

Menus 4 Moms Shopping List
Shopping List: 5/4/2005

			Jumbo Shells	1	2.00
Bread					
Hamburger buns	1	1.50			
			Produce		
Canned Vegeta			Red Bell Pepper	1	2.50
Crushed Tomatoes 28 oz.	1	0.99	zucchini	1	0.75
Canned Green Beans - 15 oz.	2	1.00	Green Bell Pepper	1	0.79
Mushroom Pieces - 4 oz.	2	0.85	Broccoli slaw	2	1.50
Kidney Beans 15 Oz	1	0.65	Red Onion	1	1.00
			Bag Salad	1	2.50
Cheese			Slaw dressing	1	2.00
Sharp Cheddar Cheese 16 Oz	1	3.23	yellow squash	1	0.80
Velveeta -16 oz.	1	4.00	Mushrooms	1	1.59
Parmesan Cheese	1	2.99	Bag of Yellow Onions	1	2.00
Mozzarella cheese, sliced - 16	1	3.00			
Ricotta	1	1.99	Sauces		
			Spaghetti Sauce - 28 oz.	1	1.25
Dairy/spreads			Stewed Tomatoes - 14.5 oz.	1	1.50
Eggs	1	1.75	tomatoes - diced 14.5	1	1.50
Sour Cream - 16 oz.	1	1.99	Tomato Paste 6 Oz	1	0.45
Frozen Bread			Soup		
Frozen Loaf Bread	1	2.50	Cr. Of Chicken	2	0.89
Frozen Dinner Rolls	1	2.50	Chicken Broth	3	0.88
			Cr. of Celery	1	0.89
Frozen Vegeta					
Tator Tots	1	2.50	Spices		
Broccoli Cuts 16 Oz	1	1.32	Adobo seasoning	1	2.00
Ore Ida Hash Browns - 30 oz.	1	3.50	Chili Seasoning	1	1.75
Meat			Total:		\$112.68
Chicken Breasts - 2lbs.	2	7.99			
Ground Beef - 1 lb.	10	2.50			
Pantry Item					
Lettuce leaves	1	0.00			
Tomato slices	1	0.00			
Salad Dressing	1	0.00			
Butter	1	0.00			
Flour	1	0.00			
Baking Soda	1	0.00			
Garlic cloves	1	0.00			
Basil	1	0.00			
Onion slices	1	0.00			
Bay leaf	1	0.00			
Corn Meal	1	0.00			
Oregano	1	0.00			
Thyme	1	0.00			
Vegetable Oil (pref. light oli	1	0.00			
Milk	1	0.00			
Mayonnaise	1	0.00			
Parsley	1	0.00			
Buttermilk	1	0.00			
Baking Powder	1	0.00			
mustard	1	0.00			
Salt	1	0.00			
Pepper	1	0.00			
Ketchup	1	0.00			
Pasta / Rice					
Spaghetti	1	0.90			