WOODHOUSE MICHAEL A

Form 4 March 15, 2010

FORM 4

OMB APPROVAL

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

OMB Number: 3235-0287

Check this box if no longer subject to Section 16. Form 4 or

January 31,
SENEFICIAL OWNERSHIP OF

Spires: 2005

Estimated average burden hours per

5. Relationship of Reporting Person(s) to

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

burden hours per response... 0.5

Form 4 or Form 5 obligations may continue. See Instruction

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

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person *

WOODHOUSE MICHAEL A			Symbol CRACKER BARREL OLD COUNTRY STORE INC [CBRL]					(Check all applicable)		
(Last) (First) (Middle) 305 HARTMANN DR			3. Date of Earliest Transaction (Month/Day/Year) 03/11/2010					X Director 10% OwnerX Officer (give title Other (specify below) President & CEO		
LEBANON	(Street) N, TN 37087			endment, D onth/Day/Yea		al	- -	5. Individual or Join Applicable Line) _X_ Form filed by Or Form filed by Mo Person	nt/Group Filin	rson
(City)	(State)	(Zip)	Tab	le I - Non-	Derivative	Secui	rities Acqu	ired, Disposed of,	or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution any (Month/Da	Date, if	3. Transactic Code (Instr. 8)	4. Securit or Dispos (Instr. 3, 4	ed of (5. Amount of 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	03/11/2010			M	58,769 (1)	A	\$ 20.1	306,209	D	
Common Stock	03/11/2010			S	58,769	D	\$ 45.7366 (2)	247,994.69 (3)	D	
Common Stock	03/12/2010			S	800	D	\$ 45.8	0	I	Held by Spouse

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. Transaction Code (Instr. 8)	5. Number of corDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		vative Expiration Date urities (Month/Day/Year) uired (A) visposed of r. 3, 4,		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Options (right to buy)	\$ 20.1	03/11/2010		M		58,769 (1)	09/27/2002	09/27/2011	Common Stock	58,769

Reporting Owners

Reporting Owner Name / Address	Relationships						
1 6	Director	10% Owner	Officer	Other			
WOODHOUSE MICHAEL A	V		Dragidant & CEO				
305 HARTMANN DR LEBANON, TN 37087	X		President & CEO				

Signatures

Michael A. Woodhouse by Forrest Shoaf, Attorney-in-fact

03/15/2010

**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).
- (1) Exercise of 10-year options granted on September 27, 2001.
 - Represents the weighted average sale price for the transaction reported. Sales prices ranged from \$45.50 per share to \$45.93 per share.
- (2) The reporting person undertakes to provide upon request by the Commission staff, the issuer, or a security holder of the issuer, full information regarding the number of shares sold at each separate price.
- (3) Includes 554.69 shares acquired from time to time under the Cracker Barrel dividend reinvestment plan.

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.

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