

**Menus4Moms Shopping List for 6/22/09**

Created by

Shopping List: 6/16/2009

	<b>Pasta / Rice</b>				Flank Steak - 2 lb.	1	7.00
	Angel hair pasta - 8oz.	1	1.00		Hot Dogs	1	2.50
	Elbow Macaroni 8 oz.	2	1.25				
					<b>Dairy/spreads</b>		
	<b>Canned Fruit</b>				Milk-(gallon)	1	3.50
	Applesauce	1	2.00		Sour Cream-8 oz.	1	1.00
	Mandarin Orange Slices	2	1.00				
	Pineapple Chunks	2	2.00		<b>Sauces</b>		
					Pesto sauce	1	2.50
	<b>Refrig. Items</b>						
	Bacon or bacon bits	1	0.00		<b>Canned Vegeta</b>		
	Butter	1	0.00		Pork and Beans - 28 oz	2	2.00
	Garlic Cloves	1	0.00				
	Mustard	1	0.00		<b>Ethnic Food</b>		
					Teriyaki Sauce	1	1.50
	<b>Produce</b>						
	Baking Potatoes - 10 lb bag	1	6.00		<b>Total:</b>		<b>\$74.32</b>
	Cherry Tomatoes	1	2.00				
	Green Bell Pepper	1	0.85				
	Greens of choice	1	3.00				
	<b>Fruit</b>						
	Bananas	1	0.75				
	Grapes	1	1.99				
	Strawberries Bskt	2	3.50				
	<b>Pantry Items</b>						
	Basil	1	0.00				
	Cayenne Pepper	1	0.00				
	Cornstarch	1	0.00				
	Dry Mustard	1	0.00				
	Hot sauce	1	0.00				
	Ketchup	1	0.00				
	Non-Stick Cooking Spray	1	0.00				
	Olive Oil	1	0.00				
	Olive Oil Spray	1	0.00				
	Pepper, Black	1	0.00				
	Red Wine Vinegar	1	0.00				
	Salt	1	0.00				
	Worcestershire Sauce	1	0.00				
	<b>Condiments</b>						
	Blue Cheese Dressing	1	2.00				
	Italian Dressing - 8 oz.	1	1.75				
	Steak Sauce (like A-1)	1	1.50				
	<b>Frozen Vegeta</b>						
	Broccoli cuts - 8 oz.	1	0.99				
	Peas 16 oz	1	1.50				
	<b>Cheese</b>						
	Cheddar, Shredded - 2 cups	3	2.50				
	Parmesan Cheese - 8 oz (bag)	1	1.99				
	<b>Freezer Items</b>						
	Cooked Chicken - Fr. Freezer	1	0.00				
	<b>Bread</b>						
	Crusty Bread	1	2.00				
	<b>Meat</b>						