

Menus4Moms Shopping List for 7/13/09

Created by

Shopping List: 7/6/2009

				Mini Marshmallows	1	2.00
Pantry Items						
Adobo	1	0.00				
Brown Rice	1	0.00		Frozen Dessert		
Brown Sugar	1	0.00		Cool Whip 8 Oz.	1	2.00
Canola Oil	1	0.00				
Chili Powder	1	0.00		Ethnic Food		
Croutons	1	0.00		Corn Tortillas	1	2.00
Cumin	1	0.00		Enchilada Sauce (red)	3	1.50
Dry Mustard	1	0.00				
Italian Seasoning	1	0.00		Canned Vegeta		
Ketchup	1	0.00		Diced Tomatoes - 14.5 Oz.	1	1.00
Non-Stick Cooking Spray	1	0.00				
Olive Oil	1	0.00		Refrig. Items		
Onion, Dried Minced	1	0.00		Garlic Cloves	1	0.00
Parsley	1	0.00		Mayonnaise	1	0.00
Pepper, Black	1	0.00		Mustard	1	0.00
Rum	1	0.00		Salad Dressing	1	0.00
Salt	1	0.00				
Soy Sauce	1	0.00		Fruit		
Sugar	1	0.00		Grapes	1	1.99
Vinegar	1	0.00				
White Wine Vinegar	1	0.00		Bread		
Worcestershire Sauce	1	0.00		Hard Rolls	1	2.00
				Italian Bread	1	2.50
Produce						
Bag Baby Spinach	1	2.50		Pasta / Rice		
Cabbage Slaw Mix	1	2.50		Lasagna Noodles	1	1.50
Carrots-Baby	1	2.50		Linguine	1	1.50
Cucumbers	1	1.00		Rotini	1	0.83
Green Bell Pepper	1	0.85				
Green Onions	1	2.00		Canned Fruit		
Leaf Lettuce	1	2.00		Mandarin Orange Slices	1	1.00
Onion (1)	1	0.50		Pineapple Chunks	1	2.00
Red Onion	1	1.00				
Tomatoes, Ripe	1	1.00		Meat		
Zucchini	1	0.75		Pork Spareribs - 4 Lbs.	1	12.00
Condiments				Sauces		
Barbecue Sauce	1	1.00		Spaghetti Sauce - 28 Oz.	1	1.25
Chili Sauce	1	2.00		Tomato Paste 6 Oz	1	0.45
Beans				Total:		\$79.12
Black Beans- Dried	2	1.50				
Pork-N-Beans, 28 Oz.	2	2.00				
Freezer Items						
Browned Beef (from Freezer)	1	0.00				
Cooked Chicken - Fr. Freezer	1	0.00				
Cheese						
Cheddar, Shredded - 2 Cups	2	2.50				
Mozzarella - Shredded 8 Oz.	1	2.00				
Parmesan Cheese - 8 Oz (bag)	1	1.99				
Ricotta - 8 Oz.	1	1.25				
Soup						
Chicken Broth	2	0.88				
Baking Prod						
Coconut - 2 Cups	1	2.00				