

LANCASTER COLONY CORP
Form 4
March 07, 2014

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2015
Estimated average burden hours per response... 0.5

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
ROSA BRUCE L

2. Issuer Name and Ticker or Trading Symbol
LANCASTER COLONY CORP
[LANC]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

____ Director
 Officer (give title below) _____ Other (specify below)
Vice President

(Last) (First) (Middle)

3. Date of Earliest Transaction
(Month/Day/Year)
03/07/2014

T. MARZETTI COMPANY, P. O.
BOX 29163

(Street)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
____ Form filed by More than One Reporting Person

COLUMBUS, OH 43229

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)
				(A) or (D)	Price		
Common Stock					50,840	I	By Trust
Common Stock					12,295.453 ⁽¹⁾	I	By ESOP
Common Stock					1,020.435 ⁽²⁾	I	By 401(k) Plan
Common Stock	03/06/2014	03/06/2014	M	1,923 A	\$ 0 ⁽³⁾	12,962	D
Common Stock	03/06/2014	03/06/2014	F	624 D	\$ 93.91	12,338	D

Edgar Filing: LANCASTER COLONY CORP - Form 4

Common Stock	03/06/2014	03/06/2014	M	1,464	A	(4)	13,802	D
Common Stock	03/06/2014	03/06/2014	F	475	D	\$ 93.91	13,327	D
Common Stock	03/06/2014	03/06/2014	M	1,281	A	(5)	14,608	D
Common Stock	03/06/2014	03/06/2014	F	415	D	\$ 93.91	14,193	D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

SEC 1474
(9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Underlying Security (Instr. 3 and 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	
Stock Appreciation Right	\$ 57.78	02/22/2011		A		5,000		02/22/2012	02/22/2016	Common Stock
Stock Appreciation Right	\$ 68.12	02/21/2012		A		10,667		02/21/2013	02/21/2017	Common Stock
Stock Appreciation Right	\$ 72.67	02/26/2013		A		17,000		02/26/2014	02/26/2018	Common Stock
Stock Appreciation Right	\$ 89.29	02/25/2014		A		14,400		02/25/2015	02/25/2019	Common Stock
Stock Appreciation Right ⁽³⁾	\$ 57.78	03/06/2014	03/06/2014	M		5,000		02/22/2014	02/22/2016	Common Stock
Stock Appreciation Right ⁽⁴⁾	\$ 68.12	03/06/2014	03/06/2014	M		5,333		02/21/2014	02/21/2017	Common Stock

