	Form 5500-SF		eturn/l Benefit	Report of Small Emplo	OMB Nos. 1210-0110 1210-0089					
	Internal Revenue Service			ctions 104 and 4065 of the Employe	2009					
Department of Labor Retirement Income Security Administration Internal Retirement Income Security Administration			ct of 1974 (ERISA), and section 6058(a) of the levenue Code (the Code).			This Form is Open to Public Inspection				
Pension Benefit Guaranty Corporation Complete all entries in accordance with the instructions to the Form 550										
	Part I Annual Report Identification Information For calendar plan year 2009 or fiscal plan year beginning 01/01/2009 and ending 12/31/2009									
_	This return/report is for:	single-employer plan		mployer plan (not multiemployer)		one-participant plan				
	This return/report is for:	first return/report	final retur							
_		an amended return/report	short plar	year return/report (less than 12 mo	nths)					
C	Check box if filing under:		DFVC program							
	C Check box if filing under:									
Pa	rt II Basic Plan Inform	nation—enter all requested information	ation		I	1				
	Name of plan				1b	Three-digit plan number				
LANL	MARK FOOD CORPORATION	SAVINGS PLAN				(PN) ▶ 001				
					1c	Effective date of plan 01/01/1988				
		ess (employer, if for single-employer	plan)		2b	Employer Identification Number				
LAND	DMARK FOOD CORPORATION				2c	(EIN) 11-2318930 Plan sponsor's telephone number				
	OX A ISVILLE, NY 11742-0901				2d	516-654-4500 Business code (see instructions)				
3a	Plan administrator's name and	address (if same as Plan sponsor, er	nter "Same	3")	3b	424400 Administrator's EIN				
	MARK FOOD CORPORATION	PO BOX A		,		11-2318930				
HOLTSVILLE, NY 11742-0901						Administrator's telephone number 516-654-4500				
	f the name and/or EIN of the pla	port filed for this plan, enter the	4b EIN							
I	name, EIN, and the plan numbe		4c	PN						
5a	Total number of participants at	the beginning of the plan year			5a	58				
b Total number of participants at the end of the plan year						57				
С	· · ·	th account balances as of the end of	· ·	5c	49					
6a	complete this item) 5C 6a Were all of the plan's assets during the plan year invested in eligible assets? (See instructions.)									
b	b Are you claiming a waiver of the annual examination and report of an independent qualified public accountant (IQPA)									
	under 29 CFR 2520.104-46? (See instructions on waiver eligibility and conditions.)									
Pa	rt III Financial Informa									
7	Plan Assets and Liabilities			(a) Beginning of Year		(b) End of Year				
а	Total plan assets		7a	289366		3488777				
b	1	'h fram lina 7a)	7b	289366)	0				
<u> </u>	Income, Expenses, and Transf	b from line 7a) ers for this Plan Vear	7c	(a) Amount	,	(b) Total				
a	Contributions received or recei									
	., .,		8a(1)	2817	-					
			8a(2)	18633						
h		·	8a(3)							
b C	· · · ·	Ba(2), 8a(3), and 8b)	8b 8c	38984		604355				
d	Benefits paid (including direct i	ollovers and insurance premiums	8d	820)	004000				
е	, ,	ive distributions (see instructions)	8e		5					
f		s (salaries, fees, commissions)	8f	104	7					
g	Other expenses		8g							
h	Total expenses (add lines 8d, 8	Be, 8f, and 8g)	8h			9247				
i		8h from line 8c)				595108				
J	I ransfers to (from) the plan (se	e instructions)	8j							

For Paperwork Reduction Act Notice and OMB Control Numbers, see the instructions for Form 5500-SF.

Page 2-1

Part IV Plan Characteristics

- **9a** If the plan provides pension benefits, enter the applicable pension feature codes from the List of Plan Characteristic Codes in the instructions: 2E 2G 2J 2K 2T 3D
- **b** If the plan provides welfare benefits, enter the applicable welfare feature codes from the List of Plan Characteristic Codes in the instructions:

Part	V Compliance Questions							
10	During the plan year:		Yes	No		Am	ount	
а	Was there a failure to transmit to the plan any participant contributions within the time period described in 29 CFR 2510.3-102? (See instructions and DOL's Voluntary Fiduciary Correction Program)			Х				0
b								0
С					350000			
d	Did the plan have a loss, whether or not reimbursed by the plan's fidelity bond, that was caused by fraud or dishonesty?		Х	0				
е	Were any fees or commissions paid to any brokers, agents, or other persons by an insurance carrier, insurance service or other organization that provides some or all of the benefits under the plan? (See instructions.)		Х					
f	Has the plan failed to provide any benefit when due under the plan?	10f		Х			0	
g	Did the plan have any participant loans? (If "Yes," enter amount as of year end.)	10g	Х					83354
h	If this is an individual account plan, was there a blackout period? (See instructions and 29 CFR 2520.101-3.)	10h		Х				
i	If 10h was answered "Yes," check the box if you either provided the required notice or one of the exceptions to providing the notice applied under 29 CFR 2520.101-3	10i						
Part	VI Pension Funding Compliance							
11	Is this a defined benefit plan subject to minimum funding requirements? (If "Yes," see instructions and com 5500))					. [Yes	X No
lf : b c d	Is this a defined contribution plan subject to the minimum funding requirements of section 412 of the Code (If "Yes," complete 12a or 12b, 12c, 12d, and 12e below, as applicable.) If a waiver of the minimum funding standard for a prior year is being amortized in this plan year, see instru- granting the waiver	ctions, th of a	and e	nter th Day 12b 12c 12d	e date of	the le Yea	ır	
е	Will the minimum funding amount reported on line 12d be met by the funding deadline?				Yes	1	No	N/A
Part	VII Plan Terminations and Transfers of Assets							
13a	Has a resolution to terminate the plan been adopted during the plan year or any prior year?						Yes	X No
h	If "Yes," enter the amount of any plan assets that reverted to the employer this year			13a	<u> </u>			
	Were all the plan assets distributed to participants or beneficiaries, transferred to another plan, or brought of the PBGC? If during this plan year, any assets or liabilities were transferred from this plan to another plan(s), identify the which assets or liabilities were transferred. (See instructions.)						Yes	X No
1	(3c(1) Name of plan(s):		130	c(2) El	N(s)		13c(3)	PN(s)

Caution: A penalty for the late or incomplete filing of this return/report will be assessed unless reasonable cause is established.

Under penalties of perjury and other penalties set forth in the instructions, I declare that I have examined this return/report, including, if applicable, a Schedule SB or Schedule MB completed and signed by an enrolled actuary, as well as the electronic version of this return/report, and to the best of my knowledge and belief, it is true, correct, and complete.

SIGN	Filed with authorized/valid electronic signature.	04/16/2010	VICTOR CARDINALI				
HERE	Signature of plan administrator	Date	Enter name of individual signing as plan administrator				
SIGN	Filed with authorized/valid electronic signature.	04/16/2010	VICTOR CARDINALI				
HERE	Signature of employer/plan sponsor	Date	Enter name of individual signing as employer or plan sponsor				