

**Menus4Moms Shopping List for 6/29/09**

Created by

Shopping List: 6/23/2009

				Cashews 4 oz.	1	2.00
<b>Paper-Plastic</b>						
9x9 foil pans	1	1.50				
				<b>Cheese</b>		
<b>Fruit</b>				Cheddar, Shredded - 2 cups	2	2.50
Apples	1	3.00		Mozzarella - 2 cups	1	3.00
Grapes	1	1.99				
				<b>Pasta / Rice</b>		
<b>Produce</b>				Couscous	1	1.25
Baking Potatoes - 10 lb bag	1	6.00		Rotini - whole wheat	1	1.20
Basil-fresh	1	1.99		Tri-Color Spiral Macaroni 8 oz	1	1.50
Carrots-Baby	1	2.50				
Cherry Tomatoes	1	2.00		<b>Condiments</b>		
Garlic Cloves	1	0.75		French dressing (pale orange)	1	2.00
Ginger	1	1.50				
Green Bell Pepper	1	0.85		<b>Canned Fruit</b>		
Green Onions	1	2.00		Fruit Cocktail 16 Oz	2	1.18
Iceberg Lettuce	1	1.75				
Mushrooms, Sliced	1	1.99		<b>Snacks</b>		
Onion (1)	1	0.40		Nacho Cheese Doritos	1	3.99
Red Bell Pepper	1	2.50				
Sugar Snap Peas 6 oz.	2	2.00		<b>Sauces</b>		
Tomatoes, Ripe	1	1.00		Spaghetti Sauce - 28 oz.	1	1.50
				Tomato Sauce 8 Oz	1	0.30
<b>Pantry Items</b>						
Balsamic Vinegar	1	0.00		<b>Ethnic Food</b>		
Cooking Sherry	1	0.00		Taco Seasoning	1	1.50
Cornstarch	1	0.00				
Croutons	1	0.00		<b>Fish</b>		
Flour	1	0.00		Tilapia - 2 lbs.	1	6.00
Garlic Salt	1	0.00				
Hot sauce	1	0.00		<b>Dairy/spreads</b>		
Non-Stick Cooking Spray	1	0.00		Vanilla Yogurt - 32 oz.	1	3.00
Olive Oil	1	0.00				
Pepper, Black	1	0.00		<b>Total:</b>		<b>\$84.32</b>
Rice (preferably Calrose)	1	0.00				
Rice Vinegar	1	0.00				
Salt	1	0.00				
Sesame Oil	1	0.00				
Soy Sauce	1	0.00				
Sugar	1	0.00				
<b>Meat</b>						
Boneless chicken - 1 lb.	1	3.00				
Hot Italian Sausage - 1 lb.	1	2.50				
Pepperoni	1	2.50				
<b>Frozen Vegeta</b>						
Broccoli Florets - 32 oz.	1	3.50				
Green Beans 16 oz.	1	2.50				
<b>Freezer Items</b>						
Browned Beef (from Freezer)	1	0.00				
Ham, diced (from freezer)	1	0.00				
Sauteed Onion (from freezer)	1	0.00				
<b>Refrig. Items</b>						
Butter	1	0.00				
Milk	1	0.00				
Salad Dressing	1	0.00				
<b>Nuts</b>						