta / Rice		
Egg Noodles	1	1.50
Elbow Macaroni 8 Oz.	1	1.25
Spaghetti- 8 Oz.	1	0.80
Condiments		
Good Seasons Italian Packet	1	3.00
Ethnic Food		
Green Chiles (diced)	1	1.00
Canned Vegeta		
Pimiento - 4 Oz	1	2.00
Cereal		
Quick Oats Oatmeal 42 Oz	1	2.31
Nuts		
Sunflower Seeds	1	2.50
Fish		
Tilapia - 2 Lbs.	1	6.00
Total:		**$67.76**