CAL MAINE FOODS INC

Form 4 July 11, 2013

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

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Expires:

January 31, 2005

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See Instruction

Check this box

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

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * 5. Relationship of Reporting Person(s) to 2. Issuer Name and Ticker or Trading Poole James E Issuer Symbol CAL MAINE FOODS INC [CALM] (Check all applicable) (Last) (First) (Middle) 3. Date of Earliest Transaction X_ Director (Month/Day/Year) 10% Owner Other (specify Officer (give title P.O. BOX 5167 01/23/2007 below) (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Filing(Check Filed(Month/Day/Year) Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting JACKSON, MS 39296 Person (City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1.Title of Security	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if	3. Transactio	4. Securities on Acquired (A) or	5. Amount of Securities	6. Ownership Form: Direct	7. Nature of Indirect
(Instr. 3)		any	Code	Disposed of (D)	Beneficially	(D) or	Beneficial
		(Month/Day/Year)	(Instr. 8)	(Instr. 3, 4 and 5)	Owned	Indirect (I)	Ownership
			Code V	(A) or Amount (D) Price	Following Reported Transaction(s) (Instr. 3 and 4)	(Instr. 4)	(Instr. 4)
Common Stock					1,200	D (1)	

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)

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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. Transactic Code (Instr. 8)	5. Number proof 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 Amou Underlying Securi (Instr. 3 and 4)	
				Code V		Date Exercisable	Expiration Date	Title	Amor or Nur of Shar
Stock Appreciation Right	\$ 5.93	01/23/2007		X	6,000	08/17/2006 <u>(2)</u>	08/17/2015	Common Stock	6,0
Stock Appreciation Right	\$ 5.93	08/23/2007		X	6,000	08/17/2006(2)	08/17/2015	Common Stock	6,0
Stock Appreciation Right	\$ 5.93	08/18/2008		X	1,500	08/17/2006 <u>(2)</u>	08/17/2015	Common Stock	1,5
Stock Appreciation Right	\$ 5.93	02/10/2009		X	500	08/17/2006 <u>(2)</u>	08/17/2015	Common Stock	5
Stock Appreciation Right	\$ 5.93	05/08/2009		X	500	08/17/2006 <u>(2)</u>	08/17/2015	Common Stock	5
Stock Appreciation Right	\$ 5.93	07/16/2009		X	500	08/17/2006 <u>(2)</u>	08/17/2015	Common Stock	5
Stock Appreciation Right	\$ 5.93	10/26/2009		X	500	08/17/2006 <u>(2)</u>	08/17/2015	Common Stock	5
Stock Appreciation Right	\$ 5.93	12/28/2009		X	2,500	08/17/2006 <u>(2)</u>	08/17/2015	Common Stock	2,5
Stock Appreciation Right	\$ 5.93	04/09/2010		X	300	08/17/2006(2)	08/17/2015	Common Stock	3
Stock Appreciation Right	\$ 5.93	07/26/2010		X	300	08/17/2006 <u>(2)</u>	08/17/2015	Common Stock	3
Stock Appreciation Right	\$ 5.93	10/07/2010		X	900	08/17/2006(2)	08/17/2015	Common Stock	9

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Stock Appreciation Right	\$ 5.93	01/03/2011	X	400	08/17/2006(2)	08/17/2015	Common Stock	4
Stock Appreciation Right	\$ 5.93	03/28/2011	X	800	08/06/2006(2)	08/17/2015	Common Stock	8
Stock Appreciation Right	\$ 5.93	07/19/2011	X	700	08/06/2006(2)	08/17/2015	Common Stock	7
Stock Appreciation Right	\$ 5.93	09/21/2011	X	400	08/17/2006(2)	08/17/2015	Common Stock	4
Stock Appreciation Right	\$ 5.93	01/03/2012	X	1,600	08/17/2006(2)	08/17/2015	Common Stock	1,0
Stock Appreciation Right	\$ 5.93	03/12/2012	X	500	08/17/2006(2)	08/17/2015	Common Stock	5
Stock Appreciation Right	\$ 5.93	06/07/2012	X	600	08/06/2006(2)	08/17/2015	Common Stock	6
Stock Appreciation Right	\$ 5.93	08/23/2012	X	500	08/17/2006(2)	08/17/2015	Common Stock	5
Stock Appreciation Right	\$ 5.93	10/01/2012	X	1,500	08/17/2006(2)	08/17/2015	Common Stock	1,5
Stock Appreciation Right	\$ 5.93	12/28/2012	X	500	08/17/2006(2)	08/17/2015	Common Stock	5
Stock Appreciation Right	\$ 5.93	04/26/2013	X	500	08/06/2006(2)	08/17/2015	Common Stock	5
Stock Appreciation Right	\$ 5.93	07/09/2013	X	2,500	08/06/2006(2)	08/17/2015	Common Stock	2,5

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
Poole James E	X						
P. O. BOX 5167							

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JACKSON, MS 39296

Signatures

/s/James H. Neeld, IV, Attorney-in-Fact

07/11/2013

**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).
- Award of time-vesting restricted stock pursuant to Cal-Maine Foods, Inc. 2012 Omnibus Long-Term Incentive Plan, subject to continuing (1) employment. The award was approved by a committee composed solely of two or more non-employee directors of the issuer for purposes of Rule 16b-3 and includes an optional tax withholding feature. The award will vest 100% on the third anniversary of the date of grant.
- (2) The stock appreciation right became exercisable 20% on the first anniversary of grant date and 20% on each of the next four anniversary dates of grant.

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.

Signatures 4