

# Prepared Foods Nutrition Facts



Breakfast Sandwiches	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Plain English Muffin																						
Egg & Cheese	1 ea (180g)	420	200	22	34	8	40	0	275	92	880	37	36	12	2	8	2	19	8	40	30	20
Egg, Bacon & Cheese	1 ea (191g)	450	220	24	37	9	45	0	275	92	1180	49	37	12	2	8	3	22	8	35	25	20
Egg, Sausage & Cheese	1 ea (231g)	620	390	43	66	15	75	0	310	103	1220	51	36	12	2	8	2	24	8	35	25	20
Egg, Turkey Sausage & Cheese	1 ea (220g)	460	200	23	35	8	40	0	305	102	1250	52	36	12	2	8	3	27	8	35	30	25
Western Egg & Cheese	1 ea (180g)	470	230	26	40	8	40	0	255	85	850	35	41	14	4	16	4	20	60	140	30	20
Western Egg, Bacon & Cheese	1 ea (191g)	510	250	28	43	9	45	0	260	87	1150	48	42	14	4	16	5	22	60	140	30	20
Western Egg, Sausage & Cheese	1 ea (231g)	670	420	47	72	15	75	0	290	97	1190	50	41	14	3	12	4	25	60	140	25	25
Western Egg, Turkey Sausage & Cheese	1 ea (220g)	510	240	27	42	8	40	0	285	95	1230	51	41	14	3	12	4	28	60	140	30	25
Egg White & Cheese	1 ea (164g)	300	80	9	14	5	25	0	25	8	770	32	36	12	2	8	1	17	0	40	25	10
Egg White, Bacon & Cheese	1 ea (175g)	330	100	11	17	6	30	0	25	8	1070	45	37	12	2	8	2	20	0	40	25	15
Egg White, Sausage & Cheese	1 ea (215g)	500	270	30	46	12	60	0	60	20	1110	46	36	12	2	8	1	23	0	35	20	15

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<b>Egg White, Turkey Sausage &amp; Cheese</b>	1 ea (204g)	340	90	10	15	5	25	0	55	18	1150	48	36	12	2	8	2	26	0	35	25	15
<b>Whole Wheat English Muffin</b>																						
<b>Egg &amp; Cheese</b>	1 ea (180g)	400	190	21	32	7	35	0	260	87	870	36	34	11	5	20	2	19	8	35	25	15
<b>Egg, Bacon &amp; Cheese</b>	1 ea (191g)	440	210	23	35	8	40	0	260	87	1150	48	35	12	5	20	3	22	8	35	25	15
<b>Egg, Sausage &amp; Cheese</b>	1 ea (231g)	600	370	41	63	14	70	0	295	98	1200	50	35	12	5	20	2	24	8	35	25	15
<b>Egg, Turkey Sausage &amp; Cheese</b>	1 ea (220g)	450	200	22	34	7	35	0	290	97	1240	52	35	12	5	20	2	27	8	35	25	20
<b>Western Egg &amp; Cheese</b>	1 ea (180g)	450	220	25	38	8	40	0	240	80	850	35	39	13	7	28	4	19	60	130	25	20
<b>Western Egg, Bacon &amp; Cheese</b>	1 ea (191g)	490	240	27	42	8	40	0	245	82	1130	47	39	13	7	28	5	22	60	130	25	20
<b>Western Egg, Sausage &amp; Cheese</b>	1 ea (231g)	650	400	45	69	14	70	0	275	92	1180	49	39	13	6	24	4	25	60	130	25	20
<b>Western Egg, Turkey Sausage &amp; Cheese</b>	1 ea (220g)	500	230	26	40	8	40	0	270	90	1210	50	39	13	6	24	4	28	50	140	25	20
<b>Egg White &amp; Cheese</b>	1 ea (164g)	290	80	9	14	5	25	0	20	7	760	32	34	11	5	20	1	17	0	35	20	10
<b>Egg White, Bacon &amp; Cheese</b>	1 ea (175g)	320	100	11	17	6	30	0	25	8	1050	44	35	12	5	20	2	20	0	35	20	10

