

**Menus4Moms Shopping List for 11/9/09**

Created by

Shopping List: 11/2/2009

				Kikkoman Stir-fry sauce	1	2.00
<b>Pantry Items</b>						
Adobo	1	0.00				
Basil	1	0.00		<b>Frozen Pasta</b>		
Brown Sugar	1	0.00		Frozen Ravioli	1	4.99
Cayenne Pepper	1	0.00				
Cooking Sherry	1	0.00		<b>Bread</b>		
Croutons	1	0.00		Italian Bread	1	2.50
Flour	1	0.00		Sourdough Bread	1	2.99
Garlic Powder	1	0.00				
Non-Stick Cooking Spray	1	0.00		<b>Freezer Items</b>		
Olive Oil	1	0.00		Peppers & onions (from freezer)	1	0.00
Onion Powder	1	0.00		Sauteed Onion (from freezer)	1	0.00
Paprika	1	0.00		Spaghetti sauce (from freezer)	1	0.00
Pepper, Black	1	0.00				
Rice (preferably Calrose)	1	0.00		<b>Meat</b>		
Salt	1	0.00		Roaster (chicken)	1	4.50
Sesame Oil	1	0.00				
Thyme	1	0.00		<b>Fish</b>		
White Pepper	1	0.00		Tilapia - 2 lbs.	1	6.00
<b>Fruit</b>				<b>Pasta / Rice</b>		
Bag of Granny Smith apples	1	3.00		Wild Rice Blend	1	2.00
<b>Frozen Vegeta</b>				<b>Total:</b>		<b>\$77.25</b>
Broccoli Florets - 32 oz.	1	3.50				
<b>Refrig. Items</b>						
Butter	1	0.00				
Garlic Cloves	1	0.00				
Lemon Juice	1	0.00				
Milk	1	0.00				
Salad Dressing	1	0.00				
<b>Canned Vegeta</b>						
Canned Green Beans - 15 oz.	4	1.00				
French onions (Durkee) - 6oz	2	2.00				
<b>Produce</b>						
Carrots-Baby	1	2.50				
Green Bell Pepper	1	0.85				
Leaf Lettuce	1	2.00				
Mushrooms, Sliced	1	1.99				
Onion (1)	3	0.40				
Red Bell Pepper	1	2.50				
Sweet Potatoes	1	4.00				
Tomatoes, Ripe	1	1.00				
Yellow Bell Pepper	1	3.00				
Yellow Squash - 3 lbs.	1	3.00				
Zucchini	1	0.75				
<b>Cheese</b>						
Cheddar cheese block	1	2.50				
Mozzarella - Shredded 8 oz.	1	2.00				
Parmesan Cheese - 8 oz (bag)	2	1.99				
<b>Soup</b>						
Cr. Of Mushroom	4	1.00				
<b>Ethnic Food</b>						
Frozen Edamame	1	2.50				