

Menus4Moms Shopping List for 10/12/09

Created by

Shopping List: 10/4/2009

Pantry Items					
Adobo	1	0.00	Produce		
Baking Powder	1	0.00	Cilantro, Fresh	1	2.00
Chili Powder	1	0.00	Onion (1)	1	0.40
Corn Meal	1	0.00	Tomatoes, Ripe	1	1.00
Croutons	1	0.00	Yellow Squash - 3 lbs.	1	3.00
Cumin	1	0.00			
Flour	1	0.00	Freezer Items		
Lemon Pepper	1	0.00	Cooked Chicken - Fr. Freezer	1	0.00
Non-Stick Cooking Spray	1	0.00	Meatballs (from freezer)	1	0.00
Olive Oil	1	0.00	Peppers & onions (from freezer)	1	0.00
Oregano	1	0.00			
Pepper, Black	1	0.00	Ethnic Food		
Rosemary, Dried	1	0.00	Green Chiles (diced)	1	1.00
Salt	1	0.00	Salsa	1	2.00
Self-rising Flour	1	0.00			
Sugar	1	0.00	Bread		
Tarragon	1	0.00	Italian Bread	1	2.50
Vegetable Oil (pref. light oli	1	0.00			
Vinegar	1	0.00	Pasta / Rice		
			Med. pasta shells (pref. whole	1	1.50
Refrig. Items			Penne pasta 12 oz.	1	1.50
Baby Carrots	1	0.00	Spaghetti- 8 oz.	1	0.80
Butter	1	0.00	Wild Rice Blend	1	2.00
Garlic Cloves	1	0.00			
Jelly	1	0.00	Frozen Vegeta		
Lettuce Leaves	1	0.00	Peas	1	1.50
Salad Dressing	1	0.00			
Sour Cream	1	0.00	Sauces		
			Spaghetti Sauce - 28 oz.	1	1.50
Meat					
Bacon	1	2.50	Fish		
Ground Beef - 1 lb.	5	2.50	Tilapia - 2 lbs.	1	6.00
Soup			Total:		\$83.21
Beef Broth	2	0.89			
Brown Gravy	1	2.00			
Cr. Of Chicken	1	1.00			
Cr. Of Mushroom	2	1.00			
Dairy/spreads					
Butter milk	1	2.00			
Eggs	1	2.00			
Half & Half - 8 oz.	1	2.00			
Milk 2% - Gallon	1	3.49			
Canned Vegeta					
Canned Corn 14.5 oz	1	0.75			
Canned Green Beans - 15 oz.	4	1.00			
French onions (Durkee) - 6oz	2	2.00			
Pimiento - 4 oz	1	2.00			
Fruit					
Cantaloupe	1	2.00			
Cheese					
Cheddar, Shredded - 2 cups	3	2.50			
Cottage Cheese, 8 oz	1	1.00			
Mozzarella - Shredded 8 oz.	1	2.00			
Parmesan Cheese - 8 oz (bag)	1	1.99			