

Menus4Moms Shopping List for 9/7/09

Created by

Shopping List: 8/31/2009

				Parmesan Cheese - 8 oz (bag)	1	1.99
Pantry Items						
Apple Cider Vinegar	1	0.00				
Basil	1	0.00	Meat			
Bay Leaf	1	0.00	Chicken Breasts, Boneless	2	6.00	
Chili Powder	1	0.00	Ground Beef - 1 lb.	6	2.50	
Cinnamon	1	0.00	Hot Dogs	1	2.50	
Dry Mustard	1	0.00				
Ketchup	1	0.00	Bread			
Non-Stick Cooking Spray	1	0.00	Ciabatta bread	1	2.50	
Onion Powder	1	0.00	Hot dog buns	1	1.50	
Oregano	1	0.00				
Pepper, Black	1	0.00	Canned Vegeta			
Pepper, Red	1	0.00	Diced Tomatoes - 14.5 oz.	1	1.00	
Pizza Crust Ingredients or pre	1	0.00	Stewed Tomatoes	1	1.00	
Poppy Seed	1	0.00	Tomato Paste - 6 Oz.	1	0.50	
Powdered Sugar	1	0.00				
Salt	1	0.00	Condiments			
Self-rising Flour	1	0.00	French dressing (pale orange)	1	2.00	
Sugar	1	0.00				
Thyme	1	0.00	Freezer Items			
Vanilla Extract	1	0.00	Meatballs (from freezer)	1	0.00	
Vegetable Oil (pref. light oli	1	0.00	Sauteed Onion (from freezer)	1	0.00	
Vinegar	1	0.00				
			Snacks			
Fruit			Nacho Cheese Doritos	1	3.99	
Apples	1	3.00				
Blackberries	1	4.00	Dairy/spreads			
Red Grapes	1	1.99	Pillsbury Pizza Dough	1	1.50	
Strawberries Bskt	1	3.50	Vanilla Yogurt - 32 oz.	1	3.00	
Produce			Pasta / Rice			
Bag Baby Spinach	1	2.50	Spaghetti- 8 oz.	1	0.80	
Basil-fresh	1	1.99	Tri-Color Spiral Macaroni	1	1.50	
Cabbage Slaw Mix	1	2.50				
Cherry Tomatoes	1	2.00	Sauces			
Green Bell Pepper	1	0.85	Spaghetti Sauce - 28 oz.	2	1.50	
Iceberg Lettuce	1	1.75				
Lemon	6	0.50	Ethnic Food			
Onions - Bag	1	2.00	Taco seasoning	5	1.25	
Parsley-Fresh	1	1.50				
Red Bell Pepper	1	2.50	Frozen Dessert			
Tomatoes, Ripe	2	1.00	Vanilla Ice Cream 1/2 gal.	1	4.00	
Frozen Vegeta			Nuts			
Broccoli Florets - 32 oz.	1	3.50	Walnuts	1	2.50	
French Fries - 32 oz	1	3.29				
			Total:			\$117.15
Refrig. Items						
Butter	1	0.00				
Garlic Cloves	1	0.00				
Lemon Juice	1	0.00				
Mayonnaise	1	0.00				
Milk	1	0.00				
Mustard	1	0.00				
Relish	1	0.00				
Cheese						
Cheddar, Shredded - 2 cups	1	2.50				
Feta - 4oz.	1	2.25				
Mozzarella - Shredded 8 oz.	2	2.00				