

Menus4Moms Shopping List for 7/27/09

Created by

Shopping List: 7/21/2009

				Mozzarella - Shredded 8 oz.	2	2.00
Pantry Items						
Adobo	1	0.00				
Baking Powder	1	0.00		Freezer Items		
Cinnamon	1	0.00		Cooked Chicken - Fr. Freezer	1	0.00
Croutons	1	0.00				
Honey	1	0.00		Pasta / Rice		
Olive Oil	1	0.00		Couscous	1	1.25
Olive Oil Spray	1	0.00				
Pepper, Black	1	0.00		Soup		
Red Wine Vinegar	1	0.00		Cr. Of Mushroom	2	1.00
Salsa	1	0.00				
Salt	1	0.00		Canned Vegeta		
Sandwich condiments	1	0.00		French cut green beans	4	0.89
Self-rising Flour	1	0.00		French onions (Durkee) - 6oz	1	2.00
Sugar	1	0.00				
Vegetable Oil (pref. Light Oil	1	0.00		Frozen Vegeta		
Vinegar	1	0.00		French Fries - 32 oz	1	3.29
				Shoepeg corn (white)	1	1.50
Fruit				Frozen Pasta		
Apples	1	3.00		Frozen Ravioli	1	4.99
Grapes	1	1.99				
Strawberries Bskt	1	3.50		Ethnic Food		
Watermelon Half	1	4.00		Green Chiles (diced)	1	1.00
				Whole Wheat tortillas 6"	1	2.50
Refrig. Items						
Bacon or bacon bits	1	0.00		Meat		
Butter	1	0.00		Ground Beef - 1 lb.	2	2.50
Garlic Cloves	1	0.00		Ham, diced 2 cups	1	5.00
Jelly	1	0.00		Pork Chops - 6 large	1	6.00
Lemon Juice	1	0.00				
Mayonnaise	1	0.00		Bread		
Milk	1	0.00		Hamburger Buns	1	1.50
Mustard	1	0.00				
Salad Dressing	1	0.00		Canned Fruit		
				Mandarin Orange Slices 11 oz.	1	1.00
Produce				Tropical Fruit-8 oz.	2	1.50
Basil-fresh	1	1.99				
Broccoli Bunch	3	0.75		Sauces		
Carrots-Baby	1	2.50		Spaghetti Sauce - 28 oz.	1	1.50
Cucumbers	2	1.00				
Green Bell Pepper	1	0.85				
Leaf Lettuce	1	2.00		Total:		\$103.93
Onion (1)	2	0.40				
Oregano-fresh	1	1.99				
Parsley-fresh	1	1.50				
Red Bell Pepper	1	2.50				
Red Onion	1	1.00				
Tarragon-fresh	1	1.99				
Tomatoes, Ripe	3	1.00				
Dairy/spreads						
Butter milk	1	2.00				
Eggs	2	2.00				
Sour Cream-16 oz.	2	1.99				
Vanilla yogurt - 8 oz.	1	0.50				
Cheese						
Cheddar, sharp - 2 cups	1	3.00				
Cheddar, Shredded - 2 cups	1	2.50				
Mexican Blend - 2 cups	1	2.00				