## Form 5500-SF

Department of the Treasury Internal Revenue Service

Department of Labor Employee Benefits Security Administration Pension Benefit Guaranty Corporation

## Short Form Annual Return/Report of Small Employee Benefit Plan

This form is required to be filed under sections 104 and 4065 of the Employee Retirement Income Security Act of 1974 (ERISA), and sections 6057(b) and 6058(a) of the Internal Revenue Code (the Code).

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OMB Nos. 1210-0110

1210-0089

2012

This Form is Open to Public Inspection

			Complete all entries in act	cordance with the instruc	tions to the Form 550	<del>10-</del> 3г.				
	art I		Identification Information							
For	calenda	ar plan year 2012 or fis	scal plan year beginning 01/01/2	2012	and ending	12/31/2	2012			
Α	This ret	urn/report is for:	x a single-employer plan	a multiple-employer pla	an (not multiemployer)		a one-particip	oant plan		
В	This retu	urn/report is:	the first return/report	the final return/report						
			an amended return/report	a short plan year return	/report (less than 12 m	onths)				
С	Check b	oox if filing under:	Form 5558	automatic extension			DFVC progra	ım		
			special extension (enter descri	iption)						
Pa	art II	Basic Plan Info	rmation—enter all requested info	ormation						
	Name of					1b	Three-digit			
ESMA	ARK CC	PRPORATION 401K P	LAN				plan number	004		
						4.	(PN) •	001		
						10	Effective date of 07/28	•		
		oonsor's name and add	dress; include room or suite numbe	er (employer, if for a single-e	employer plan)	2b Employer Identification Number (EIN) 62-0936666				
						2c Sponsor's telephone number				
		NA DRIVE NCH, MS 38654				0-1	5-9191			
OLIV	L DIXAL	VOI 1, IVIO 30034				2 <b>a</b>	2d Business code (see instruction 493100			
3a	Plan ad	dministrator's name an	nd address XSame as Plan Spons	or Name Same as Plan	Sponsor Address	<b>3b</b> Administrator's EIN				
						3с	Administrator's t	telephone number		
4		If the name and/or EIN of the plan sponsor has changed since the last return/report filed for this plan, enter the name, EIN, and the plan number from the last return/report.				4b EIN				
а		or's name	niber from the last return/report.			4c PN				
5a	Total n	number of participants	at the beginning of the plan year			5a		100		
b	Total n	number of participants	at the end of the plan year			5b		56		
С	C Number of participants with account balances as of the end of the plan year (defined benefit plans do not complete this item)				•	5c		25		
6a	Were	all of the plan's assets	s during the plan year invested in el	ligible assets? (See instruct	ions.)			X Yes No		
b	Are yo	u claiming a waiver of	the annual examination and report	t of an independent qualified	d public accountant (IQ	PA)				
			? (See instructions on waiver eligibi					X Yes   No		
	If you	answered "No" to ei	ther line 6a or line 6b, the plan c	annot use Form 5500-SF a	and must instead use	Form	5500.			
Cau	ution: A	penalty for the late of	or incomplete filing of this return	/report will be assessed ι	ınless reasonable caı	use is	established.			
		, , ,	her penalties set forth in the instruc	,			O, 11	,		
		dule MB completed ar rue, correct, and comp	nd signed by an enrolled actuary, a plete.	s well as the electronic vers	ion of this return/repor	t, and	to the best of my	knowledge and		
SIG		Filed with authorized/	valid electronic signature.	07/24/2013	SCOTT CAIN	COTT CAIN				
HEF	RE	Signature of plan a	dministrator	Date	Enter name of individ	er name of individual signing as plan administrator				
SIG	N									
HE	RE	Signature of employer/plan sponsor Date Enter name of individu			lual signing as employer or plan sponsor					
Preparer's			ame, if applicable) and address; inc	clude room or suite number	(optional)	Preparer's telephone number (optional)				

