

Menus4Moms Shopping List for 8/17/09

Created by

Shopping List: 8/10/2009

	Frozen Vegeta				Crusty Bread	1 2.00
	Baby Lima Beans 16 Oz.	1	1.50		Hoagie Rolls	1 2.00
	Cut Corn - 12 oz.	1	1.50			
	Mixed Vegetables 16 Oz	1	1.50		Condiments	
					Dry Onion Soup Mix	1 2.00
	Produce				Italian Dressing - 8 oz.	2 1.75
	Baking Potatoes - 5 lb. bag	1	4.00			
	Celery	1	0.89		Dairy/spreads	
	Leaf Lettuce	1	2.00		Half & Half - 8 oz.	1 2.00
	Onion (1)	1	0.40			
	Red Bell Pepper	1	2.50		Pasta / Rice	
	Red Onion	1	1.00		Instant Rice 14 Oz	1 1.49
	Sugar Snap Peas 6 oz.	2	2.00		Rotini	1 0.83
	Tomatoes, Ripe	2	1.00		Vermicelli	1 1.00
	Yellow bell pepper	1	3.00			
					Canned Juices	
	Beans				Lime juice	1 1.99
	Black Beans -15 oz. Can	1	0.75			
	Kidney Beans - 15 oz. Can	1	1.25		Fruit	
					Mango, fresh or in jar	1 2.00
	Canned Vegeta					
	Black Olives	1	1.50		Canned Fruit	
					Pineapple Chunks	2 2.00
	Pantry Items				Pineapple, crushed - 8 oz.	1 1.75
	Brown Sugar	1	0.00			
	Chili Powder	1	0.00		Sauces	
	Coconut, Shredded	1	0.00		Pizza Sauce (at least 8 oz.)	1 2.00
	Cornstarch	1	0.00			
	Cumin	1	0.00		Meat	
	Flour	1	0.00		Pork Tenderloin Roast-4 lbs	1 11.00
	Honey	1	0.00			
	Marjoram	1	0.00		Ethnic Food	
	Non-Stick Cooking Spray	1	0.00		Salsa	1 2.00
	Olive Oil	1	0.00		Taco seasoning	1 1.25
	Pepper, Black	1	0.00			
	Sage	1	0.00		Total:	\$79.08
	Salt	1	0.00			
	Soy Sauce	1	0.00			
	Sugar	1	0.00			
	Tarragon	1	0.00			
	Vegetable Oil (pref Light Oil)	1	0.00			
	Vinegar	1	0.00			
	Freezer Items					
	Browned Beef (from Freezer)	1	0.00			
	Cooked Chicken - Fr. Freezer	1	0.00			
	Meatballs (from freezer)	1	0.00			
	Refrig. Items					
	Butter	1	0.00			
	Garlic Cloves	1	0.00			
	Sour Cream	1	0.00			
	Cheese					
	Cheddar, Shredded - 2 cups	1	2.50			
	Mozzarella - Shredded 8 oz.	2	2.00			
	Parmesan Cheese - 8 oz (bag)	1	1.99			
	Ricotta - 16 oz.	1	1.99			
	Bread					