

Menus4Moms Shopping List for 11/23/09

Does NOT include Thanksgiving

Created by

Shopping List: 11/16/2009

	Cheese		
	American Cheese Slices	1	2.50
	Cheddar, Shredded - 2 cups	1	2.50
	Fruit		
	Bananas	1	0.75
	Strawberries Bskt	1	3.50
	Condiments		
	Barbecue Sauce	1	1.00
	Blue Cheese Dressing	1	2.00
	Italian Dressing - 8 oz.	1	1.75
	Steak Sauce (like A-1)	1	1.50
	Refrig. Items		
	Butter	1	0.00
	Orange Juice	1	0.00
	Produce		
	Cherry Tomatoes	1	2.00
	Green Bell Pepper	1	0.85
	Leaf Lettuce	1	2.00
	Red Onion	1	1.00
	Pantry Items		
	Coconut, Shredded	1	0.00
	Pizza Crust Ingredients or pre	1	0.00
	Freezer Items		
	Cooked Chicken - Fr. Freezer	1	0.00
	Leftover Flank Steak	1	0.00
	Bread		
	Dinner Rolls	1	2.00
	Sliced Sandwich Bread	1	2.50
	Frozen Dessert		
	Frozen whipped topping, 8 oz	1	1.50
	Canned Fruit		
	Mandarin Orange Slices	1	1.00
	Pineapple Chunks	1	2.00
	Snacks		
	Mini Marshmallows 16 Oz	1	1.19
	Soup		
	Tomato Soup	2	0.89
	Dairy/spreads		
	Vanilla Yogurt - 32 oz.	1	3.00
	Total:		\$36.32