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Devine Martin J Source OMB APPROVAL FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549 OMB APPROVAL Check this box if no longer subject to Section 16. Form 4 or Form 5 STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES OMB APPROVAL Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, ection 17(a) of the Public Utility Holding Company Act of 1935 or Section 1(b). State of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940									
1. Name and Devine Ma	Address of Reporting H artin J	Sy	. Issuer Name an mbol EAN FOODS				. Relationship of I ssuer		
	(First) (M TH HASKELL SUITE 3400	Aiddle) 3. (M	Date of Earliest 7 lonth/Day/Year) 2/07/2012				Director _X Officer (give t elow)		Owner r (specify
DALLAS,	If Amendment, I ed(Month/Day/Ye	onth/Day/Year) Aj				 Individual or Joint/Group Filing(Check Applicable Line) X_ Form filed by One Reporting Person Form filed by More than One Reporting Person 			
(City)	(State)	(Zip)	Table I - Non-	Derivative	Secu	rities Acqui	red, Disposed of,	or Beneficiall	y Owned
1.Title of Security (Instr. 3)	· · · ·	2A. Deemed Execution Dat any (Month/Day/Y	Code	4. Securit or Dispos (Instr. 3, 4	ed of		5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common Stock	12/07/2012		Code V M	Amount 17,362	(D) A	Price \$ 14.2466	(Instr. 3 and 4) 35,837	D	
Common Stock	12/07/2012		S	17,362	D	\$ 17.2264 (1)	18,475	D	
Common Stock	12/07/2012		М	349	А	\$ 14.2466	18,824	D	
Common Stock	12/07/2012		S	349	D	\$ 17.2415	18,475	D	
Common Stock	12/07/2012		М	743	А	\$ 14.2466	19,218	D	

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Common Stock	12/07/2012	S	743	D	\$ 17.2415	18,475	D
Common Stock	12/07/2012	М	6,260	А	\$ 10.35	24,735	D
Common Stock	12/07/2012	S	6,260	D	\$ 17.2335	18,475	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. Transacti Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	ive Expiration Date es (Month/Day/Year) ed (A) osed of		7. Title and Ar Underlying Se (Instr. 3 and 4)
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title
Non-Qualified Stock Option (right to buy DF002230)	\$ 14.2466	12/07/2012		М	17,362	01/06/2004(2)	01/06/2013	Common Stock
Incentive Stock Option (right to buy DV00824)	\$ 14.2466	12/07/2012		М	349	01/06/2004(2)	01/06/2013	Common Stock
Incentive Stock Option (right to buy T0001045)	\$ 14.2466	12/07/2012		М	743	01/06/2004(2)	01/06/2013	Common Stock
Non-Qualified Stock Option (right to buy DF007309)	\$ 10.35	12/07/2012		М	6,260	02/18/2012 <u>(2)</u>	02/18/2021	Common Stock

Reporting Owners

Reporting Owner Name / Address

Relationships

Chief Operating Officer

Director 10% Owner Officer

Other

Devine Martin J 2711 NORTH HASKELL AVENUE SUITE 3400 DALLAS, TX 75204

Signatures

Katherine K. Connell, Attorney-In-Fact

12/11/2012

**Signature of Reporting Person

Date

Explanation of Responses:

* If the form is filed by more than one reporting person, see Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$17.22 to \$17.2411, inclusive. The reporting person undertakes to provide to Issuer, any security holder of Issuer or the staff of the Securities and

(1) B \$17.2411, inclusive. The reporting person undertakes to provide to issuer, any security notice of issuer of the scalar of the securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the ranges set forth in this footnote.

(2) The shares of Common Stock subject to the Option vest annually, on a pro rata basis, over a three year period beginning on the first anniversary of the grant date, subject to the terms and conditions of the award agreement.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.