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<b>Egg White, Sausage &amp; Cheese</b>	1 ea (215g)	490	260	29	45	11	55	0	60	20	1090	45	34	11	5	20	1	23	0	35	20	10
<b>Egg White, Turkey Sausage &amp; Cheese</b>	1 ea (204g)	330	90	10	15	5	25	0	55	18	1130	47	34	11	5	20	2	26	0	35	20	15
<b>Croissant Sandwiches</b>																						
<b>Egg &amp; Cheese</b>	1 ea (157g)	440	270	30	46	15	75	0	285	95	720	30	26	9	2	8	5	16	15	35	20	15
<b>Egg, Bacon &amp; Cheese</b>	1 ea (168g)	470	290	32	49	16	80	0	290	97	990	41	27	9	2	8	6	18	15	35	20	15
<b>Egg, Sausage &amp; Cheese</b>	1 ea (208g)	640	450	50	77	21	105	0	320	107	1050	44	27	9	2	8	5	21	15	35	20	20
<b>Egg, Turkey Sausage &amp; Cheese</b>	1 ea (197g)	490	280	31	48	15	75	0	315	105	1080	45	27	9	2	8	5	24	15	35	20	20
<b>Western Egg &amp; Cheese</b>	1 ea (157g)	490	300	34	52	15	75	0	265	88	690	29	31	10	3	12	7	16	60	130	20	20
<b>Western Egg, Bacon &amp; Cheese</b>	1 ea (168g)	520	320	36	55	16	80	0	270	90	970	40	32	11	3	12	7	19	60	130	20	20
<b>Western Egg, Sausage &amp; Cheese</b>	1 ea (208g)	680	480	53	82	21	105	0	305	102	1030	43	32	11	3	12	7	22	60	130	20	20
<b>Western Egg, Turkey Sausage &amp; Cheese</b>	1 ea (197g)	530	310	35	54	15	75	0	300	100	1060	44	32	11	3	12	7	24	60	130	20	25
<b>Egg White &amp; Cheese</b>	1 ea (141g)	330	160	18	28	13	65	0	60	20	610	25	26	9	2	8	4	14	10	35	15	10

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<b>Egg White, Bacon &amp; Cheese</b>	1 ea (152g)	360	180	20	31	13	65	0	65	22	890	37	27	9	2	8	5	17	10	35	15	10
<b>Egg White, Sausage &amp; Cheese</b>	1 ea (192g)	530	340	38	58	19	95	0	95	32	940	39	27	9	2	8	4	20	10	35	15	10
<b>Egg White, Turkey Sausage &amp; Cheese</b>	1 ea (181g)	380	170	19	29	13	65	0	90	30	970	40	27	9	2	8	5	22	10	35	15	15
<b>Individual Components</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat</b>		<b>Saturated Fat</b>		<b>Trans Fat</b>	<b>Cholesterol</b>		<b>Sodium</b>		<b>Total Carbohydrates</b>		<b>Dietary Fiber</b>		<b>Sugar</b>	<b>Protein</b>	<b>Vitamin A</b>	<b>Vitamin C</b>	<b>Calcium</b>	<b>Iron</b>
	<b>(g)</b>			<b>(g)</b>	<b>(%DV)</b>	<b>(g)</b>	<b>(%DV)</b>	<b>(g)</b>	<b>(mg)</b>	<b>(%DV)</b>	<b>(mg)</b>	<b>(%DV)</b>	<b>(g)</b>	<b>(%DV)</b>	<b>(g)</b>	<b>(%DV)</b>	<b>(g)</b>	<b>(g)</b>	<b>(%DV)</b>	<b>(%DV)</b>	<b>(%DV)</b>	<b>(%DV)</b>
<b>Scrambled Egg Pattie</b>	1 ea (85g)	170	120	14	22	3	15	0	260	87	320	13	3	1	1	4	1	8	8	0	6	8
<b>Western Omelet</b>	1 ea (85g)	220	160	18	28	3	15	0	240	80	290	12	8	3	3	12	3	9	60	110	6	10
<b>Egg White Pattie</b>	1 ea (58g)	35	0	0	0	0	0	0	0	0	170	7	2	1	1	4	0	6	0	0	0	0
<b>Bacon</b>	1 Slice (11g)	35	20	2	3	1	5	0	5	2	280	12	1	0	0	0	1	3	0	0	0	0
<b>Turkey Sausage</b>	1 ea (40g)	45	10	1	2	0	0	0	30	10	360	15	1	0	0	0	0	8	0	0	0	4
<b>Sausage</b>	1 ea (57g)	220	200	22	34	7	35	0	40	13	370	15	1	0	0	0	0	6	0	0	0	2
<b>Cheese</b>	1 Slice (19g)	70	50	6	9	3.5	18	0	15	5	240	10	0	0	0	0	0	4	4	0	10	0
<b>Buttermilk Biscuit</b>	1 ea (64g)	230	110	12	18	6	30	0	0	0	610	25	26	9	1	4	2	4	0	0	8	8
<b>English Muffin</b>	1 ea (65g)	150	15	1.5	2	0	0	0	0	0	230	10	29	10	1	4	1	5	0	0	6	10
<b>Whole Wheat English Muffin</b>	1 ea (75g)	160	20	2	3	0	0	0	0	0	270	11	29	10	4	16	1	6	0	0	6	8
<b>Croissant Sandwich</b>	1 ea (62g)	220	110	12	18	8	40	0	40	13	170	7	23	8	1	4	4	4	10	0	0	10

