

**Menus4Moms Shopping List for 5/11/09**

Created by

Shopping List: 5/5/2009

				Mushrooms, Sliced	2	1.99
<b>Fruit</b>				Red Bell Pepper	1	2.50
Apples	1	3.00		Sweet Potatoes	1	4.00
Peaches - 3	1	2.50		Tomatoes, Ripe	1	1.00
Red Grapes	1	1.99				
<b>Freezer Items</b>				<b>Soup</b>		
Black beans (from freezer)	1	0.00		Chicken Broth	3	0.88
Cooked Chicken - Fr. Freezer	1	0.00		Cr. Of Chicken	2	1.00
Ham, diced (from freezer)	1	0.00		Cr. Of Mushroom	2	1.00
Sauteed Onion (from freezer)	1	0.00				
				<b>Dairy/spreads</b>		
<b>Frozen Vegeta</b>				Cream cheese, 3 oz.	1	1.50
Broccoli Florets - 32 oz.	1	3.50		Vanilla yogurt - 8 oz.	1	0.50
Cut Corn 16 Oz	1	1.15				
Peas	3	1.50		<b>Ethnic Food</b>		
				Flour tortillas, 10" - 8 ct.	1	2.00
<b>Pasta / Rice</b>				Green Chiles (diced)	1	1.00
Brown Rice (Texmati)	1	2.50				
Linguine	1	1.50		<b>Bread</b>		
				Italian Bread	1	2.50
<b>Pantry Items</b>						
Brown Sugar	1	0.00		<b>Cheese</b>		
Croutons	1	0.00		Mexican Blend - 2 cups	1	2.00
Cumin	1	0.00		Parmesan Cheese - 8 oz (bag)	2	1.99
Dill	1	0.00				
Flour	1	0.00		<b>Fish</b>		
Honey	1	0.00		Salmon - 4 -6 oz. fillets	1	10.00
Non-Stick Cooking Spray	1	0.00				
Olive Oil	1	0.00		<b>Meat</b>		
Oregano	1	0.00		Split Chicken Breasts - 1 lb.	6	1.50
Pecans	1	0.00				
Pepper, Black	1	0.00		<b>Nuts</b>		
Poppy Seed	1	0.00		Walnuts	1	2.50
Rosemary, Dried	1	0.00				
Salt	1	0.00		<b>Total:</b>		<b>\$93.09</b>
Sugar	1	0.00				
<b>Refrig. Items</b>						
Butter	1	0.00				
Cheddar Cheese, Grated	1	0.00				
Lemon Juice	1	0.00				
Milk	1	0.00				
Salad Dressing	1	0.00				
Sour Cream	1	0.00				
<b>Snacks</b>						
Buttery Round Crackers (Ritz)	1	2.00				
<b>Canned Vegeta</b>						
Canned Green Beans - 15 oz.	4	1.00				
Diced Tomatoes - 14.5 oz.	1	1.00				
French onions (Durkee) - 6oz	1	2.00				
Mexican Corn	2	0.75				
<b>Produce</b>						
Carrots-Baby	1	2.50				
Green Bell Pepper	1	0.85				
Green Onions	1	2.00				
Leaf Lettuce	1	2.00				
Minced Garlic Jar, 4.5 oz.	1	1.50				