

SCC eFile	2013 ANNUAL REPORT COMMONWEALTH OF VIRGINIA STATE CORPORATION COMMISSION	213514935		
1.) CORPORATION NAME: L & M Foods, Inc.		DUE DATE: 3/31/2013		
2.) VA REGISTERED AGENT NAME AND OFFICE ADDRESS: ROBIN MCCANN 633 E RIVERSIDE DRIVE NORTH TAZEWELL, VA		SCC ID NO: 07348121		
3.) CITY OR COUNTY OF VA REGISTERED OFFICE: TAZEWELL COUNTY		5.) STOCK INFORMATION <table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 50%;">CLASS</td> <td style="width: 50%;">AUTHORIZED</td> </tr> </table>	CLASS	AUTHORIZED
CLASS	AUTHORIZED			
4.) STATE OR COUNTRY OF INCORPORATION: VA				
6.) PRINCIPAL OFFICE ADDRESS: ADDRESS: P.O. BOX 454 CITY/ST/ZIP: NORTH TAZEWELL, VA 24630				
7.) DIRECTORS AND PRINCIPAL OFFICERS: All directors and principal officers must be listed. An individual may be designated as both a director and an officer.				
NAME: ROBIN MCCANN TITLE: PRESIDENT ADDRESS: 254 RABBIT PATCH ROAD CITY/ST/ZIP/CO: TAZEWELL, VA 24651		<input checked="" type="checkbox"/> OFFICER <input checked="" type="checkbox"/> DIRECTOR		
I AFFIRM THAT THE INFORMATION CONTAINED IN THIS ELECTRONIC REPORT IS ACCURATE AND COMPLETE AS OF THE DATE BELOW AND THAT I AM LEGALLY AUTHORIZED TO SIGN THIS REPORT.				
/s/ ROBIN MCCANN	ROBIN MCCANN, PRESIDENT	3/26/2013		
SIGNATURE OF DIRECTOR/OFFICER LISTED IN THIS REPORT	PRINTED NAME AND CORPORATE TITLE	DATE		
It is a Class 1 misdemeanor for any person to sign a document, which includes this electronic record, that is false in any material respect with the intent that the document be delivered to the Commission for filing.				