

**Menus4Moms Shopping List for 6/15/09**

Created by

Shopping List: 6/9/2009

	<b>Frozen Vegeta</b>				Corn On Cob - 4 ears	1	2.00
	Baby Lima Beans 16 oz.	1	1.50		Green Onions	1	2.00
	Broccoli Florets - 32 oz.	1	3.50		Mushrooms, Sliced	1	1.99
	Brussels Sprouts 16 Oz	2	1.55		Mushrooms, Whole (4 oz.)	1	2.00
	Cut Corn - 12 oz.	1	1.50		Salad Greens	1	1.99
	<b>Condiments</b>				<b>Soup</b>		
	Balsamic Viniagrette Dressing	1	1.50		Cr. Golden Mushroom	1	1.35
	Dry Onion Soup Mix	1	2.00		Cr. Of Mushroom	1	1.00
	Italian Dressing - 8 oz.	1	1.75				
					<b>Canned Fruit</b>		
	<b>Fruit</b>				Craisins	1	2.75
	Bananas	1	0.75		Mandarin Orange Slices	1	1.00
	Oranges 1lb	1	1.00		Tropical Fruit-29 oz.	1	1.99
	Strawberries Bskt	1	3.50				
					<b>Bread</b>		
	<b>Pantry Items</b>				Crusty Bread	1	2.00
	Basil	1	0.00				
	Bread Crumbs	1	0.00		<b>Pasta / Rice</b>		
	Brown Rice	1	0.00		Egg Noodles 16 oz.	2	1.50
	Croutons	1	0.00				
	Dry Red Wine	1	0.00		<b>Frozen Dessert</b>		
	Flour	1	0.00		Frozen whipped topping, 8 oz	1	1.50
	Garlic Clove	1	0.00				
	Pecans	1	0.00		<b>Canned Juices</b>		
	Pepper, Black	1	0.00		Lime juice	1	1.99
	Pizza Crust Ingredients or pre	1	0.00				
	Raisins	1	0.00		<b>Dairy/spreads</b>		
	Salt	1	0.00		Sour Cream-16 Oz.	1	1.99
	Thyme	1	0.00		Vanilla yogurt - 6 oz.	1	0.50
	Vanilla Extract	1	0.00				
	White Cooking Wine	1	0.00		<b>Nuts</b>		
	Worcestershire Sauce	1	0.00		Sunflower Seeds	1	2.50
	<b>Meat</b>				<b>Total:</b>		<b>\$81.93</b>
	Beef Stew Meat - 2 lbs.	1	6.00				
	Boneless chicken - 1 lb.	3	3.00				
	<b>Cheese</b>						
	Blue Cheese - 8 oz.	1	4.00				
	Cheddar, Shredded - 2 cups	1	2.50				
	Mexican Blend - 2 cups	1	2.00				
	Parmesan Cheese - 8 oz (bag)	1	1.99				
	<b>Refrig. Items</b>						
	Butter	1	0.00				
	Milk	1	0.00				
	Salad Dressing	1	0.00				
	<b>Baking Prod</b>						
	Coconut	1	2.00				
	Jell-O Strawberry Banana 3 oz.	1	0.79				
	Mini Marshmallows	1	2.00				
	<b>Freezer Items</b>						
	Cooked Chicken - Fr. Freezer	1	0.00				
	Ham, diced (from freezer)	1	0.00				
	Sauteed Onion (from freezer)	1	0.00				
	Sloppy Joes Sauce	1	0.00				
	<b>Produce</b>						