

Menus4Moms Shopping List for 4/20/09

Created by

Shopping List: 4/14/2009

	Cheese				
	American cheese slices	1	2.50	Canned Vegeta	
	Cheddar, Shredded - 2 cups	2	2.50	French onions (Durkee) - 6oz	1 2.00
	Swiss Cheese block	1	2.00	Mushroom Pieces - 4 oz.	1 0.85
	Fruit			Baking Prod	
	Apples	1	3.00	Jello - Orange 3 oz.	1 1.50
	Grapes	1	1.99		
				Canned Fruit	
	Pantry Items			Mandarin Orange Slices	2 1.00
	Brown Sugar	1	0.00	Pineapple Chunks	2 2.00
	Cinnamon	1	0.00		
	Coconut, Shredded	1	0.00	Snacks	
	Croutons	1	0.00	Mini Marshmallows 16 Oz	1 1.19
	Non-Stick Cooking Spray	1	0.00	Nacho Cheese Doritos	1 3.99
	Pepper, Black	1	0.00		
	Rice, your preference	1	0.00	Bread	
	Salt	1	0.00	Sliced Sandwich Bread	1 2.50
	Vanilla Extract	1	0.00		
	White Cooking Wine	1	0.00	Dairy/spreads	
				Sour Cream-16 oz.	2 1.99
	Freezer Items			Vanilla Yogurt - 32 oz.	1 3.00
	Browned Beef (from Freezer)	2	0.00		
	Cooked Chicken - Fr. Freezer	1	0.00	Frozen Vegeta	
	Ham, diced (from freezer)	2	0.00	Tater Tots - 32oz	1 3.50
	Sauteed Onion (from freezer)	2	0.00		
				Total:	\$78.63
	Refrig. Items				
	Butter	1	0.00		
	Salad Dressing	1	0.00		
	Produce				
	Carrots-Baby	1	2.50		
	Cherry Tomatoes	1	2.00		
	Green Beans 1 lb.	1	3.00		
	Green Bell Pepper	2	0.85		
	Greens of choice	1	3.00		
	Iceberg Lettuce	1	1.75		
	Onion (1)	1	0.40		
	Sweet Potatoes (2 medium)	1	4.00		
	Tomatoes, Ripe	1	1.00		
	Frozen Dessert				
	Cool Whip (12 oz.)	1	2.50		
	Soup				
	Cr. of Celery	1	1.00		
	Cr. Of Mushroom	2	1.00		
	Tomato Soup	2	0.89		
	Spices				
	Dry Taco seasoning packet	1	1.00		
	Pasta / Rice				
	Egg Noodles	1	1.50		
	Tri-Color Spiral Macaroni	1	1.50		
	Condiments				
	French dressing (pale orange)	1	2.00		
	Good Seasons Italian Packet	1	3.00		