

**Menus4Moms Shopping List for 8/31/09**

Created by

Shopping List: 8/25/2009

	<b>Pantry Items</b>				Mexican Blend - 2 cups	1 2.00
	Adobo	1	0.00		Mozzarella - Shredded 8 oz.	1 2.00
	Cayenne Pepper	1	0.00			
	Chili Powder	1	0.00		<b>Soup</b>	
	Cornstarch	1	0.00		Chicken Broth	4 0.88
	Cumin	1	0.00			
	Garlic Powder	1	0.00		<b>Ethnic Food</b>	
	Olive Oil	1	0.00		Enchilada Sauce (red)	1 1.50
	Onion Powder	1	0.00		Frozen Edamame	2 2.50
	Paprika	1	0.00		Teriyaki Sauce	1 1.50
	Pepper, Black	1	0.00		WW Flour Tortillas	1 2.00
	Pepper, Red	1	0.00			
	Red Wine Vinegar	1	0.00		<b>Canned Fruit</b>	
	Rice (preferably Calrose)	1	0.00		Fruit Cocktail 16 Oz	2 1.18
	Salt	1	0.00		Pineapple Slices	1 1.75
	Sugar	1	0.00		Pineapple, crushed - 8 oz.	1 1.75
	Thyme	1	0.00			
	Vegetable Oil (pref. light oli	1	0.00		<b>Bread</b>	
	White Pepper	1	0.00		Hamburger Buns	1 1.50
					Hoagie Rolls	1 2.00
	<b>Refrig. Items</b>					
	Bacon or bacon bits	1	0.00		<b>Canned Juices</b>	
	Butter	1	0.00		Lime juice	1 1.99
	Eggs	1	0.00			
	Leftover Rice	1	0.00		<b>Freezer Items</b>	
	Mayonnaise	1	0.00		Meatballs (from freezer)	1 0.00
	Milk	1	0.00			
	Mustard	1	0.00		<b>Frozen Vegeta</b>	
	Sour Cream	1	0.00		Peas And Carrots 16 Oz	1 1.03
					Shoepeg corn (white)	1 1.50
	<b>Fruit</b>					
	Bananas	1	0.75		<b>Sauces</b>	
	Mango, fresh or in jar	1	2.00		Spaghetti Sauce - 28 oz.	1 1.50
	Strawberries Bskt	2	3.50			
					<b>Condiments</b>	
	<b>Meat</b>				Tamari	1 1.50
	Boneless chicken breasts	1	6.00			
	Chicken - whole roaster	1	4.50		<b>Total:</b>	<b>\$91.35</b>
	Ground Beef - 1 lb.	5	2.50			
	<b>Produce</b>					
	Broccoli Bunch	2	0.75			
	Cilantro, fresh	1	2.00			
	Corn On Cob - 6 ears	1	2.00			
	Green Bell Pepper	2	0.85			
	Green Onions	1	2.00			
	Leaf Lettuce	1	2.00			
	Onion (1)	3	0.50			
	Onions - Bag	1	2.00			
	<b>Dairy/spreads</b>					
	Butter Spray	1	2.00			
	<b>Canned Vegeta</b>					
	Canned Corn 14.5 oz	2	0.75			
	Canned Green Beans 32 oz.	1	2.00			
	Rotel	1	1.50			
	<b>Cheese</b>					
	Cheddar, Shredded - 2 cups	1	2.50			