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Hot Oatmeal	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Organic Cinnamon & Spice	278g	300	35	4	6	0	0	0	0	0	190	8	56	19	4	16	18	8	0	0	0	10
Organic Apple Cinnamon	278g	300	35	4	6	0	0	0	0	0	190	8	56	19	4	16	18	8	0	0	0	10
Organic Just Oats	278g	300	45	5	8	0	0	0	0	0	5	0	54	18	8	32	1	12	0	0	4	15
Organic Maple & Spice	278g	300	35	4	6	0	0	0	0	0	330	14	56	19	4	16	18	8	0	0	0	10
Buttermilk Biscuit Sandwiches	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Egg & Cheese	1 ea (157g)	440	270	30	46	13	65	0	240	80	1140	48	29	10	2	8	3	16	8	35	25	15
Egg, Bacon & Cheese	1 ea (179g)	510	300	34	52	15	75	0	260	87	1510	63	32	11	2	8	4	19	8	35	30	15
Egg, Sausage & Cheese	1 ea (208g)	640	440	49	75	19	95	0	280	93	1460	61	30	10	2	8	3	21	8	35	25	15
Egg, Turkey Sausage & Cheese	1 ea (189g)	470	270	30	46	12	60	0	265	88	1440	60	29	10	2	8	3	23	8	30	25	20
Western Egg & Cheese	1 ea (157g)	490	300	33	51	13	65	0	225	75	1120	47	33	11	3	12	5	16	50	120	25	15

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<b>Western Egg, Bacon &amp; Cheese</b>	1 ea (179g)	560	340	37	57	15	75	0	245	82	1490	62	36	12	3	12	6	20	60	130	30	20
<b>Western Egg, Sausage &amp; Cheese</b>	1 ea (208g)	690	480	53	82	19	95	0	260	87	1450	60	34	11	3	12	5	22	50	130	25	20
<b>Western Egg, Turkey Sausage &amp; Cheese</b>	1 ea (207g)	570	330	36	55	14	70	0	270	90	1560	65	36	12	3	12	5	25	50	130	30	20
<b>Egg White &amp; Cheese</b>	1 ea (143g)	340	160	18	28	11	55	0	20	7	1050	44	29	10	2	8	2	14	0	35	20	8
<b>Egg White, Bacon &amp; Cheese</b>	1 ea (152g)	390	200	22	34	11	55	0	25	8	1280	53	28	9	2	8	2	19	4	0	20	10
<b>Egg White, Sausage &amp; Cheese</b>	1 ea (192g)	530	340	37	57	17	85	0	55	18	1370	57	29	10	2	8	2	19	4	35	20	10
<b>Egg White, Turkey Sausage &amp; Cheese</b>	1 ea (192g)	410	180	20	31	11	55	0	55	18	1480	62	31	10	2	8	3	23	0	35	25	15
<b>Biscuit &amp; Country Ham</b>	1 ea (84g)	300	140	16	25	7	35	0	30	10	1670	70	26	9	1	4	2	15	0	0	8	25

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