

Menus4Moms Shopping List for 3/2/09

Created by

Shopping List: 2/24/2009

				Chicken Broth	1	0.88
Fruit				Cr. Of Golden Mushroom	1	1.00
Apples	1	3.00				
Bananas	1	0.75				
Cantaloupe	1	2.00		Condiments		
				Dry Onion Soup Mix	1	2.00
Frozen Vegeta						
Baby Lima Beans	1	1.50		Pasta / Rice		
Peas	1	1.50		Egg Noodles	1	1.50
Meat				Baking Prod		
Bacon	1	2.50		Evaporated Skim Milk	1	0.89
Beef Stew Meat - 2 lbs.	1	6.00		Jello - Orange 3 oz.	1	1.50
Chicken parts - 1 lbs.	3	2.50				
Ground Beef - 1 lb.	5	2.50		Bread		
				French Bread	1	2.49
Produce				Whole Grain Rolls	1	2.50
Baking Potatoes - 5 lb. bag	1	4.00				
Carrots	1	1.60		Cheese		
Celery	1	0.89		Italian Blend - 8oz.	1	1.89
Green Bell Pepper	1	0.85		Mozzarella - 4 cups	1	3.50
Mushrooms, Whole (4 oz.)	2	2.00		Parmesan Cheese - 8 oz (bag)	2	1.99
Onion (1)	1	0.40		Velveeta - 8 oz.	1	2.00
Tomatoes, Ripe	1	1.00				
				Canned Fruit		
Pantry Items				Pineapple, crushed - 8 oz.	1	1.75
Baking Powder	1	0.00				
Baking Soda	1	0.00		Cereal		
Basil	1	0.00		Quick Grits	1	2.00
Bread Crumbs	1	0.00				
Brown Sugar	1	0.00		Freezer Items		
CROUTONS	1	0.00		Sauteed Onion (from freezer)	1	0.00
Dry Red Wine	1	0.00				
Flour	1	0.00		Sauces		
Garlic Powder	1	0.00		Spaghetti Sauce - 28 oz.	1	1.50
Garlic Salt	1	0.00				
Non-Stick Cooking Spray	1	0.00		Total:		\$80.87
Olive Oil Spray	1	0.00				
Oregano	1	0.00				
Pecan Meal (optional)	1	0.00				
Pepper, Black	1	0.00				
Pizza Crust Ingredients or pre	1	0.00				
Salt	1	0.00				
Sugar	1	0.00				
Vanilla Extract	1	0.00				
Canned Vegeta						
Black Olives	1	1.50				
Refrig. Items						
Butter	1	0.00				
Buttermilk	1	0.00				
Cheddar Cheese, Grated	1	0.00				
Eggs	1	0.00				
Lettuce Leaves	1	0.00				
Mayonnaise	1	0.00				
Milk	1	0.00				
Salad Dressing	1	0.00				
Sour Cream	1	0.00				
Soup						