

Menus4Moms Shopping List for 9/14/09

Created by

Shopping List: 9/7/2009

	Sauces				Pimiento - 4 oz	1 2.00
	Alfredo Sauce (1 lb. jar)	1	2.00		Tomato Paste - 6 oz.	1 0.50
	Spaghetti Sauce - 28 oz.	1	1.50			
					Dairy/spreads	
	Pantry Items				Crescent rolls	1 1.50
	Balsamic Vinegar	1	0.00		Sour Cream-16 oz.	1 1.99
	Basil	2	0.00			
	Chicken Bouillon	1	0.00		Bread	
	Ketchup	1	0.00		Crusty Bread	1 2.00
	Non-Stick Cooking Spray	1	0.00		Italian Bread	1 2.50
	Olive Oil	1	0.00			
	Parsley	1	0.00		Produce	
	Pepper, Black	1	0.00		Cucumbers	2 1.00
	Pepper, Red	1	0.00		Eggplant	1 2.00
	Salt	1	0.00		Fresh Basil	1 2.00
	Self-rising Flour	1	0.00		Green Beans 1 lb.	2 3.00
	White Cooking Wine	1	0.00		Green Bell Pepper	4 0.85
	Worcestershire Sauce	1	0.00		Green Onions	1 2.00
					Onions - Bag	1 2.00
	Fruit				Red Bell Pepper	4 2.50
	Bananas	1	0.75		Salad Greens	2 1.99
	Strawberries Bskt	1	3.50		Tomatoes, Ripe	4 1.00
					Zucchini	2 0.75
	Refrig. Items					
	Butter	1	0.00		Frozen Pasta	
	Buttermilk	1	0.00		Frozen Ravioli	1 4.99
	Eggs	1	0.00			
	Garlic Cloves	1	0.00		Ethnic Food	
	Jelly	1	0.00		Green Chiles (diced)	1 1.00
	Lemon Juice	1	0.00			
	Mayonnaise	1	0.00		Pasta / Rice	
					Lasagna noodles	1 1.50
	Cheese					
	Cheddar, sharp - 4 cups	1	4.00		Canned Fruit	
	Cheddar, Shredded - 2 cups	1	2.50		Mandarin Orange Slices	1 1.00
	Cottage Cheese, 8 oz	1	1.00		Pineapple Tidbits	1 2.00
	Cream Cheese Brick 3 Oz	1	0.75			
	Mozzarella - Shredded 8 oz.	1	2.00		Nuts	
	Parmesan Cheese - 8 oz (bag)	2	1.99		Pecans 1/2 cup	1 2.00
	Ricotta - 8 oz.	1	1.25			
					Deli	
	Condiments				Sliced Ham 16 Oz	1 4.48
	Chili Sauce	1	2.00		Sliced Turkey Breast 16 Oz	1 4.20
	Good Seasons Italian Packet	1	3.00			
					Frozen Vegeta	
	Freezer Items				Spinach - 10 oz	1 1.50
	Cooked Chicken - Fr. Freezer	1	0.00			
	Meatballs (from freezer)	1	0.00		Snacks	
	TacoSeas. grnd. beef (freezer)	1	0.00		Tortilla Chips	1 2.50
	Frozen Dessert				Total:	\$108.79
	Cool Whip 8 oz.	1	2.00			
	Soup					
	Cr. Of Chicken	1	1.00			
	Canned Vegeta					
	Creamed Corn	1	0.75			
	Lrge Ripe Olives 6 Oz	1	1.42			
	Mushroom Pieces - 4 oz.	1	0.85			