

# Prepared Foods Nutrition Facts



Banana Mocha Frappe	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)
Whole Milk	12 oz	410	45	5	8	3	15	0	25	8	400	17	71	24	2	8	64	9	4	4	35	6
Whole Milk	16 oz	670	70	8	12	4	20	0	35	12	740	31	119	40	3	12	106	15	4	6	60	10
Whole Milk	20 oz	930	90	10	15	5	25	0	45	15	1080	45	167	56	5	20	148	20	6	8	80	15
Birthday Cake Frappe	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)
Whole Milk	12 oz	440	110	12	18	10	50	0	25	8	230	10	72	24	0	0	64	10	4	4	40	0
Whole Milk	16 oz	630	120	14	22	11	55	0	40	13	410	17	108	36	0	0	100	18	4	8	70	0
Whole Milk	20 oz	820	140	16	25	12	60	0	50	17	600	25	144	48	0	0	135	25	6	10	90	0
Candy Cane Frappe Freeze	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)
Whole Milk	12 oz	260	40	4.5	7	3	15	0	25	8	230	10	45	15	0	0	44	10	4	4	40	0
Whole Milk	16 oz	450	60	7	11	4	20	0	40	13	420	18	80	27	0	0	79	18	4	8	70	0
Whole Milk	20 oz	640	80	8	12	5	25	0	50	17	600	25	115	38	0	0	114	25	6	10	90	0
Cappuccino Frappe Freeze	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)
Whole Milk	12 oz	180	25	3	5	1.5	8	0	15	5	270	11	31	10	1	4	28	8	2	2	30	2
Whole Milk	16 oz	320	40	4	6	2.5	13	0	25	8	510	21	60	20	1	4	54	13	2	4	50	6
Whole Milk	20 oz	470	50	5	8	3	15	0	30	10	740	31	88	29	2	8	80	19	4	6	70	8

Have questions or comments? Call Wegmans Consumer Affairs  
 Monday-Friday 8 a.m. - 5 p.m.  
 (585) 464-4760 or toll free 1-800-WEGMANS ext.4760

# Prepared Foods Nutrition Facts



Caramel Frappe Freeze	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)
Whole Milk	12 oz	320	40	4.5	7	3	15	0	25	8	300	13	57	19	0	0	53	10	4	4	40	0
Whole Milk	16 oz	530	60	7	11	4	20	0	40	13	520	22	98	33	0	0	91	18	4	8	70	0
Whole Milk	20 oz	740	80	8	12	5	25	0	50	17	740	31	139	46	0	0	130	25	6	10	100	0
Organic Chai Frappe Freeze	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)
Whole Milk	12 oz	240	25	2.5	4	1.5	8	0	15	5	260	11	47	16	1	4	44	7	2	8	25	4
Whole Milk	16 oz	410	40	4	6	2.5	13	0	25	8	510	21	80	27	1	4	74	13	2	10	50	8
Whole Milk	20 oz	580	50	6	9	3	15	0	35	12	750	31	112	37	2	8	104	19	4	15	70	10
Cold Brew	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	12 oz	10	0	0	0	0	0	0	0	0	35	1	0	0	0	0	0	1	0	0	8	0
Plain	16 oz	15	0	0	0	0	0	0	0	0	45	2	1	0	0	0	0	1	0	0	8	0
Plain	20 oz	15	0	0	0	0	0	0	0	0	60	3	1	0	0	0	0	2	0	0	10	0
Cold Foam	2 oz	50	0	0	0	0	0	0	0	0	30	1	10	3	0	0	10	1	2	2	8	0
Cold Foam	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)
Skim Milk	1 Size	50	0	0	0	0	0	0	0	0	30	1	10	3	0	0	10	1	2	2	8	0

Have questions or comments? Call Wegmans Consumer Affairs  
 Monday-Friday 8 a.m. - 5 p.m.  
 (585) 464-4760 or toll free 1-800-WEGMANS ext.4760

