

Menus4Moms Shopping List for 12/28/09

Created by

Shopping List: 12/22/2009

				Frozen Edamame	1	2.50
Fruit						
Bag of Granny Smith apples	1	3.00				
Red Grapes	1	1.99				
				Dairy/spreads		
				Half & Half - 16 oz.	1	1.99
Produce				Sour Cream-8 oz.	1	1.00
Baking Potatoes - 5 lb. bag	1	4.00		Vanilla yogurt - 8 oz.	2	0.50
Cabbage	1	2.00				
Carrots-Baby	1	2.50		Baking Prod		
Green Bell Pepper	1	0.85		Jello - Orange 3 oz.	1	1.50
Greens of choice	1	3.00				
Leaf Lettuce	1	2.00		Canned Fruit		
Onion (1)	4	0.40		Mandarin Orange Slices	1	1.00
Tomatoes, Ripe	1	1.00				
				Frozen Vegeta		
Refrig. Items				Ore Ida Hash Browns - 30 oz.	1	3.50
Butter	1	0.00		Peas And Carrots 16 Oz	1	1.03
Cheddar Cheese, Grated	1	0.00				
Eggs	1	0.00		Meat		
Garlic Cloves	1	0.00		Smoked Sausages - 12 oz.	1	4.00
Milk	1	0.00				
Salad Dressing	1	0.00		Bread		
				Sourdough Bread	1	2.99
Pasta / Rice						
Calrose Rice	1	3.89		Condiments		
Egg Noodles	1	1.50		Tamari	1	1.50
Canned Vegeta				Nuts		
Canned Corn 14.5 oz	1	0.75		Walnuts	1	2.50
Soup				Total:		\$68.23
Chicken Broth	3	0.88				
Cr. of Celery	1	1.00				
Cr. Of Chicken	1	1.00				
Cr. Of Mushroom	1	1.00				
Freezer Items						
Cooked Chicken - Fr. Freezer	1	0.00				
Ham, diced (from freezer)	1	0.00				
Sauteed Onion (from freezer)	1	0.00				
Frozen Dessert						
Cool Whip 8 oz.	1	2.00				
Cheese						
Cream Cheese Brick 3 Oz	2	0.75				
Swiss Cheese block	1	2.00				
Velveeta -16 oz. (or store bra	1	4.50				
Pantry Items						
Croutons	1	0.00				
Flour	1	0.00				
Non-Stick Cooking Spray	1	0.00				
Pepper, Black	1	0.00				
Salt	1	0.00				
Vanilla Extract	1	0.00				
Vegetable Oil (pref light oil)	1	0.00				
White Cooking Wine	1	0.00				
White Pepper	1	0.00				
Ethnic Food						