

Menus4Moms Shopping List for 10/5/09

Created by

Shopping List: 9/29/2009

Pantry Items				Cheddar, Shredded - 2 cups	1	2.50
Adobo	1	0.00		Mexican Blend - 2 cups	1	2.00
Brown Rice	1	0.00		Montery Jack 16 Oz	1	2.99
Cilantro	1	0.00		Mozzarella - Shredded 8 oz.	2	2.00
Croutons	1	0.00		Parmesan Cheese - 8 oz (bag)	1	1.99
Cumin	1	0.00		Velveeta -16 oz. (or store bra	1	4.50
Flour	1	0.00				
Italian seasoning	1	0.00		Dairy/spreads		
Marjoram	1	0.00		Cream Cheese, 3 Oz.	1	1.00
Non-Stick Cooking Spray	1	0.00		Crescent rolls - low fat	1	1.50
Olive Oil	1	0.00		Milk 2% - Gallon	1	3.49
Pepper, Black	1	0.00		Sour Cream-16 Oz.	1	1.99
Salt	1	0.00				
Sugar	1	0.00		Bread		
Vanilla Extract	1	0.00		Crusty Bread	1	2.00
Produce				Condiments		
Asparagus 1lb	1	1.99		Dry Onion Soup Mix	1	2.00
Baking Potatoes - 5 lb. bag	1	4.00				
Carrots-Baby	1	2.50		Ethnic Food		
Green Bell Pepper	1	0.85		Enchilada Sauce (red)	1	1.50
Leaf Lettuce	1	2.00		WW flour tortillas	1	2.00
Tomatoes, Ripe	1	1.00				
				Canned Fruit		
Meat				Mandarin Orange Slices	1	1.00
Bacon	1	2.50		Pineapple Chunks	1	2.00
Pork Tenderloin Roast-4 lbs	1	11.00				
Smoked Sausages - 12 oz.	1	4.00		Desserts		
				Pudding Banana 4/4.25 Oz	1	1.42
Fruit						
Bananas	2	0.75		Sauces		
Grapes	1	1.99		Spaghetti Sauce - 28 oz.	1	1.50
Strawberries Bskt	1	3.50				
				Pasta / Rice		
Beans				Spiral Pasta (ww) 8 Oz.	2	1.50
Black Beans- dried	1	1.50				
				Canned Vegeta		
Frozen Vegeta				Tomato Paste - 6 oz.	1	0.50
Broccoli Florets - 16 oz.	1	1.25				
Broccoli Florets - 32 oz.	1	3.50		Crackers		
Peas And Carrots 16 Oz	1	1.03		Vanilla wafers	1	2.00
Freezer Items				Total:		\$93.63
Browned Beef (from Freezer)	4	0.00				
Cooked Chicken - Fr. Freezer	1	0.00				
Peppers & onions (from freezer	1	0.00				
Sauteed Onion (from freezer)	1	0.00				
Refrig. Items						
Butter	1	0.00				
Eggs	1	0.00				
Garlic Cloves	1	0.00				
Salad Dressing	1	0.00				
Soup						
Cheddar Cheese Soup, condensed	1	1.00				
Chicken Broth	3	0.88				
Cr. Of Chicken	1	1.00				
Cheese						