# Prepared Foods Nutrition Facts



Cookies n' Cream Frappe Freeze	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)
Whole Milk	12 oz	330	90	10	15	5	25	0	25	8	410	17	51	17	1	4	42	11	4	4	35	8
Whole Milk	16 oz	550	130	14	22	7	35	0	35	12	720	30	90	30	2	8	74	18	4	6	60	15
Whole Milk	20 oz	770	170	18	28	9	45	0	50	17	1030	43	128	43	3	12	107	25	6	8	80	20
Eggnog Frappe Freeze	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)
Eggnog Frappe Freeze	12 oz	370	100	11	17	6	30	0	85	28	260	11	56	19	0	0	54	13	10	4	45	0
Eggnog Frappe Freeze	16 oz	600	140	15	23	8	40	0	120	40	450	19	95	32	0	0	91	21	15	8	70	0
Eggnog Frappe Freeze	20 oz	820	170	19	29	11	55	0	155	52	640	27	133	44	0	0	128	29	15	10	100	0
Frozen Hot Chocolate	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)
Whole Milk	12 oz	320	40	4.5	7	3	15	0	25	8	260	11	57	19	1	4	55	10	4	4	40	0
Whole Milk	16 oz	530	60	7	11	4	20	0	40	13	460	19	98	33	1	4	94	18	4	8	70	0
Whole Milk	20 oz	740	80	8	12	5	25	0	50	17	660	28	139	46	2	8	134	25	6	10	90	0
Gingersnap Frappe Freeze	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)
Whole Milk	12 oz	290	60	7	11	3.5	18	0	25	8	280	12	45	15	0	0	37	11	4	4	40	4
Whole Milk	16 oz	490	90	10	15	5	25	0	40	13	480	20	80	27	0	0	69	18	4	8	70	4
Whole Milk	20 oz	690	120	13	20	6	30	0	50	17	690	29	115	38	1	4	100	26	5	10	90	6

Have questions or comments? Call Wegmans Consumer Affairs  
 Monday-Friday 8 a.m. - 5 p.m.  
 (585) 464-4760 or toll free 1-800-WEGMANS ext.4760

# Prepared Foods Nutrition Facts



Hawaiian Salted Caramel Frappe	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)
Whole Milk	12 oz	270	45	5	8	3	15	0	25	8	430	18	46	15	1	4	43	9	4	4	35	2
Whole Milk	16 oz	450	60	7	11	4	20	0	35	12	750	31	82	27	1	4	76	16	4	6	60	6
Whole Milk	20 oz	640	80	9	14	5	25	0	50	17	1060	44	118	39	2	8	110	23	6	8	80	8
Hazelnut Frappe Freeze	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)
Whole Milk	12 oz	270	40	4.5	7	3	15	0	25	8	230	10	45	15	0	0	45	10	4	4	40	0
Whole Milk	16 oz	460	60	7	11	4	20	0	40	13	410	17	81	27	0	0	80	18	4	8	70	0
Whole Milk	20 oz	650	80	8	12	5	25	0	50	17	590	25	116	39	0	0	115	25	6	10	90	0
Iced Macchiato w/ Cold Foam	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)
Iced Macchiato w/ Cold Foam	12 oz	120	0	0	0	0	0	0	0	0	65	3	26	9	0	0	26	2	6	2	15	0
Iced Macchiato w/ Cold Foam	16 oz	160	0	0	0	0	0	0	0	0	80	3	34	11	0	0	34	3	6	2	20	0
Iced Macchiato w/ Cold Foam	20 oz	190	0	0	0	0	0	0	5	2	100	4	42	14	0	0	42	3	8	4	25	0
Maple Crunch Frappe	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)
Whole Milk	12 oz	380	90	10	15	3.5	18	0	25	8	340	14	61	20	1	4	41	12	4	4	40	4
Whole Milk	16 oz	570	100	12	18	5	25	0	40	13	520	22	95	32	1	4	70	20	4	8	70	4
Whole Milk	20 oz	750	120	13	20	6	30	0	50	17	700	29	128	43	1	4	99	27	6	10	90	4

Have questions or comments? Call Wegmans Consumer Affairs  
 Monday-Friday 8 a.m. - 5 p.m.  
 (585) 464-4760 or toll free 1-800-WEGMANS ext.4760

# Prepared Foods Nutrition Facts



Matcha Green Tea Frappe	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)
Whole Milk	12 oz	230	40	4.5	7	3	15	0	20	7	180	8	43	14	0	0	32	5	4	2	20	0
Whole Milk	16 oz	410	60	7	11	4	20	0	30	10	310	13	82	27	0	0	59	7	4	4	25	0
Whole Milk	20 oz	440	80	8	12	5	25	0	35	12	340	14	84	28	0	0	62	8	6	4	30	0
Mint Chocolate Frappe	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)
Whole Milk	12 oz	440	90	10	15	5	25	0	30	10	370	15	77	26	0	0	68	12	4	4	40	4
Whole Milk	16 oz	750	130	15	23	8	40	0	45	15	630	26	133	44	0	0	119	20	4	8	70	6
Whole Milk	20 oz	1050	180	20	31	10	50	0	60	20	900	38	190	63	0	0	170	28	6	10	100	8
Mocha Frappe Freeze	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)
Whole Milk	12 oz	310	45	5	8	3	15	0	25	8	400	17	58	19	2	8	51	9	4	4	35	6
Whole Milk	16 oz	520	70	8	12	4	20	0	35	12	740	31	100	33	3	12	87	15	4	6	60	10
Whole Milk	20 oz	730	90	10	15	5	25	0	45	15	1080	45	142	47	5	20	124	20	6	8	80	15
Protein Cold Brew	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)
Protein Cold Brew	16 oz	210	5	0.5	1	0	0	0	5	2	350	15	30	10	1	4	23	20	0	2	25	6

