

Menus4Moms Shopping List for 12/7/09

Created by

Shopping List: 11/30/2009

			Evaporated Skim Milk	1	0.89
Pantry Items			Jello - Orange 3 oz.	1	1.50
Adobo	1	0.00			
Bay Leaf	1	0.00			
Bread Crumbs	1	0.00	Frozen Vegeta		
Chili Powder	1	0.00	French Fries - 32 oz	1	3.29
Croutons	1	0.00	Mixed Vegetables	1	1.50
Cumin	1	0.00	Winter Blend (broc,caulif,carr	1	1.50
Non-Stick Cooking Spray	1	0.00			
Olive Oil	1	0.00	Canned Fruit		
Olive Oil Spray	1	0.00	Fruit Cocktail 16 Oz	2	1.18
Oregano	1	0.00	Pineapple, crushed - 8 oz.	1	1.75
Pepper, Black	1	0.00			
Raisins	1	0.00	Condiments		
Rice, your preference	1	0.00	Good Seasons Italian Packet	1	3.00
Salsa	1	0.00	Ranch Dressing	1	2.50
Salt	1	0.00			
Thyme	1	0.00	Ethnic Food		
			Green Chiles (diced)	1	1.00
Pasta / Rice			Whole Wheat tortillas 6"	1	2.50
Angel hair pasta - 8oz.	1	1.00			
Tri-Color Spiral Macaroni	1	1.50	Beans		
			Lentils	1	1.00
Produce					
Bag Baby Spinach	2	2.50	Cheese		
Carrots	1	1.60	Mexican Blend - 2 cups	1	2.00
Green Beans 1 lb.	1	3.00	Mozzarella - 4 cups	1	3.50
Green Bell Pepper	2	0.85	Parmesan Cheese - 8 oz (bag)	1	1.99
Mushrooms, Sliced	1	1.99			
Onion (1)	1	0.40	Sauces		
			Spaghetti Sauce - 28 oz.	2	1.50
Soup					
Beef Broth	2	0.89	Nuts		
Chicken Broth	3	0.88	Sunflower Seeds	1	2.50
Meat			Total:		\$84.89
Boneless chicken - 1 lb.	6	3.00			
Smoked Sausages - 12 oz.	1	4.00			
Freezer Items					
Browned Beef (from Freezer)	1	0.00			
Cooked Chicken - Fr. Freezer	1	0.00			
Ham, diced (from freezer)	1	0.00			
Sauteed Onion (from freezer)	1	0.00			
Refrig. Items					
Butter	1	0.00			
Garlic Cloves	1	0.00			
Lettuce Leaves	1	0.00			
Mayonnaise	1	0.00			
Salad Dressing	1	0.00			
Sour Cream	1	0.00			
Canned Meals					
Canned Tuna	1	2.00			
Bread					
Ciabatta bread	1	2.50			
Crusty Bread	1	2.00			
Baking Prod					