

# Angel Food Menus – Week 2 Of October Shopping List

By [www.HillbillyHousewife.com](http://www.HillbillyHousewife.com)

These menus are based on the food provided by Angel Food Ministries in their monthly boxes. For more information on ordering these food boxes visit <http://www.angelfoodministries.com/>

## **[Fresh Produce] Fruits and Vegetables**

onions – 1 cup + 1  
green chili peppers – 2 tablespoons  
pears – 2  
red bell peppers – 1 cup  
green bell pepper – 1  
oregano or sage – 1/2 teaspoon

## **[Bakery & Bread]**

corn tortillas – 8 (8 inches each)  
Italian bread – 1 loaf  
bread crumbs – 1 cup

## **[General Grocery] Cooking and Baking**

oils – 1/4 cup + 1 tablespoon  
brown sugar – 1 teaspoon  
flour – 1 tablespoon  
salt – 1/8 teaspoon  
pepper – 3/8 teaspoon  
garlic powder – 1/8 teaspoon  
Italian seasoning – 1 teaspoon

## **[General Grocery] Condiments and Sauces**

mayonnaise – 1/2 cup

## **[General Grocery] Canned and Bottled**

olives – 1/2 cup  
cream of mushroom soup – 1 can (10 3/4 ounces)  
enchilada sauce – 1 can (10 ounces)  
balsamic vinegar – 1 tablespoon  
chicken broth – 1 cup  
salsa – 1/2 cup  
evaporated milk – 2 cans (12 ounces each)  
double cheddar sauce – 1 jar (16 ounces)

spaghetti sauce – 1 jar (28 ounces)  
whole kernel corn – 1 can (15 ounces)  
tomato sauce – 1 can (8 ounces)

## **[General Grocery] Dry Foods & Mixes**

taco seasoning mix – 2 teaspoons  
elbow macaroni – 2 1/2 cups  
white rice – 1/3 cup  
herb & butter angel hair pasta – 2 packages (4 1/2 ounces each)

## **[Dairy]**

shredded cheddar cheese – 3 cups  
milk – 1/3 cup  
butter – 3 tablespoons  
Monterey Jack cheese – 8 ounces  
margarine – 1/2 cup  
mild cheddar cheese – 12 to 16 ounces  
cream cheese – 1 package (8 ounces)  
mozzarella cheese – 2 cups

## **[Frozen]**

frozen meatballs – 1 package (1 pound)  
frozen chopped broccoli – 1 package (10 ounces)

## **[Meat and Poultry]**

ground beef – 1 pound  
pork chops – 4 (1 inch thick)  
boneless, skinless chicken breast – 2 pounds  
pork chops – 4

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