Menus4Moms Shopping List for 7/20/09
Created by
Shopping List: 7/14/2009

Pantry Items			
Adobo	1	0.00	
Basil	1	0.00	
Brown Rice	1	0.00	
Brown Sugar	1	0.00	
Cumin	1	0.00	
Dry Mustard	1	0.00	
Flour	1	0.00	
Garlic Salt	1	0.00	
Minced Garlic, Dried	1	0.00	
Olive Oil	1	0.00	
Oregano	1	0.00	
Parsley	1	0.00	
Pecans	1	0.00	
Pepper, Black	1	0.00	
Poultry Seasoning	1	0.00	
Red Wine Vinegar	1	0.00	
Salt	1	0.00	
Soy Sauce	1	0.00	
Sugar	1	0.00	
Vegetable Oil (pref. light oli	1	0.00	
Meat			
Bacon	1	2.50	
Boneless chicken - 1 lb.	4	3.00	
Eye of Round Roast - 3-4 lbs.	1	8.00	
Pork Chops - 4 large	1	6.00	
Produce			
Baking Potatoes - 10 lb bag	1	6.00	
Brussels Sprouts	2	2.50	
Corn On Cob - 6 ears	1	2.00	
Green Bell Pepper	1	0.85	
Leaf Lettuce	1	2.00	
Onion (1)	1	0.50	
Red Onion	1	1.00	
Romaine Lettuce	1	1.50	
Tomatoes, Ripe	1	1.00	
Freezer Items			
Black Beans (from Freezer)	1	0.00	
Cooked Chicken - Fr. Freezer	1	0.00	
Sauteed Onion (from freezer)	1	0.00	
Refrig. Items			
Butter	1	0.00	
Lemon Juice	1	0.00	
Mayonnaise	1	0.00	
Milk	1	0.00	
Mustard	1	0.00	
Dairy/spreads			
Butter Spray	1	2.00	
Cream cheese, 3 oz.	3	1.50	
Sour Cream-16 oz.	1	1.99	
Sour Cream-8 oz.	1	1.00	
Whipping Cream - 1 cup	2	1.11	
Condiments			
Caesar Salad Dressing	1	1.50	

Dry Onion Soup Mix	1	2.00
Stone-ground mustard	1	2.00
Cheese		
Cheddar, Shredded - 2 cups	1	2.50
Parmesan Cheese - 8 oz (bag)	1	1.99
Soup		
Chicken Broth	2	0.88
Crm. of Potato	1	1.00
Ethnic Food		
Flour tortillas, 10" - 12 ct.	1	2.50
Taco Seasoning	1	1.25
Bread		
French Rolls	1	2.50
Canned Fruit		
Mandarin Orange Slices	2	1.00
Maraschino cherries	2	1.50
Pineapple, crushed - 8 oz.	2	1.75
Frozen Vegeta		
Peas 16 Oz	1	1.50
Canned Vegeta		
Roasted Red Peppers (jar)	2	2.00
Tomato Paste - 6 oz.	1	0.50
Total:		**$93.56**