Have questions or comments? Call Wegmans Consumer Affairs  
 Monday-Friday 8 a.m. - 5 p.m.  
 (585) 464-4760 or toll free 1-800-WEGMANS ext.4760

# Prepared Foods Nutrition Facts



Pumpkin Frappe	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)
Whole Milk	12 oz	320	45	5	8	3	15	0	25	8	270	11	58	19	0	0	55	11	4	4	40	0
Whole Milk	16 oz	540	60	7	11	4	20	0	40	13	460	19	99	33	0	0	95	19	4	8	70	0
Whole Milk	20 oz	750	80	9	14	5	25	0	50	17	660	28	141	47	0	0	135	27	6	10	100	0
Red, White & True Iced Latte	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)
Whole Milk	12 oz	140	40	4.5	7	3	15	0	20	7	80	3	19	6	0	0	19	5	4	2	20	0
Whole Milk	16 oz	200	60	7	11	4	20	0	30	10	110	5	29	10	0	0	28	7	4	4	25	0
Whole Milk	20 oz	260	80	8	12	5	25	0	35	12	140	6	38	13	0	0	37	8	6	4	30	0
Shamrock Freeze	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)
Whole Milk	12 oz	430	110	12	18	10	50	0	25	8	240	10	72	24	0	0	64	10	4	4	40	0
Whole Milk	16 oz	630	120	14	22	11	55	0	40	13	420	18	107	36	0	0	99	18	4	8	70	0
Whole Milk	20 oz	820	140	16	25	12	60	0	50	17	600	25	143	48	0	0	134	25	6	10	99	0
Strawberry Shortcake Frappe Freeze	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)
Whole Milk	12 oz	350	35	3.5	5	2.5	13	0	20	7	220	9	71	24	2	8	68	10	2	35	35	2
Whole Milk	16 oz	580	40	4.5	7	3	15	0	30	10	390	16	118	39	2	8	113	16	4	50	60	2
Whole Milk	20 oz	800	50	6	9	3.5	18	0	40	13	550	23	165	55	3	12	159	23	4	70	80	4

Have questions or comments? Call Wegmans Consumer Affairs  
 Monday-Friday 8 a.m. - 5 p.m.  
 (585) 464-4760 or toll free 1-800-WEGMANS ext.4760

# Prepared Foods Nutrition Facts



Toasted Coconut Mocha Freeze	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)
Whole Milk	12 oz	360	45	5	8	3	15	0	25	8	400	17	71	24	2	8	64	9	4	4	35	6
Whole Milk	16 oz	600	70	8	12	4	20	0	35	12	740	31	120	40	2	8	107	16	4	6	60	10
Whole Milk	20 oz	830	90	10	15	5	25	0	45	15	1080	45	168	56	5	20	150	20	6	8	80	15
Vanilla Frappe Freeze	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)
Whole Milk	12 oz	270	40	4.5	7	3	15	0	25	8	230	10	46	15	0	0	46	10	4	4	40	0
Whole Milk	16 oz	460	60	7	11	4	20	0	40	13	410	17	82	27	0	0	81	18	4	8	70	0
Whole Milk	20 oz	650	80	8	12	5	25	0	50	17	590	25	118	39	0	0	117	25	6	10	90	0
MILKS:	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)
Skim Milk	12 oz	-30	-40	-4.5	-7	-3	-15	-	-20	-7	+5	-	+1	+1	-	-	+1	-2	+2	-	+5	-
Skim Milk	16 oz	-40	-60	-7	-11	-4	-20	-	-30	-10	+10	+1	+1	+1	-	-	+1	-3	+4	-	-	-
Skim Milk	20 oz	-60	-80	-8	-12	-5	-25	-	-30	-10	+10	+1	+2	+1	-	-	+1	-3	+4	-	+5	-
Almond Milk	12 oz	-50	-25	-3	-5	-3	-15	-	-20	-7	+20	+1	+2	-	+1	+4	-3	-4	+2	-2	-9	+2
Almond Milk	16 oz	-70	-40	-5	-8	-4	-20	-	-30	-10	+30	+1	-3	-1	+1	+4	-4	-6	+4	-4	-17	+2
Almond Milk	20 oz	-90	-55	-5	-7	-5	-25	-	-35	-12	+40	+2	-4	-1	+1	+4	-5	-7	+4	-4	-30	+2
Lactaid Milk	12 oz	-	+5	-	-	-5	-2	-	-5	-2	-15	-	-	-	-	-	-	-	-	-2	+5	-

