

BRIDGFORD FOODS CORP  
Form 8-K  
November 13, 2009

---

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

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported)

November 9, 2009

BRIDGFORD FOODS CORPORATION  
(Exact name of registrant as specified in its charter)

California  
(State or other jurisdiction  
of incorporation)

000-02396  
(Commission File Number)

95-1778176  
(IRS Employer  
Identification No.)

1308 N. Patt Street, Anaheim, CA  
(Address of principal executive offices)

92801  
(Zip Code)

Registrant's telephone number, including area code: (714) 526-5533

N/A

(Former name or former address, if changed since last report.)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

- Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
  - Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
  - Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
  - Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))
-

Item 7.01- Regulation FD Disclosure.

On November 12, 2009, Bridgford Foods Corporation issued a press release announcing that its Board of Directors has approved a one-time dividend of \$0.10 per share of common stock to be distributed on January 4, 2010 to shareholders of record on December 8, 2009. The release is attached as Exhibit 99.1 hereto.

In accordance with General Instruction B.2 of Form 8-K, the information in this Current Report, including Exhibit 99.1 hereto, is being furnished and shall not be deemed "filed" for purposes of Section 18 of the Securities Exchange Act of 1934, as amended, or otherwise subject to the liabilities of that Section, nor shall such information be deemed incorporated by reference in any filing under the Securities Act of 1933, as amended.

Item 9.01. - Financial Statements and Exhibits

(d) Exhibits.

Exhibit Number	Description
99.1	Press Release dated November 12, 2009.

---

Signatures

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

BRIDGFORD FOODS CORPORATION

November 13, 2009

By:

/s/ Raymond F. Lancy  
Raymond F. Lancy  
Principal Financial Officer

EXHIBIT INDEX

Exhibit Number	Description
99.1	Press Release dated November 12, 2009.