

**Menus4Moms Shopping List for 8/24/09**

Created by

Shopping List: 8/18/2009

				Cut Corn 16 Oz	1	1.75
<b>Pantry Items</b>				Green Beans 16 Oz.	2	2.50
Adobo	1	0.00				
Basil	1	0.00				
Brown Sugar	1	0.00		<b>Ethnic Food</b>		
Cinnamon	1	0.00		Flour tortillas, 10"	1	2.00
Coriander	1	0.00		Fortune Cookies	1	1.50
Dill	1	0.00		Kikkoman Stir-fry sauce	1	2.00
Honey	1	0.00				
Olive Oil	1	0.00		<b>Frozen Dessert</b>		
Oregano	1	0.00		Frozen whipped topping, 8 oz	1	1.50
Parsley	1	0.00				
Pepper, Black	1	0.00		<b>Fruit</b>		
Red Wine Vinegar	1	0.00		Grapes	1	1.99
Salt	1	0.00		Peaches - 2	1	2.50
Seasoned Salt	1	0.00				
Sesame Oil	1	0.00		<b>Bread</b>		
Soy Sauce	1	0.00		Pita Bread	1	3.00
Sugar	1	0.00				
White Wine Vinegar	1	0.00		<b>Snacks</b>		
				Potato Chips	1	3.00
<b>Produce</b>						
Bag Baby Spinach	1	2.50		<b>Fish</b>		
Cherry Tomatoes	1	2.00		Salmon - 4 -6 oz. fillets	1	10.00
Cucumbers	3	1.00				
Green Bell Pepper	1	0.85		<b>Nuts</b>		
Lemon	2	0.50		Sliced Almonds-sm. bag	1	2.00
Onion (1)	2	0.40				
Red Bell Pepper	2	2.00		<b>Dairy/spreads</b>		
Red Onion	1	1.00		Sour Cream-8 oz.	1	1.00
Roma tomatoes - 6 ct.	1	2.50				
Romaine Lettuce	1	1.50		<b>Baking Prod</b>		
Tomatoes, Ripe	2	1.00		Whole Wheat Flour	1	2.00
Yellow Bell Pepper	1	2.00		Yeast	1	1.00
Zucchini	1	0.75				
				<b>Total:</b>		<b>\$85.03</b>
<b>Freezer Items</b>						
Browned Beef (from Freezer)	1	0.00				
Cooked Chicken - Fr. Freezer	2	0.00				
<b>Refrig. Items</b>						
Butter	1	0.00				
Garlic Cloves	1	0.00				
Lemon Juice	1	0.00				
Mayonnaise	1	0.00				
Pickle Relish	1	0.00				
<b>Pasta / Rice</b>						
Calrose Rice	1	3.89				
Spiral Pasta (WW) 8 oz.	1	1.50				
<b>Canned Vegeta</b>						
Canned Corn 14.5 oz	1	0.75				
Kalamata Olives 6 Oz	1	1.75				
<b>Cheese</b>						
Cheddar, Shredded - 2 cups	1	2.50				
Feta - 4oz.	2	2.25				
Mozzarella - Shredded 8 oz.	2	2.00				
Swiss Cheese block	1	2.00				
<b>Frozen Vegeta</b>						