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Pappas John Form 4 July 09, 201 FORM Check th if no lon subject to Section 5 Form 4 c Form 5 obligation may con <i>See</i> Instri 1(b).	2 1 4 UNITED his box ger o 16. or Dns tinue. uction STATEN Section 17(IENT O resuant to a state of the state of	Was F CHAN Section 1 Public Ut	shington, IGES IN SECUR 6(a) of the	D.C. 20 BENEFI ITIES e Securit ling Com	549 CIA ies E ipany	L OWN xchange Act of	OMMISSION NERSHIP OF e Act of 1934, 1935 or Sectior 0	OMB Number: Expires: Estimated a burden hour response		
			2. Issuer Name and Ticker or Trading Symbol Chefs' Warehouse, Inc. [CHEF]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Mont			(Month/E	Date of Earliest Transaction /onth/Day/Year) 7/05/2012				X DirectorX 10% Owner X Officer (give title Other (specify below) below) Vice Chairman			
				nendment, Date Original Ionth/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 			
(City)	(State)	(Zip)				~ .		Person	D (11)		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	e 2A. Deer Executio any	emed 3.		4. Securities Acquired on(A) or Disposed of (D (Instr. 3, 4 and 5) (A) or		quired of (D)	aired, Disposed of, 5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct	7. Nature of Indirect	
Common Stock	07/05/2012			S <u>(1)</u>	11,154		\$ 18.15 (2)	3,875,098	D		
Common Stock	07/06/2012			S <u>(1)</u>	16,483	D	\$ 18 (3)	3,858,615	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. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	7. Titl Amou Under Secur (Instr.	int of rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Owne Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships						
r U	Director	10% Owner	Officer	Other			
Pappas John 100 EAST RIDGE ROAD RIDGEFIELD, CT 06877	Х	Х	Vice Chairman				
Signatures							
/s/ Alexandros Aldous, Attorne	07/09/2012						

<u>**</u>Signature of Reporting Person
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) The sales reported in this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on March 9, 2012.

An aggregate of 11,154 shares of common stock were sold in multiple trades on July 5, 2012 at prices ranging from \$18.03 to \$18.38. The price reported above reflects the weighted average sale price. The reporting person hereby undertakes to provide upon request to the SEC staff. The Chefe' Warehouse Inc. or a stockholder of The Chefe' Warehouse Inc. full information regarding the number of shares and

Date

staff, The Chefs' Warehouse, Inc. or a stockholder of The Chefs' Warehouse, Inc. full information regarding the number of shares and prices at which the transaction was effected.

An aggregate of 16,483 shares of common stock were sold in multiple trades on July 6, 2012 at prices ranging from \$17.80 to \$18.09. The price reported above reflects the weighted average sale price. The reporting person hereby undertakes to provide upon request to the SEC

(3) price reported above reflects the weighted average sale price. The reporting person hereby undertakes to provide upon request to the SEX staff, The Chefs' Warehouse, Inc. or a stockholder of The Chefs' Warehouse, Inc. full information regarding the number of shares and prices at which the transaction was effected.

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.

Pappas