Menus4Moms Shopping List for 6/8/09
Created by
Shopping List: 6/2/2009

Sauces		
Alfredo Sauce (1 lb. jar)	1	2.00
Frozen Vegeta		
Broccoli Cuts 16 Oz	1	1.50
Mixed Vegetables 16 Oz	1	1.50
Stir-Fry vegetables (16 oz.)	1	2.00
Tater Tots - 16oz	1	2.50
Pantry Items		
Brown Sugar	1	0.00
Cinnamon	1	0.00
Coconut, Shredded	1	0.00
Croutons	1	0.00
Flour	1	0.00
Garlic Powder	1	0.00
Ketchup	1	0.00
Non-Stick Cooking Spray	1	0.00
Olive Oil	1	0.00
Pepper, Black	1	0.00
Salt	1	0.00
Sugar	1	0.00
Freezer Items		
Browned Beef (from Freezer)	1	0.00
Cooked Chicken - Fr. Freezer	1	0.00
Ham, Cubed (from freezer)	1	0.00
Peppers & onions (from freezer	1	0.00
Refrig. Items		
Butter	1	0.00
Cheddar Cheese, Grated	1	0.00
Eggs	1	0.00
Milk	1	0.00
Mustard	1	0.00
Salad Dressing	1	0.00
Pasta / Rice		
Calrose Rice	1	3.89
Egg Noodles	1	1.50
Yellow Rice, lg. pkg.	1	2.50
Canned Vegeta		
Canned Corn 14.5 oz	1	0.75
Produce		
Carrots-Baby	1	2.50
Green Beans 1 lb.	1	3.00
Green Bell Pepper	1	0.85
Green Onions	1	2.00
Leaf Lettuce	1	2.00
Sweet Potatoes	1	4.00
Tomatoes, Ripe	1	1.00
Bread		
French Bread	1	2.49
Hamburger Buns	1	1.50
Sourdough Bread	1	2.99
Ethnic Food		

Frozen Edamame (12 oz)	1	2.50
Kikkoman Stir-fry sauce	1	2.00
Frozen Dessert		
Frozen whipped topping, 8 oz	1	1.50
Condiments		
Good Seasons Italian Packet	1	3.00
Meat		
Ham butt/shoulder, smoked (8lb	1	15.00
Canned Fruit		
Mandarin Orange Slices	1	1.00
Pineapple Chunks	2	2.00
Snacks		
Mini Marshmallows 16 Oz	1	1.19
Total:		**$70.66**