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DEAN FOOI Form 4	DS CO/											
July 05, 2006											PPROVAL	
FORM	4 UNITE	D STATES	SECUR	ITIES	AN	ND EXC	CHAN	NGE (COMMISSION			
Check this	s box		Was	hingto	n, I	D.C. 205	549			Number:	3235-0287	
if no long subject to Section 10 Form 4 or Form 5 obligation may conti <i>See</i> Instru 1(b).	F CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES Section 16(a) of the Securities Exchange Act of 1934, Public Utility Holding Company Act of 1935 or Section of the Investment Company Act of 1940							Expires: January 3 20 Estimated average burden hours per response 0				
(Print or Type R	esponses)											
	ddress of Reporti (N JOHN H J]	e –	2. Issuer Symbol DEAN F			Ficker or 7	Fradin	g	5. Relationship of Issuer			
(Last)	(Chec						ck all applicable)					
ONE STEAMBOAT LANE			(Month/Day/Year) 06/30/2006						_X_Director10% Owner Officer (give titleOther (specify below) below)			
	(Street)		4. If Amer Filed(Mont			e Original			6. Individual or Jo Applicable Line) _X_ Form filed by 0 Form filed by M	One Reporting Po	erson	
HINGHAM,	MA 02043								Person		1 0	
(City)	(State)	(Zip)	Table	e I - Nor	1-De	rivative S	ecuri	ties Ac	quired, Disposed of	f, or Beneficia	lly Owned	
(Instr. 3) any			emed 3. on Date, if Transactic Code Day/Year) (Instr. 8)			4. Securit nAcquired Disposed (Instr. 3,	(A) o of (D)	Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
a				Code	V	Amount	(D)	Price	(Instr. 3 and 4)			
Common Stock	06/30/2006			М		850 <u>(1)</u>	A	\$0	23,694	D		
Common Stock	06/30/2006			М		156 <u>(1)</u>	А	\$0	23,850	D		
Common Stock	06/30/2006			М		850 <u>(2)</u>	А	\$0	24,700	D		
Common Stock	06/30/2006			М		157 <u>(2)</u>	А	\$0	24,857	D		
Common Stock	06/30/2006			М		850 <u>(3)</u>	А	\$0	25,707	D		
	06/30/2006			А		637 <u>(5)</u>	А	\$0	26,344	D		

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Common Stock

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. Transactio Code (Instr. 8)	orDer Sec Acc or I (D) (Ins	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and . Underlying 3 (Instr. 3 and
				Code V	(.	A)	(D)	Date Exercisable	Expiration Date	Title
Non-Qualified Stock Option (right to buy-DP003380)	\$ 14.5969							05/28/1996 <u>(4)</u>	05/28/2007	Common Stock
Non-Qualified Stock Option (right to buy-TO000839)	\$ 14.5969							06/27/2005 <u>(4)</u>	05/28/2007	Common Stock
Non-Qualified Stock Option (right to buy-DP003381)	\$ 18.5008							06/01/1998 <u>(4)</u>	06/01/2008	Common Stock
Non-Qualified Stock Option (right to buy-TO000840)	\$ 18.5008							06/27/2005 <u>(4)</u>	06/01/2008	Common Stock
Non-Qualified Stock Option (right to buy-DP003381)	\$ 13.9636							06/01/1999 <u>(4)</u>	06/01/2009	Common Stock
Non-Qualified Stock Option (right to buy-TO000842)	\$ 13.9636							06/27/2005 <u>(4)</u>	06/01/2009	Common Stock

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Non-Qualified Stock Option (right to buy-DP003383)	\$ 11.8835					06/01/2000 <u>(4)</u>	06/01/2010	Common Stock
Non-Qualified Stock Option (right to buy-TO000844	\$ 11.8835					06/27/2005 <u>(4)</u>	06/01/2010	Common Stock
Non-Qualified Stock Option (right to buy-DF002169)	\$ 20.9186					07/01/2002 <u>(6)</u>	07/01/2012	Common Stock
Non-Qualified Stock Option (right to buy-TO000648)	\$ 20.9186					06/27/2005 <u>(6)</u>	07/01/2012	Common Stock
Non-Qualified Stock Option (right to buy-DF002879)	\$ 26.5986					06/30/2003 <u>(6)</u>	06/30/2013	Common Stock
Non-Qualified Stock Option (right to buy-TO000777)	\$ 26.5986					06/27/2005 <u>(6)</u>	06/30/2013	Common Stock
Non-Qualified Stock Option (right to buy-DF003668)	\$ 31.5046					06/30/2004 <u>(6)</u>	06/30/2014	Common Stock
Non-Qualified Stock Option (right to buy-TO000787)	\$ 31.5046					06/27/2005 <u>(6)</u>	06/30/2014	Common Stock
Non-Qualified Stock Option (right to buy-DF905922)	\$ 35.24					06/30/2005 <u>(6)</u>	06/30/2015	Common Stock
Non-Qualified Stock Option (right to buy-DF)	\$ 37.19	06/30/2006	А	7,500		06/30/2006 <u>(6)</u>	06/30/2016	Common Stock
Deferred Stock Units (DU000046)	\$ 0	06/30/2006	М		850 (1)	06/30/2004 <u>(7)</u>	06/30/2013	Common Stock
Deferred Stock Units	\$ 0	06/30/2006	М		156 (1)	06/27/2004 <u>(7)</u>	06/30/2014	Common Stock

(TU905807)

Deferred Stock Units (DU000112)	\$ 0	06/30/2006	М		850 (2)	06/30/2005 <u>(7)</u>	06/30/2014	Common Stock
Deferred Stock Units (TU905760)	\$ 0	06/30/2006	М		157 (2)	06/27/2005 <u>(7)</u>	06/30/2013	Common Stock
Restricted Stock Units (DF905933)	\$ 0	06/30/2006	М		850 (3)	06/30/2006 <u>(7)</u>	06/30/2015	Common Stock
Restricted Stock Units (DU)	\$ 0	06/30/2006	А	2,550		06/30/2007 <u>(7)</u>	06/30/2016	Common Stock

Reporting Owners

Reporting Owner Name / Addre	SS	Relationships								
	Director	10% Owner	Officer	Other						
LLEWELLYN JOHN H JR ONE STEAMBOAT LANE HINGHAM, MA 02043	Х									
Signatures										
John S. Llewellyn, Jr.	07/05/2006									

<u>**</u>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) Represents shares of common stock of the Issuer vested on the third annual vesting date of a 06/30/2003 award of Restricted Stock Units ("RSUs").
- (2) Represents shares of common stock of the Issuer vested on the second annual vesting date of a 06/30/2004 award of RSUs.
- (3) Represents shares of common stock of the Issuer vested on the first annual vesting date of a 06/30/2005 award of RSUs.
- (4) The options were granted under the Dean Foods Company Directors Plan. The options are fully vested and immediately exercisable.
- These are restricted shares issued under the Issuer's 1997 Amended and Restated Stock Option and Restricted Stock Plan in payment of(5) fees owed for services as an independent director. All such shares are subject to vesting in three increments, with the first vesting occurring as of the date the shares were issued.
- (6) The options were automatically granted under the Issuer's 1997 Amended and Restated Stock Option and Restricted Stock Plan, and are fully vested and immediately exercisable upon grant.
- The reporting person has received an award of Restricted Stock Units ("RSUs") which is a right to receive shares of common stock of the(7) Issuer in the future, subject to the terms and conditions of the RSU Award Agreement. The RSUs vest annually, on a prorata basis, over a three year period beginning on the first anniversary date of the grant.

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.