Have questions or comments? Call Wegmans Consumer Affairs  
 Monday-Friday 8 a.m. - 5 p.m.  
 (585) 464-4760 or toll free 1-800-WEGMANS ext.4760

# Prepared Foods Nutrition Facts



Lactaid Milk	16 oz	-	-	-	-	-5	-2	-	-10	-3	-15	-	-	-	-	-	-	-	+2	-4	-	-
Lactaid Milk	20 oz	-	-	+1	+2	-	-	-	-10	-4	-20	-	-	-	-	-	-	+1	+2	-4	-	-
Soy Milk	12 oz	-30	T122	-2	-3	-3	-15	-	-20	-7	-5	-	-2	-	+1	+4	-3	-1	+2	-2	-	+4
Soy Milk	16 oz	-40	-30	-3.5	-6	-4	-20	-	-30	-10	-	-	-3	-1	+1	+4	-5	-1	+4	-4	-	+4
Soy Milk	20 oz	-60	-40	-4	-6	-4.5	-22	-	-35	-12	-5	-	-5	-1	+1	+4	-7	-1	+4	-4	-	+6
Coconut Milk	12 oz	-30	-10	-1.5	-2	-	-	-	-	-20	-7	+5	-	-1	-	-	-1	-4	-4	-2	-15	-
Coconut Milk	16 oz	-40	-20	-3.5	-4	+5	+3	0	-30	-10	+10	+1	-1	-	-	-	-2	-6	-4	-4	-25	-
Coconut Milk	20 oz	-60	-30	-2	-3	+1	+5	-	-35	-12	+10	+1	-2	-	-	-	-3	-7	-6	-4	-30	-
Oat Milk	12 oz	-10	-10	-1.5	-2	-3	-15	-	-20	-7	-10	-	+3	+1	+1	+4	-3	-3	+11	-2	-	+2
Oat Milk	16 oz	-10	-20	-2.5	-4	-4	-20	-	-30	-10	-10	-	+4	+2	+2	+8	-4	-4	+16	-4	-5	+2
Oat Milk	20 oz	-20	-30	-2	-4	-5	-25	-	-35	-12	-15	-	+5	+2	+2	+8	-5	-5	+19	-4	-	+2
1% Milk	12 oz	-30	-25	-3	-5	-2	-10	-	-15	-5	-	-	+1	+1	-	-	-	-	+2	-	-	-
1% Milk	16 oz	-30	-40	-5	-8	-3	-15	-	-20	-7	-	-	+1	+1	-	-	-	-	+4	-	-	-
1% Milk	20 oz	-40	-55	-5.5	-8	-3.5	-17	-	-25	-9	-	-	+1	+1	-	-	-	-	+4	-	-	-
Toasted Coconut	Any Size	20	10	1.5	2	1	5	0	0	0	10	0	2	1	0	0	2	0	0	0	0	0
Whipped Cream	Any Size	70	45	4.5	7	2	10	0	0	0	0	0	5	2	0	0	5	0	0	0	0	0
Chocolate Shavings	Any Size	30	15	2	3	1	5	0	0	0	0	0	3	1	0	0	2	0	0	0	0	0

Have questions or comments? Call Wegmans Consumer Affairs  
 Monday-Friday 8 a.m. - 5 p.m.  
 (585) 464-4760 or toll free 1-800-WEGMANS ext.4760



# Prepared Foods Nutrition Facts



## Adding a Syrup?

Size	# of pumps	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)	
12 oz	3	80	0	0	0	0	0	0	0	0	0	0	20	7	0	0	20	0	0	0	0	0	0
16 oz	4	100	0	0	0	0	0	0	0	0	0	0	26	9	0	0	26	0	0	0	0	0	0
20 oz	5	130	0	0	0	0	0	0	0	0	0	0	33	11	0	0	33	0	0	0	0	0	0
12 oz (SF Syrup)	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
16 oz (SF Syrup)	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
20 oz (SF Syrup)	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Have questions or comments? Call Wegmans Consumer Affairs  
 Monday-Friday 8 a.m. - 5 p.m.  
 (585) 464-4760 or toll free 1-800-WEGMANS ext.4760