ROSA BRUCE L
Form 4
May 30, 2013

FORM 4

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

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

OMB APPROVAL

OMB Number:	3235-0287
Expires:	January 31, 2005
Estimated average burden hours per response...	0.5

(Print or Type Responses)

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

(Last) (First) (Middle)

T. MARZETTI COMPANY, P. O. BOX 29163

(Street)

COLUMBUS, OH 43229

(City) (State) (Zip)

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

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

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

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

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

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)
			Code	V	Amount	(A) or (D)	Price			
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	

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.

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 Am Underlying Sec (Instr. 3 and 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	A o N o
Stock Appreciation Right	$ 58.79	02/24/2010		A		4,668		02/24/2011	02/24/2015	Common Stock	
Stock Appreciation Right	$ 57.78	02/22/2011		A		10,000		02/22/2012	02/22/2016	Common Stock	
Stock Appreciation Right	$ 68.12	02/21/2012		A		16,000		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	$ 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	

Stock Appreciation Right	$ 68.12	05/28/2013	05/28/2013	M	5,333	02/21/2013	02/21/2017	Common Stock

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
ROSA BRUCE L T. MARZETTI COMPANY P. O. BOX 29163 COLUMBUS, OH 43229			Vice President	

Signatures

Patricia A. Schnieder, POA for Bruce L. Rosa	05/30/2013
**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).

(1) Reflects ESOP allocations that had occurred as of 6/30/12.

(2) Shares contributed by Lancaster Colony Corporation as a matching contribution under Lancaster Colony Corporation's 401(k) Plan as of 6/30/12.

(3) Each Stock Appreciation Right represents the right to receive shares representing the spread between market price of $84.228 and base price of $58.79

(4) Each Stock Appreciation Right represents the right to receive shares representing the spread between market price of $84.228 and base price of $57.78

(5) Each Stock Appreciation Right represents the right to receive shares representing the spread between market price of $84.228 and base price of $68.12

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.