

**Menus4Moms Shopping List for 8/3/09**

Created by

Shopping List: 7/28/2009

	<b>Pantry Items</b>				Parmesan Cheese - 8 oz (bag)	1	1.99
	Adobo	1	0.00		Provolone Slices	1	3.99
	Balsamic Vinegar	1	0.00				
	Cayenne Pepper	1	0.00		<b>Freezer Items</b>		
	Coursely Ground Salt And Peppe	1	0.00		Cooked Chicken - Fr. Freezer	1	0.00
	Dry Mustard	1	0.00				
	Hot sauce	1	0.00		<b>Bread</b>		
	Non-Stick Cooking Spray	1	0.00		Crusty Bread	1	2.00
	Olive Oil	1	0.00		Hoagie Rolls	1	2.00
	Olive Oil Spray	1	0.00				
	Parsley	1	0.00		<b>Canned Fruit</b>		
	Pepper, Black	1	0.00		Mandarin Orange Slices 11 Oz.	1	1.00
	Pizza Crust Ingredients or pre	1	0.00				
	Red Wine Vinegar	1	0.00		<b>Frozen Vegeta</b>		
	Rosemary, Dried	1	0.00		Peas And Carrots 16 Oz	1	1.03
	Salt	1	0.00				
	Self-rising Flour	1	0.00		<b>Nuts</b>		
	Sugar	1	0.00		Pine Nuts	1	3.00
	Worcestershire Sauce	1	0.00		Walnuts	1	3.00
	<b>Pasta / Rice</b>				<b>Ethnic Food</b>		
	Angel hair pasta - 8oz.	1	1.00		Teriyaki Sauce	1	1.50
	<b>Produce</b>				<b>Deli</b>		
	Asparagus 1lb	1	1.99		Thin Sliced Ham 1 Lb	1	4.99
	Baking Potatoes - 10 lb bag	1	6.00		Thin Sliced Turkey 1 Lb	1	5.99
	Basil-fresh	1	1.99				
	Cabbage	1	2.00		<b>Frozen Dessert</b>		
	Leaf Lettuce	1	2.00		Vanilla Ice Cream 1/2 gal.	1	4.00
	Onion (1)	1	0.40				
	Red Leaf Lettuce	1	2.00		<b>Dairy/spreads</b>		
	Red Onion	2	1.00		Vanilla Yogurt - 16 oz.	1	3.00
	Romaine Lettuce	1	1.50				
	Tomatoes, Ripe	1	1.00				
					<b>Total:</b>		<b>\$101.12</b>
	<b>Meat</b>						
	Bacon	2	2.50				
	Boneless chicken - 1 lb.	4	3.00				
	Top Round-London Broil 2-3 lbs	1	10.00				
	<b>Fruit</b>						
	Bananas	1	0.75				
	Blackberries	1	4.00				
	Strawberries Bskt	1	3.50				
	<b>Condiments</b>						
	Barbecue Sauce	2	1.00				
	Stone-Ground Mustard	1	2.00				
	<b>Refrig. Items</b>						
	Butter	1	0.00				
	Condiments For Sandwiches	1	0.00				
	Garlic Cloves	1	0.00				
	Milk	1	0.00				
	Orange Juice	1	0.00				
	Salad peppers or relish	1	0.00				
	Sour Cream	1	0.00				
	<b>Cheese</b>						
	Cheddar, Shredded - 2 cups	1	2.50				