

**Menus4Moms Shopping List for 3/16/09**

Created by

Shopping List: 3/10/2009

				Broccoli Cuts 16 Oz	1	1.50
<b>Pantry Items</b>						
Adobo	1	0.00				
Cinnamon	1	0.00		<b>Soup</b>		
Coconut, Shredded	1	0.00		Brown Gravy	1	2.00
Croutons	1	0.00		Cr. Of Chicken	2	1.00
Curry Powder	1	0.00				
Flour	1	0.00		<b>Freezer Items</b>		
Garlic Powder	1	0.00		Browned Beef (from Freezer)	1	0.00
Honey	1	0.00		Cooked Chicken - Fr. Freezer	1	0.00
Lemon Pepper	1	0.00		Sauteed Onion (from Freezer)	1	0.00
Minced Garlic, Dried	1	0.00				
Olive Oil	1	0.00		<b>Frozen Dessert</b>		
Olive Oil Spray	1	0.00		Cool Whip 8 Oz.	1	2.00
Oregano	1	0.00		Vanilla Ice Cream 1/2 Gal.	1	4.00
Parsley	1	0.00				
Pecans	1	0.00		<b>Canned Vegeta</b>		
Pepper, Black	1	0.00		Diced Tomatoes - 14.5 Oz.	1	1.00
Raisins	1	0.00				
Red Wine Vinegar	1	0.00		<b>Condiments</b>		
Rice, Your Preference	1	0.00		Dry Onion Soup Mix	1	2.00
Rosemary, Dried	1	0.00		Good Seasons Italian Packet	1	3.00
Salt	1	0.00				
Stone-Ground Mustard	1	0.00		<b>Fish</b>		
Sugar	1	0.00		Flaky White Fish 2 Lbs.	1	8.00
Vegetable Oil (pref. Light Oil	1	0.00				
Vinegar	1	0.00		<b>Bread</b>		
				French Bread	1	2.49
<b>Fruit</b>				French Rolls	1	2.50
Apples	1	3.00				
Bananas	1	0.75		<b>Ethnic Food</b>		
Peaches (3)	1	2.50		Green Chiles (diced)	1	0.65
Strawberries Bskt	1	3.50		Refried Beans	2	1.50
				Whole Wheat Tortillas - 12 Ct.	1	2.00
<b>Refrig. Items</b>						
Applesauce	1	0.00		<b>Dairy/spreads</b>		
Butter	1	0.00		Half & Half - 8 Oz.	1	2.00
Cheddar Cheese, Grated	1	0.00		Refrigerated Biscuits	1	1.50
Lemon Juice	1	0.00				
Lettuce Leaves	1	0.00		<b>Cheese</b>		
Mayonnaise	1	0.00		Italian Blend - 8oz.	1	1.89
Mustard	1	0.00		Mexican Blend - 2 Cups	1	2.00
Salad Dressing	1	0.00		Mozzarella - Shredded 8 Oz.	1	2.00
Salsa	1	0.00		Parmesan Cheese - 8 Oz (bag)	1	1.99
Sour Cream	1	0.00				
				<b>Canned Fruit</b>		
<b>Produce</b>				Mandarin Orange Slices	1	1.00
Avocados	2	1.50		Pineapple Chunks	1	2.00
Bag Baby Spinach	1	2.50				
Green Beans 1 Lb.	1	3.00		<b>Baking Prod</b>		
Green Onions	1	2.00		Mini Marshmallows	1	2.00
Jalapenos (optional)	1	0.00		Pepp. Farm Stuffing - Sm. Bag	1	1.50
Mushrooms, Whole (4 Oz.)	1	2.00				
New Potatoes (red) 1 Lb.	3	1.50		<b>Pasta / Rice</b>		
Red Onion	1	1.00		Penne Pasta 12 Oz.	1	1.50
Tomatoes, Ripe	1	1.00				
				<b>Sauces</b>		
<b>Meat</b>				Spaghetti Sauce - 28 Oz.	1	1.50
Bacon	1	2.50				
Eye Of Round Roast - 3-4 Lbs.	1	8.00		<b>Snacks</b>		
				Sunflower Seeds	1	2.50
<b>Frozen Vegeta</b>						

	<b>Total:</b>		<b>\$98.77</b>