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Part III Financial Information									
7	Plan Assets and Liabilities		(a) Beginning of Yea	ar			(b) End of Year		
a	Total plan assets	7a		991837			615265		
	Total plan liabilities	7b							
С	Net plan assets (subtract line 7b from line 7a)	7с	99183	37			615265		
	Income, Expenses, and Transfers for this Plan Year		(a) Amount				(b) Total		
	Contributions received or receivable from:		(2) 1 2				(0) 10 100		
	(1) Employers	8a(1)	4125	41257					
	(2) Participants	8a(2)	10172	29					
	(3) Others (including rollovers)	8a(3)							
b	Other income (loss)	8b	10045	100457					
С	Total income (add lines 8a(1), 8a(2), 8a(3), and 8b)	8c					243443		
	Benefits paid (including direct rollovers and insurance premiums to provide benefits)	8d	10053	100535					
е	Certain deemed and/or corrective distributions (see instructions)	8e	2	2					
f	Administrative service providers (salaries, fees, commissions)	8f	55	0					
g	Other expenses	8g							
h	Total expenses (add lines 8d, 8e, 8f, and 8g)	8h					101107		
	Net income (loss) (subtract line 8h from line 8c)	8i					142336		
	Transfers to (from) the plan (see instructions)	8j	-51890	18					
Par	t IV Plan Characteristics	_ vj	01000	,,,					
b									
Part	V Compliance Questions								
10	During the plan year:				Yes	No	Amount		
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)			10a		X			
b	Were there any nonexempt transactions with any party-in-interest? (Do not include transactions reported on line 10a.)					X			
С	Was the plan covered by a fidelity bond?			10c	X		100	0000	
d	• • •			100			100	1000	
	or dishonesty?			10d		X			
е	insurance service or other organization that provides some or all of instructions.)	of the bene	efits under the plan? (See	10e		X			
f	Has the plan failed to provide any benefit when due under the plan			10f		X			
	· · · · · · · · · · · · · · · · · · ·			10g	X				
g h	Did the plan have any participant loans? (If "Yes," enter amount as of year end.)  If this is an individual account plan, was there a blackout period? (See instructions and 29 CFR				^	X	1	1730	
i	2520.101-3.)			10h		^			
	exceptions to providing the notice applied under 29 CFR 2520.10	1-3		10i					
Part							•		
11	Is this a defined benefit plan subject to minimum funding requirements? (If "Yes," see instructions and complete Schedule SB (Form 5500) and line 11a below)						No		
_11a	Enter the amount from Schedule SB line 39					<u> </u>			
12	Is this a defined contribution plan subject to the minimum funding requirements of section 412 of the Code or section 302 of ERISA?						No		
	(If "Yes," complete line 12a or lines 12b, 12c, 12d, and 12e below, as applicable.)								
	<b>a</b> If a waiver of the minimum funding standard for a prior year is being amortized in this plan year, see instructions, and enter the date of the letter ruling granting the waiver								
If you completed line 12a, complete lines 3, 9, and 10 of Schedule MB (Form 5500), and skip to line 13.									
b	Enter the minimum required contribution for this plan year					12b			

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	Enter the amount contributed by the employer to the plan for this plan year	12c						
d	Subtract the amount in line 12c from the amount in line 12b. Enter the result (enter a minus sign to the left of a negative amount)	12d						
е	Will the minimum funding amount reported on line 12d be met by the funding deadline?		Yes	No N/A				
Part VII Plan Terminations and Transfers of Assets								
13a	Has a resolution to terminate the plan been adopted in any plan year?		Yes X No	1				
	If "Yes," enter the amount of any plan assets that reverted to the employer this year	13a						
b	Were all the plan assets distributed to participants or beneficiaries, transferred to another plan, or brought under the of the PBGC?	e control		Yes X No				
С	C If during this plan year, any assets or liabilities were transferred from this plan to another plan(s), identify the plan(s) to which assets or liabilities were transferred. (See instructions.)							
1	3c(1) Name of plan(s):	13c(2) E	IN(s)	<b>13c(3)</b> PN(s)				
METRO FOODS, INC.				001				
Part	VIII Trust Information (optional)							
14a Name of trust								