

USA: The Revises of North Carolina
ONE WEEK'S FOOD IN MARCH

‡ Not in Photo

Grains & Other Starchy Foods: \$17.92

red potatoes, 2.3 lb
Natures Own bread, sliced, 1 loaf
Trix cereal, 1.5 lb
Mueller fettuccini, 1 lb; spaghetti, 1 lb
Uncle Ben's Original white rice, 1 lb
Flatout flatbread wraps, 14 oz
New York Original Texas garlic toast, 11.3 oz
Harris Teeter (store brand) Flaky Brown-Serve dinner rolls, 11 oz

Dairy: \$14.51

Harris Teeter milk, 1 gal
cheese, shredded, 8 oz;
sharp Cheddar cheese, sliced, 8 oz
Kraft Swiss cheese, sliced, 8 oz
Cheese Singles, 6 oz
Kraft Parmesan cheese, grated, 3 oz
Harris Teeter butter, 2 oz

Meat, Fish & Eggs: \$54.92

Harris Teeter beef, pot roast, 2.5 lb; pork chops, 1.9 lb
Harris Teeter chicken drumsticks, 1.7 lb; chicken wings, 1.5 lb
eggs, 12
Armour Italian-style meat balls, 1 lb
Gwaltney bacon, Virginia-cured with brown sugar, 1 lb
Harris Teeter ground turkey, 1 lb
shrimp, ‡ 1 lb
StarKist tuna, canned, 12 oz
honey-baked ham, sliced, 9 oz
smoked turkey, sliced, 7.8 oz

Fruits, Vegetables & Nuts: \$41.07

Dole yellow bananas, 2.9 lb
red seedless grapes, 2.4 lb
green seedless grapes, 2.2 lb
Birds Eye baby broccoli, frozen, 4 lb

yellow onions, 3 lb
Green Giant corn, canned, 1.9 lb; green beans, canned, 1.8 lb
Bush's vegetarian baked beans, canned, 1.8 lb
cucumbers, 1.4 lb
Harris Teeter tomatoes, vine-ripened, 1.2 lb
Del Monte whole leaf spinach, canned, 13.5 oz
garden salad, packaged, 10 oz
Italian salad mix, packaged, 8.8 oz
pickled mushrooms, 7.3 oz
Harris Teeter peanuts, 1 lb

Condiments: \$12.51

white sugar, 1.6 lb;
black pepper, 2 oz;
salt, 2 oz
Ruffles ranch dip, 11 oz
Crisco vegetable oil, 6 fl oz
Nestle Coffee-Mate, French vanilla, nonfat, 6 fl oz
Food Lion garlic salt, 5.3 oz
Hellmann's mayonnaise, 4 oz
Newman's Own salad dressing, 4 oz
Jiffy peanut butter, ‡ 3 oz
Harris Teeter Original yellow mustard, 2 oz
Heinz ketchup, 2 oz
Colonial Kitchen meat tenderizer, 1 oz
Durkee celery seed, 1 oz
Encore garlic powder, 1 oz

Snacks & Desserts: \$21.27

Mott's apple sauce, 1.5 lb
Munchies Classic mix, 15.5 oz
Kellogg's yogurt-flavored pop tarts, ‡ 14.7 oz
Orville Redenbacher's popcorn, 9 oz
Harris Teeter sunflower seeds, 7.3 oz

Lays Classic potato chips, 5.5 oz; Wavy potato chips, 5.5 oz
Del Monte fruit in cherry gel, 4.5 oz
Extra chewing gum, 3 pks
Snickers candy bar, 2.1 oz
M&M's peanut candy, 1.7 oz

Prepared Food: \$24.27

Bertolli portobello alfredo sauce, 1 lb
Ragu spaghetti sauce, chunky mushroom and bell peppers, 1 lb
Maruchan shrimp flavored ramen, 15 oz
California sushi rolls, 14 oz
Campbell's cream of celery soup, 10.8 oz
Hot Pockets, jalapeño, steak & cheese, 9 oz
shrimp sushi rolls, 7 oz

Fast Food: \$71.61

McDonald's: 10-pc chicken McNuggets, large fries, large Coca-Cola, Filet-o-Fish meal
Taco Bell: 4 nachos Bell Grande, 2 soft tacos, taco supreme, taco pizza, taco, bean burrito, large lemonade
Burger King: double cheeseburger, onion rings, large Coca-Cola
KFC: 2-pc chicken with mashed potatoes, large Coca-Cola
Subway: 6-inch wheat veggie sub, 6-inch wheat seafood crab sub
Milano's Pizzeria: large sausage pizza, large pepperoni pizza
I Love NY Pizza: 4 pizza slices

Restaurants: \$6.15

China Market: shrimp fried rice, 2 orders; large fruit punch

Beverages: \$77.75

Budweiser, 24 12-fl -oz cans
bottled water, 2 gal
Harris Teeter cranberry-apple juice cocktail, 4 2-qt bottles
diet Coca-Cola, 12 12-fl -oz cans
A&W cream soda, 2 2.1-qt bottles;
7UP, 6 16.9-fl -oz bottles
Harris Teeter cranberry-raspberry juice cocktail, 2 2-qt bottles
Harris Teeter ruby grapefruit juice cocktail, 2 2-qt bottles
Capri Sun, 10 6.8-fl -oz pkgs
soda, ‡ 5 12-fl -oz cans, purchased daily by Brandon at school
Arbor Mist strawberry wine blenders, 1.1 qt
Gatorade, ‡ 16 fl oz
Powerade, ‡ 16 fl oz
Snapple, Go Bananas juice, 16 fl oz
Kool-Aid, black cherry, 0.5 oz
Maxwell House instant coffee, 1.5 oz;
breakfast tea, 5 teabags
tap water for drinking and cooking

**Food Expenditure for One Week:
\$341.98**