

Menus4Moms Shopping List for 11/16/09
Created by
Shopping List: 11/10/2009

Fruit				Dry Onion Soup Mix	1	2.00	
Bag of Granny Smith apples	1	3.00		Pickles Dill 32 Oz	1	2.33	
Red Grapes	1	1.99					
				Dairy/spreads			
Produce				Eggs	1	2.00	
Baking Potatoes - 5 lb. bag	1	4.00		Vanilla yogurt - 8 oz.	1	0.50	
Cabbage	1	2.00		Whipped Cream	1	2.00	
Carrots	1	1.60					
Celery	1	0.89		Meat			
Green Bell Pepper	2	0.85		Flank Steak - 2 lb.	1	7.00	
Greens of choice	1	3.00		Pepperoni	2	2.50	
Leaf Lettuce	1	2.00		Smoked Sausages - 12 oz.	1	4.00	
Onion (1)	3	0.40					
Tomatoes, Ripe	1	1.00		Frozen Vegeta			
				French Fries - 32 oz	1	3.29	
Freezer Items							
Browned Beef (from Freezer)	1	0.00		Canned Vegeta			
Cooked Chicken - Fr. Freezer	1	0.00		Mushroom Pieces - 4 oz.	2	0.85	
Ham, diced (from freezer)	1	0.00		Tomato Paste - 6 oz.	1	0.50	
Sauteed Onion (from freezer)	1	0.00					
				Canned Fruit			
Refrig. Items				Pineapple Chunks	2	2.00	
Butter	1	0.00					
Garlic Cloves	1	0.00		Desserts			
Lemon Juice	1	0.00		Pudding Choc 4/4.25 Oz	1	1.42	
Mayonnaise	1	0.00		Sprinkles	1	1.00	
Milk	1	0.00					
Relish	1	0.00		Pasta / Rice			
Salad Dressing	1	0.00		Spaghetti - 16 Oz.	2	1.00	
Pantry Items				Sauces			
Cayenne Pepper	1	0.00		Spaghetti Sauce - 28 oz.	2	1.50	
Coconut, Shredded	1	0.00		Tomato Sauce 8 Oz	2	0.30	
Croutons	1	0.00					
Dry Mustard	1	0.00		Ethnic Food			
Flour	1	0.00		Teriyaki Sauce	1	1.50	
Honey	1	0.00					
Hot Sauce	1	0.00		Nuts			
Italian seasoning	1	0.00		Walnuts	1	2.50	
Non-Stick Cooking Spray	1	0.00					
Nutmeg	1	0.00		Beans			
Olive Oil	1	0.00		White Navy Beans	1	1.50	
Parsley	1	0.00					
Pepper, Black	1	0.00					
Red Wine Vinegar	1	0.00		Total:			\$89.96
Salt	1	0.00					
Seasoned Salt	1	0.00					
Worcestershire Sauce	1	0.00					
Cheese							
Cheddar, Shredded - 2 cups	2	2.50					
Cream Cheese Brick 3 Oz	1	0.75					
Monterey Jack cheese, shredded	2	2.50					
Ricotta - 16 oz.	1	1.99					
Swiss Cheese block	1	2.00					
Bread							
Croissants	1	3.00					
Crusty Bread	1	2.00					
Condiments							