

LANCASTER COLONY CORP
Form 4
March 07, 2014

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

OMB APPROVAL

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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)

(Last) (First) (Middle)

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

___ Director ___ 10% Owner
 Officer (give title below) ___ Other (specify below)
Vice President

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

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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.

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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)
					(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

