SCHRICK RANDY M

Form 4

February 22, 2011

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

OMB Number: 3235-0287

Estimated average

5. Relationship of Reporting Person(s) to

1,175.63

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

Expires: January 31, 2005

OMB APPROVAL

Form 4 or Form 5 obligations may continue.

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

2. Issuer Name and Ticker or Trading

SECURITIES

burden hours per response... 0.5

See Instruction 1(b).

Stock

(Print or Type Responses)

1. Name and Address of Reporting Person *

	CHRICK RANDY M Symbol MGP INGREDIENTS INC [MGPI]					Issuer (Check all applicable)				
(Last) (First) (Middle) 1300 MAIN STREET, P.O. BOX 130			(Month/D	3. Date of Earliest Transaction (Month/Day/Year) 02/17/2011				Director 10% Owner S Officer (give title Other (specify below) Vice President		
(Street) ATCHISON, KS 66002			4. If Amendment, Date Original Filed(Month/Day/Year)			6. 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	e I - Non-D	erivative S	Securities A	equired, Disposed	of, or Beneficial	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction D (Month/Day/Yea	ar) Execut any	emed ion Date, if n/Day/Year)	3. Transaction Code (Instr. 8)	4. Securit on(A) or Dis (D) (Instr. 3, 4		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							166	I	By IRA	
Common Stock							54,224	I	By Trust	
Common Stock							1,752	Ι	By Spouse's Trust	
Common Stock							43,859.541	I	By ESOP	
Common							1 175 63	ī	By ESPP	

By ESPP

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Common Stock	02/17/2011	M	10,000	A	<u>(2)</u>	102,130	D
Common Stock	02/17/2011	S	10,000	D	<u>(3)</u>	92,130	D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of SEC 1474 information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

(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. Transacti Code (Instr. 8)	5. Number on Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exerci Expiration Dat (Month/Day/Y	e	7. Title and a Underlying S (Instr. 3 and	Securities 1
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Options	\$ 4.65	02/17/2011		M	2,000	06/08/2005	06/08/2011	Common Stock	2,500
Stock Option	\$ 6.44	02/17/2011		M	8,000	<u>(1)</u>	06/12/2012	Common Stock	8,000

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			

SCHRICK RANDY M 1300 MAIN STREET P.O. BOX 130 ATCHISON, KS 66002

Vice President

Signatures

Randy M. 02/22/2011 Schrick

**Signature of Date Reporting Person

2 Reporting Owners

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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) 6,000 were exercisable on 6/12/2004; 2,000 were exercisable on 6/12/2005.
- (2) 2,000 acquired at \$4.65 per share; 8,000 acquired at \$6.44 per share.
- (3) 900 shares sold at \$9.23; 359 shares sold at \$9.24; 7300 shares sold at \$9.25; 700 shares sold at \$9.26; and 741 shares sold at \$9.29.

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.