FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549 STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL

OMB Number:	3235-0287
Estimated average bur	den
hours per response:	0.5

Section 1	nis box if no long 16. Form 4 or F ns may continue on 1(b).	orm 5	STA ⁻		led pursuan	t to Section 16(a) of the S	ecuriti	es Exchan	ge A	ct of 193	_	ΙIP	Estim	Number nated ave s per res	erage burder	3235-0287 1 0.5
	Address of R NI OLEA (First		2. Issuer FREC]	Name and Tick	/mbol NICS IN		k all applica Director Officer (below)	ble) give title	10% Owner								
C/O FREQUENCY ELECTRONICS INC 55 CHARLES LINDBERGH BLVD					3. Date 0 07/31/2	of Earliest Transa 2020	action (Mc	onth/D	ay/Year)				51. 11	Dusine	33 DC	velopmen	
(Street) MITCHEI FIELD (City)	NY		- 4. If Ame	endment, Date of	f Original	Filed ((Month/Day	y/Yea	ar)	6. Indi Line) X		ed by One	e Repor	Check App ting Person One Report			
	(n-Deri	vative Se	ecurities Ac	auired.	Dis	posed o	f. o	r Bene	ficially	Owned				
1. Title of Security (Instr. 3) 2. Trans. Date						2A. Deemed Execution Date, if any (Month/Day/Year	3. Transactio Code (Inst		4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 4			(A) or) or 5. Amount o		Form:	Direct Indirect str. 4)	7. Nature of Indirect Beneficial Ownership
	Code V Amount (A) or (D)								(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)				(Instr. 4)		
Common Stock 07/31							М		12,000	0	Α	\$5.65	12,0	000		D	
Common Stock 07/3					1/2020		F		6,476	5	D	\$10.47	5,5	24		D	
						curities Acqu Is, warrants							wned				
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative	3. Transaction Date (Month/Day/Year)	3A. Deeme Execution if any (Month/Day	Date,	4. Transactior Code (Instr. 8)		6. Date Ex Expiration (Month/Da	n Date		of S Und	itle and A Securities lerlying E urity (Ins	Derivative	8. Price of Derivative Security (Instr. 5)	9. Numb derivativ Securitie Beneficia Owned	/e es	10. Ownership Form: Direct (D) or Indirect	Beneficial Ownership

Security (Instr. 3)	or Exercise Price of Derivative Security	(Month/Day/Year)	if any (Month/Day/Year)		Code (Instr. Derivative 8) Securities Acquired (A) or Disposed of (D) (Inst 3, 4 and 5)		urities uired or oosed O) (Instr.	(Month/Day/	/ear)		g Derivative Instr. 3 and	Security (Instr. 5)		Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)	
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares					
Stock Appreciation Rights ⁽¹⁾	\$5.65	07/31/2020		М			12,000	09/14/2011	09/14/2020	Common Stock	12,000(1)	\$0	67,000	D		

Explanation of Responses:

1. The reporting Person exercised a Stock Appreciation Right based on 12,000 shares of Frequency Electronics common stock, receiving 5,524 shares which is equivalent to the appreciated value of the common stock since the grant date.

<u>/s/ Steven Bernstein by power</u>	00/05/0000
of attorney	<u>08/05/2020</u>

** Signature of Reporting Person Date

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

 \ast 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.