

Menus4Moms Shopping List for 6/1/09

Created by

Shopping List: 5/26/2009

Produce				
Bag Baby Spinach	1	2.50	Soup	
Mushrooms, Sliced	1	1.99	Cr. of Celery	1 1.00
Sugar Snap Peas 6 oz.	2	2.00	Cr. Of Mushroom	1 1.00
Fruit			Canned Vegeta	
Bananas	1	0.75	French onions (Durkee) - 6oz	1 2.00
Strawberries Bskt	1	3.50	Mushroom Pieces - 4 oz.	1 0.85
Pantry Items			Bread	
Basil	1	0.00	Italian Bread	1 2.50
Bread Crumbs	1	0.00		
Brown Sugar	1	0.00	Baking Prod	
Cornstarch	1	0.00	Jell-O Strawberry Banana 3 oz.	1 0.79
Croutons	1	0.00		
Flour	1	0.00	Canned Fruit	
Garlic Powder	1	0.00	Mandarin Orange Slices	1 1.00
Ground Ginger	1	0.00	Pineapple Chunks (20 oz.)	2 2.00
Honey	1	0.00		
Mustard-Deli Style	1	0.00	Dairy/spreads	
Non-Stick Cooking Spray	1	0.00	Sour Cream-16 oz.	2 1.99
Olive Oil	1	0.00		
Oregano	1	0.00	Sauces	
Pepper, Black	1	0.00	Spaghetti Sauce - 28 oz.	2 1.50
Pizza Crust Ingredients or pre	1	0.00		
Raisins	1	0.00	Pasta / Rice	
Rice (preferably Calrose)	1	0.00	Spiral Pasta	1 1.50
Salt	1	0.00		
Soy Sauce	1	0.00	Nuts	
Sugar	1	0.00	Sunflower Seeds	1 2.50
Vanilla Extract	1	0.00		
Vegetable Oil (pref. light oil)	1	0.00	Total:	\$79.35
Frozen Vegeta				
Broccoli Florets - 32 oz.	1	3.50		
Green Beans (16 oz.)	1	2.50		
Tater Tots - 32oz	1	3.50		
Freezer Items				
Browned Beef (from Freezer)	1	0.00		
Sauteed Onion (from freezer)	1	0.00		
Refrig. Items				
Butter	1	0.00		
Eggs	1	0.00		
Milk	1	0.00		
Salad Dressing	1	0.00		
Cheese				
Cheddar, Shredded - 2 cups	1	2.50		
Mozzarella - 4 cups	1	3.50		
Parmesan Cheese - 8 oz (bag)	1	1.99		
Meat				
Chicken Breasts, Boneless	2	6.00		
Ham, diced 3 cups	1	5.00		
Roundsteak - sliced	1	6.00		
Frozen Dessert				
Cool Whip 8 oz.	1	2.00		