

**Menus4Moms Shopping List for 10/26/09**

Created by

Shopping List: 10/20/2009

				Cheddar, Shredded - 2 cups	1	2.50
<b>Fruit</b>				Mozzarella - Shredded 8 oz.	1	2.00
Apples	1	3.00				
Raisins	1	2.00				
				<b>Soup</b>		
<b>Produce</b>				Chicken Broth	1	0.88
Bag Baby Spinach	1	2.50		Tomato Soup	1	0.89
Baking Potatoes - 5 lb. bag	1	4.00				
Cilantro, fresh	1	2.00		<b>Dairy/spreads</b>		
Green Bell Pepper	2	0.85		Crescent Rolls	2	1.50
Greens of choice	1	3.00		Half & Half - 16 oz.	1	1.99
Mushrooms, Sliced	1	1.99				
Onion (1)	3	0.40		<b>Pasta / Rice</b>		
Red Bell Pepper	2	2.50		Farfelle or bowtie pasta	1	1.50
Red Onion	1	1.00				
				<b>Ethnic Food</b>		
<b>Pantry Items</b>				Flour tortillas, 10"	1	2.00
Baking Powder	1	0.00				
Brown Sugar	1	0.00		<b>Frozen Dessert</b>		
Cinnamon	1	0.00		Frozen whipped topping, 8 oz	1	1.50
Coconut, Shredded	1	0.00				
Corn Meal	1	0.00		<b>Beans</b>		
Croutons	1	0.00		Great Northern Beans - 15.5 oz	2	1.25
Cumin	1	0.00				
Flour	1	0.00		<b>Bread</b>		
Non-Stick Cooking Spray	1	0.00		Hard Rolls	1	2.00
Olive Oil	1	0.00				
Oregano	1	0.00		<b>Meat</b>		
Parsley	1	0.00		Italian Sausage - 1 lb.	1	2.50
Pepper, Black	1	0.00		Kielbasa, smoked (fully cooked)	1	2.99
Red Wine Vinegar	1	0.00				
Salt	1	0.00		<b>Canned Fruit</b>		
Sugar	1	0.00		Mandarin Orange Slices	1	1.00
Tabasco	1	0.00		Pineapple Chunks	1	2.00
White Pepper	1	0.00				
				<b>Snacks</b>		
<b>Baking Prod</b>				Mini Marshmallows 16 Oz	1	1.19
Bisquick	1	2.00				
				<b>Cereal</b>		
<b>Freezer Items</b>				Quick Oats Oatmeal 42 Oz	1	2.31
Black Beans (from freezer)	1	0.00				
Browned Beef (from Freezer)	1	0.00		<b>Sauces</b>		
Cooked Chicken - Fr. Freezer	1	0.00		Spaghetti Sauce - 28 oz.	1	1.50
Ham, diced (from freezer)	1	0.00				
Sauteed Onion (from freezer)	1	0.00		<b>Nuts</b>		
				Sunflower Seeds	1	2.50
<b>Frozen Vegeta</b>						
Breaded Okra	2	2.00		<b>Total:</b>		<b>\$72.39</b>
<b>Refrig. Items</b>						
Butter	1	0.00				
Eggs	1	0.00				
Garlic Cloves	1	0.00				
Lemon Juice	1	0.00				
Milk	1	0.00				
Salad Dressing	1	0.00				
Salsa	1	0.00				
<b>Canned Vegeta</b>						
Canned Corn 14.5 oz	3	0.75				
<b>Cheese</b>						