SEC Form 4	
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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

OMB Number:	3235-0287
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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).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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. Name and Address of Reporting Person [*] sheridan stanley michael				er Name and Ticke IONAL BEV		ymbol CORP [FIZZ]		tionship of Reportin all applicable) Director	g Person(s) to Is 10% (
(Last) 8100 SW 10TH	(First) STREET	(Middle)	3. Date 07/06/	of Earliest Transac 2020	ction (Month/E	Day/Year)		Officer (give title below)	Other below	(specify)
SUITE 4000			4. If Am	nendment, Date of (Original Filed	(Month/Day/Year)	6. Indiv Line)	idual or Joint/Group	Filing (Check A	pplicable
(Street)							X	Form filed by One	e Reporting Pers	on
PLANTATION	FL	33324						Form filed by Mor Person	e than One Rep	orting
(City)	(State)	(Zip)								
	Та	ble I - Non-	Derivative S	ecurities Acqu	uired, Disp	osed of, or Benefi	icially	Owned		
1. Title of Security	(Instr. 3)	D	. Transaction Date Month/Day/Year)	2A. Deemed Execution Date, if any	3. Transaction Code (Instr.	4. Securities Acquired (A Disposed Of (D) (Instr. 3, 5)		5. Amount of Securities Beneficially	6. Ownership Form: Direct (D) or Indirect	7. Nature of Indirect Beneficial

	(Month/Day/Year)	if any (Month/Day/Year)	Code (8)	Instr.	5)			Beneficially Owned Following Reported	(D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(11311. 4)
Common Stock	07/06/2020		X		4,000	A	\$5.67 ⁽¹⁾	36,704	D	

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

1															
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. Transa Code (8)		of Deri Sec Acq (A) (Disp of (I	oosed D) tr. 3, 4	6. Date Exercisable and Expiration Date (Month/Day/Year)		Amount of Securities		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Special Stock Option	\$5.67	07/06/2020		x			4,000	(1)	(1)	Common Stock	4,000	(1)	11,000	D	

Explanation of Responses:

1. Options granted under the Company's Special Stock Option Plan vest over an eight-year period in relatively equal amounts at approximately 16 month intervals. The exercise price can be reduced and the vesting schedule can be accelerated by the optionee purchasing and maintaining ownership of shares of common stock and/or the Company achieving performance objectives as determined by the Board of Directors. Mr. Stanley M. Sheridan's option was granted on July 28, 2010, became fully vested on March 28, 2019, and was set to expire on July 27, 2020. Reference is made to Exhibit 10.6 of the Company's Form 10-K for the year ended May 2, 2020.

<u>/s/ Stanley M. Sheridan</u>

07/08/2020

** Signature of Reporting Person Date

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

 * 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.

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 Number.