FORM 5

Form 3 Holdings Reported Form 4 Transactions Reported

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

OMB APPROVAL								
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1		01 1	36601011 30(1	i) of the my	estiment Comp	any Act	01 1940					
1. Name and Address of Reporting Person*					cker or Trading S	Symbol	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
BRESKY STEVEN J			SEABOARI	D CORP /DE	:/		X Director		0% Owner			
(Last)	(First)	(Middle)	3. Statemer	3. Statement for Issuer's Fiscal Year Ended (Month/Day/Year)				<u>X</u> Officer (give Other (specify title below) below)				
9000 W 67TH STREET			12/31/2	016			President & CEO					
	(Street)		4. If Amendment, Date Original Filed (Month/Day/Year)					6. Individual or Joint/Group Reporting				
MERRIAM KS 66202								(check applicable line) <u>x</u> Form Filed by One Reporting Person Form Filed by More than One Reporting Person				
(City)	(State)	(Zip)	Table I Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned									
(Instr. 3)		2. Trans- action Date (Month/ Day/ Year)	2A.Deemed Execu- tion Date, if any (Month/ Day/	3. Trans- action Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Ben- eficially Owned at end of Issuer's Fiscal Year (Instr. 3 and 4)	6. Owner- ship Form: Di- rect (D) or Indi- rect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
			Year)		Amount	(A) or (D)	Price	(Inst. 5 and 4)	(1130.4)			
Common Stock		6/15/ 2009		J5 (1)	428,122.55	D	\$0.00	465,825.69	I	By LLC (1)		
Common Stock		6/15/ 2009		J5 (2)	428,122.55	A	\$0.00	428,122.55	I	By LLC (2)		
Common Stock								4,661	I	By LLC (3)		
Common Stock								1,775	I	By trust (4)		
Common Stock		12/10/ 2011		J5 (5)	3,120	A	\$0.00	3,120	I	By trust (5)		

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.

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* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).

FORM 5 (continued)

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

1. Title of Derivative Security (Instr. 4)	sion or	Exercise Date Price of Deri- vative Day/		ative Securities Ac- quired (A) or Dis-		6. Date Exer- cisable and Expiration Date (Month/Day/ Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. Price of Deriv- ative Secur- ity (Instr. 5)	9. Number of deriv- ative Secur- ities Bene- ficially Owned	10. Owner- ship Form of Deriv- ative Security: Direct (D) or	11. Nature of Indirect Benefi- cial Ownership (Instr. 4)
			Year)	(A)	(D)	Date Exer- cisable	Expira- tion Date	Title	Amount or Number of Shares		at End of Issuer's Fiscal Year (Instr. 4)	Indirect (I) (Instr. 4)	

Explanation of Responses:

See attached "FOOTNOTES" page.

** 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.	/s/ Steven J. Bresky				
If space provided is insufficient, see Instruction 6 for procedure.	** Signature of Reporting Person	Date			

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 control number.

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FOOTNOTES

- 1 The shares reported are held by Seaboard Flour LLC, (i) which is owned by the reporting person and other members of the Bresky family directly or through various trusts for their benefit, and (ii) for which the reporting person serves as the sole Manager. The reporting person disclaims beneficial ownership of the reported securities except to the extent of his pecuniary interest therein. The June 15, 2009 transfer of shares was not previously reported and was part of a restructuring of the membership interests of entities owned by members of the Bresky family or various trusts for their benefit.
- 2 The shares reported are held by SFC Preferred LLC, (i) which is owned by the reporting person and other members of the Bresky family directly or through various trusts for their benefit, and (ii) for which the reporting person serves as the sole Manager. The reporting person disclaims beneficial ownership of the reported securities except to the extent of his pecuniary interest therein. The June 15, 2009 transfer of shares was not previously reported and was part of a restructuring of the membership interests of entities owned by members of the Bresky family or various trusts for their benefit.
- 3 The shares reported are held by SJB SEB LLC, which itself is owned by various Bresky family trusts established for the benefit of the reporting person and other members of the Bresky family, including a grantor retained annuity trust and revocable trust as to which the reporting person is the trustee. The shares reported reflect unreported changes in the form of ownership exempted by Rule 16a-13. The reporting person disclaims beneficial ownership of the reported shares except to the extent of his pecuniary interest therein.
- 4 The shares reported are held by the HAB Grandchildren's Trust A, (i) which is for the benefit of members of the Bresky family, including members of the reporting person's immediate family, and (ii) as to which the reporting person is a co-trustee. The reporting person disclaims beneficial ownership of the reported securities except to the extent of his pecuniary interest therein.
- 5 The shares reported are held by the HAB 2011 Gift Trust, (i) which is for the benefit of the reporting person and other members of the Bresky family, and (ii) as to which the reporting person is a co-trustee. The reporting person disclaims beneficial ownership of the reported securities except to the extent of his pecuniary interest therein. The reporting person was appointed as co-trustee of this trust on December 10, 2011. The shares held by this trust may be deemed to be beneficially owned by him as a result of such appointment, but were not previously reported by him.