Benjamin D. LaFrombois

Partner
Chicago
312 754 2492
blafrombois@mgmlaw.com

PRACTICE AREAS

Food + Beverage Liability
Real Estate Litigation
Transactional
Transportation

EDUCATION

Liberty University, BS
Illinois Institute of Technology, Chicago-Kent College of Law, JD

BAR ADMISSIONS

Wisconsin
US District Court, Eastern District of Wisconsin
US District Court, Western District of Wisconsin

Overview

Ben LaFrombois focuses his practice on mid-market mergers and acquisitions, capital market and corporate governance, commercial transactions, and commercial real estate.

Ben has significant experience across various industries, including professional practices, logistics and supply chain business, food (farm, food manufacturing, transportation and storage, and retail), mid-size manufacturing.

Ben has handled mergers and acquisitions for medical practices, engineering and architectural firms, law firms, dental practices, optical practices, veterinary services and pet supply retailers, large logistics companies such as carriers, and warehousemen. On behalf of licensed professionals, such as architects, engineers, contractors and other design professionals, Ben advises on contract review and negotiation, labor and employment matters, real estate, and other corporate matters. He also advises companies on corporate governance, deal structures and the financing of their businesses. Ben has led key strategic public-private initiatives that resulted in the development of the Community First Champions Center and the Fox Cities Exhibition Center. On the private side, Ben has lead efforts that resulted in the construction of key distribution and manufacturing facilities. For each of these projects, Ben provided critical leadership and insight to overcome challenges and bring together common interest to achieve project success.

Ben has significant experience in the food and agricultural industries at the retail, distribution and production levels, including food marketing and labeling, logistics (warehousing and transportation), inventory management, and financing, with an emphasis on the dairy industry. As vice president, general counsel and corporate counsel for one of the fastest-growing supply chain service providers in the United States, he handled the company's legal compliance and risk management, contract review and negotiation, corporate governance, employment matters, real estate transactions, and mergers and acquisitions.

Ben is an avid speaker on business issues as they relate to law and finance; management and strategic direction of multi-disciplinary projects, including mergers and acquisitions; and management of private and

public strategic initiatives.

Prior to joining MG+M, Ben served as vice president and general counsel of WOW Logistics Company in Appleton, Wisconsin, and as in-house counsel at Ingles Markets, Inc. in Asheville, North Carolina.

Ben is admitted to practice law in Wisconsin only and is not admitted to practice in Illinois.

Involvement

+ Board of Directors for The Community Blood Center

Attorney Advertising. This material is for general informational purposes only and does not represent our advice as to any particular set of facts; nor does it represent any undertaking to keep recipients advised of all legal developments. Prior results do not guarantee a similar outcome. © 2026 MG+M The Law Firm