

ROSA BRUCE L
Form 4
May 30, 2013

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)

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

(Last) (First) (Middle)

T. MARZETTI COMPANY, P. O.
BOX 29163

3. Date of Earliest Transaction
(Month/Day/Year)
05/29/2013

(Street)

COLUMBUS, OH 43229

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

(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 Indirect Beneficial Ownership (Instr. 4)
Common Stock					50,840	I	By Trust
Common Stock					11,242.785 ⁽¹⁾	I	By ESOP
Common Stock					849.7592 ⁽²⁾	I	By 401(k) Plan
Common Stock	02/26/2013	05/28/2013	M	1,409 A	\$ 0 ⁽³⁾	8,780	D
Common Stock	05/28/2013	05/28/2013	F	457 D	\$ 84.228	8,323	D

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Common Stock	05/28/2013	05/28/2013	M	1,570	A	(4)	9,893	D
Common Stock	05/28/2013	05/28/2013	F	509	D	\$ 84.228	9,384	D
Common Stock	05/28/2013	05/28/2013	M	1,019	A	(5)	10,403	D
Common Stock	05/28/2013	05/28/2013	F	330	D	\$ 84.228	10,073	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.

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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)	
				Code	V	(A)	(D)	Title	
Stock Appreciation Right	\$ 58.79	02/24/2010		A		4,668		Common Stock	
Stock Appreciation Right	\$ 57.78	02/22/2011		A		10,000		Common Stock	
Stock Appreciation Right	\$ 68.12	02/21/2012		A		16,000		Common Stock	
Stock Appreciation Right	\$ 72.67	02/26/2013		A		17,000		Common Stock	
Stock Appreciation Right	\$ 58.79	05/28/2013	05/28/2013	M		4,668	02/25/2013	02/24/2015	Common Stock
Stock Appreciation Right	\$ 57.78	05/28/2013	05/28/2013	M		5,000	02/22/2013	02/22/2016	Common Stock

