INGLES MARKETS INC

Form 4

March 07, 2006

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

OMB APPROVAL

3235-0287

Expires:

5. Relationship of Reporting Person(s) to

(Check all applicable)

Issuer

January 31, 2005

0.5

Estimated average burden hours per

response...

if no longer subject to Section 16. Form 4 or Form 5

Check this box

obligations may continue. See Instruction

INGLES MARKETS INC

1. Name and Address of Reporting Person *

INVESTMENT/PROFIT SHARING

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

2. Issuer Name and Ticker or Trading

INGLES MARKETS INC [IMKTA]

Symbol

1(b).

PLAN TRUST

(Print or Type Responses)

(Last)	` ,	(Middle)	(Month/I	f Earliest T	ransaction			Director Officer (gives)		% Owner her (specify	
(Street)			03/03/2006 4. If Amendment, Date Original Filed(Month/Day/Year)					6. Individual or Joint/Group Filing(Check Applicable Line)			
BLACK MOUNTAIN, NC 28711								_X_ 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											
1.Title of Security (Instr. 3)	2. Transaction Dat (Month/Day/Year) Execution any		3. Transactic Code (Instr. 8)	(Instr. 3,	ispose 4 and (A) or	ed of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Class A Common Stock	03/03/2006			S		D	\$ 16.2	38,202	I	By Employee Benefit Plan Trust	
Class A Common Stock	03/03/2006			S	1,015	D	\$ 16.21	37,187	I	By Employee Benefit Plan Trust	
Class A Common Stock	03/03/2006			S	4,441	D	\$ 16.22	32,746	I	By Employee Benefit Plan Trust	

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Class A Common Stock	03/03/2006	S	1,173	D	\$ 16.23	31,573	I	By Employee Benefit Plan Trust
Class A Common Stock	03/03/2006	S	157	D	\$ 16.24	31,416	I	By Employee Benefit Plan Trust
Class A Common Stock	03/03/2006	S	5,100	D	\$ 16.25	26,316	I	By Employee Benefit Plan Trust
Class A Common Stock	03/03/2006	S	1,400	D	\$ 16.26	24,916	I	By Employee Benefit Plan Trust
Class A Common Stock	03/03/2006	S	230	D	\$ 16.27	24,686	I	By Employee Benefit Plan Trust
Class A Common Stock	03/03/2006	S	2,038	D	\$ 16.28	22,648	I	By Employee Benefit Plan Trust
Class A Common Stock	03/03/2006	S	100	D	\$ 16.29	22,548	I	By Employee Benefit Plan Trust
Class A Common Stock	03/03/2006	S	403	D	\$ 16.4	22,145	I	By Employee Benefit Plan Trust
Class A Common Stock	03/03/2006	S	200	D	\$ 16.41	21,945	I	By Employee Benefit Plan Trust
Class A Common Stock	03/03/2006	S	100	D	\$ 16.42	21,845	I	By Employee Benefit Plan Trust

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

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SEC 1474 (9-02)

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

	1. Title of Derivative	2. Conversion	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if	4. Transacti	5. orNumber	6. Date Exerc Expiration D		7. Title Amount		8. Price of Derivative	9. Nu Deriv
Security (Instr. 3)		or Exercise Price of Derivative Security	(Monan Day) Teal)	any (Month/Day/Year)	Code (Instr. 8)	of	(Month/Day/Year)		Underlying Securities (Instr. 3 and	ying ies	Security (Instr. 5)	Secur Bene Owne Follo Repo Trans (Instr
					Code V	(A) (D)	Date Exercisable	Expiration Date	Title N	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

INGLES MARKETS INC INVESTMENT/PROFIT SHARING PLAN TRUST 2913 US HIGHWAY 70 WEST BLACK MOUNTAIN, NC 28711

X

Signatures

James W.

Lanning 03/07/2006

**Signature of Person

**Bignature of Person

Explanation of Responses:

- * 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. 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 number.

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