BYOM JOHN E Form 4 October 19, 2004

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

Expires: January 31, 2005

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Estimated average 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

(Print or Type Responses)

1(b).

1. Name and Address of Reporting Person *BYOM JOHN E			2. Issuer Name and Ticker or Trading Symbol					5. Relationship of Reporting Person(s) to Issuer		
(T) (T) (A(11))			MGP INGREDIENTS INC [MGPI]					(Check all applicable)		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction							
			(Month/Day/Year)			_X_ Director		% Owner		
			10/15/2004			Officer (gi below)	below)	er (specify		
(Street)			4. If Amendment, Date Original					6. Individual or Joint/Group Filing(Check		
			Filed(Month/Day/Year)					Applicable Line)		
						X Form filed by One Reporting Person				
								Form filed by More than One Reporting Person		
(City)	(State)	(Zip)	Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Ov							
1.Title of	2. Transaction Dat	2A. Deemed		3. 4. Securities		5. Amount of	6. Ownership	7. Nature of		
Security	(Month/Day/Year)	Execution Date, if any		, if TransactionAcquired (A) or				Securities	Form: Direct	Indirect
(Instr. 3)				Code	Disposed of (D)		Beneficially	(D) or Indirect	Beneficial	
		(Month/D	ay/Year)	(Instr. 8)	(Instr. 3,	4 and 5))	Owned	(I)	Ownership
								Following	(Instr. 4)	(Instr. 4)
						(A)		Reported Transaction(s)		
						or		(Instr. 3 and 4)		
				Code V	Amount	(D) I	Price	(msu. 3 and 4)		

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

SEC 1474

(9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number	6. Date Exercisable and	7. Title and Amount of	8
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	nof Derivative	Expiration Date	Underlying Securities	I
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)	5
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Acquired			(

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Derivative (A) or Security Disposed of (D) (Instr. 3, 4,

and 5)

Code V (A) (D) Date Expiration Title

Exercisable Date

or Number

> of Shares

> > 2,000

Amount

Stock Options \$ 9.09 10/15/2004

A 2,000

04/16/2005 10/15/2014

Common Stock

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

BYOM JOHN E

X

Signatures

John E. Byom 10/19/2004

**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).

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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