

Menus4Moms Shopping List for 12/14/09
Created by
Shopping List: 12/7/2009

				Tomatoes, Ripe	1	1.00
Fruit						
Apples	1	3.00				
Cantaloupe	1	2.00		Canned Vegeta		
Red Grapes	1	1.99		Canned Corn 14.5 oz	1	0.75
				Creamed Corn	2	0.75
Meat				Pimienta - 4 oz	1	2.00
Bacon	1	2.50				
				Cheese		
Pantry Items				Cheddar, Shredded - 2 cups	1	2.50
Baking Powder	1	0.00		Mexican Blend - 2 cups	1	2.00
Baking Soda	1	0.00		Monterey Jack cheese, shredded	1	2.50
Brown Sugar	1	0.00		Parmesan Cheese - 8 oz (bag)	1	1.99
Corn Meal	1	0.00				
Croutons	1	0.00		Soup		
Cumin	1	0.00		Chicken Broth	1	0.88
Flour	1	0.00				
Garlic Powder	1	0.00		Dairy/spreads		
Italian seasoning	1	0.00		Cottage Cheese - 16 oz.	1	3.00
Ketchup	1	0.00		Half & Half - 16 oz.	1	1.99
Non-Stick Cooking Spray	1	0.00		Half & Half - 8 oz.	1	2.00
Olive Oil	1	0.00		Vanilla Yogurt - 32 oz.	1	3.00
Pecan Meal	1	0.00				
Pepper, Black	1	0.00		Bread		
Pizza Crust Ingredients or pre	1	0.00		Dinner Rolls	1	2.00
Salt	1	0.00		Hamburger Buns	1	1.50
Sugar	1	0.00				
Vanilla Extract	1	0.00		Ethnic Food		
Vinegar	1	0.00		Green Chiles (diced)	1	1.00
Condiments				Canned Fruit		
Barbecue Sauce	1	1.00		Pineapple Slices	1	1.75
Frozen Vegeta				Beans		
Broccoli Florets - 16 oz.	1	2.00		Pork-n-Beans, 28 oz.	2	1.00
Cut Corn - 12 oz.	1	1.50				
				Cereal		
Freezer Items				Quick Grits	1	2.00
Browned Beef (from Freezer)	1	0.00				
Cooked Chicken - Fr. Freezer	1	0.00		Pasta / Rice		
Sauteed Onion (from freezer)	1	0.00		Spaghetti- 8 oz.	1	0.80
Refrig. Items				Snacks		
Butter	1	0.00		Tortilla Chips	1	2.50
Buttermilk	1	0.00				
Eggs	1	0.00				
Garlic Cloves	1	0.00				
Mayonnaise	1	0.00				
Milk	1	0.00				
Mustard	1	0.00				
Salad Dressing	1	0.00				
Produce						
Cabbage Slaw Mix	1	2.50				
Carrots-Baby	1	2.50				
Cilantro, fresh	1	2.00				
Green Bell Pepper	1	0.85				
Green Onions	1	2.00				
Onion (1)	2	0.40				
Red Bell Pepper	1	2.50				
Red Leaf Lettuce	1	2.00				
				Total:		\$67.80