

Menus4Moms Shopping List for 10/19/09
Created by
Shopping List: 10/13/2009

Pantry Items					
Adobo	1	0.00	Bread		
Bay Leaf	1	0.00	Crusty Bread	1	2.00
Brown Sugar	1	0.00	French Bread	1	2.49
Chicken Bouillon	1	0.00			
Coconut, Shredded	1	0.00	Meat		
Cornstarch	1	0.00	Eye of Round Roast - 3-4 lbs.	1	8.00
Croutons	1	0.00	Ham butt or shoulder, smoked	1	10.00
Flour	1	0.00			
Honey	1	0.00	Ethnic Food		
Non-Stick Cooking Spray	1	0.00	Fortune Cookies	1	1.50
Pepper, Black	1	0.00			
Rice (preferably Calrose)	1	0.00	Dairy/spreads		
Salt	1	0.00	Half & Half - 8 oz.	1	2.00
Soy Sauce	1	0.00			
Sugar	1	0.00	Canned Fruit		
Tabasco	1	0.00	Pineapple Chunks	3	2.00
Tarragon	1	0.00			
Thyme	1	0.00	Beans		
Vegetable Oil (pref. light oli	1	0.00	Split Peas	1	1.00
White Wine Vinegar	1	0.00			
			Pasta / Rice		
Fruit			Vermicelli	1	1.00
Apples	1	3.00			
			Total:		\$66.36
Frozen Vegeta					
Broccoli Florets - 32 oz.	1	3.50			
Refrig. Items					
Butter	1	0.00			
Eggs	1	0.00			
Garlic Cloves	1	0.00			
Milk	1	0.00			
Salad Dressing	1	0.00			
Canned Vegeta					
Canned Corn 14.5 oz	1	0.75			
Produce					
Carrots	1	1.60			
Carrots-Baby	1	2.50			
Celery	1	0.89			
Green Bell Pepper	1	0.85			
Leaf Lettuce	1	2.00			
New Potatoes (Red) 1 lb.	1	1.50			
Onion (1)	2	0.40			
Red Bell Pepper	1	2.50			
Tomatoes, Ripe	1	1.00			
Yellow Bell Pepper	1	3.00			
Cheese					
Cheddar, Shredded - 2 cups	1	2.50			
Mozzarella - Shredded 8 oz.	1	2.00			
Parmesan Cheese - 8 oz (bag)	1	1.99			
Ricotta - 16 oz.	1	1.99			
Freezer Items					
Cooked Chicken - Fr. Freezer	1	0.00			
Leftover Pork Loin	1	0.00			
Sauteed Onion (from freezer)	1	0.00			