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INGLES MARKETS INC Form 8-K July 29, 2004

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: July 29, 2004

Commission file number 0-14706.

INGLES MARKETS, INCORPORATED

(Exact name of registrant as specified in its charter)

NORTH CAROLINA

(IRS Employer Identification No.)

56-0846267

(State or other jurisdiction of incorporation)

P.O. Box 6676, Asheville, NC 28816
-----(Address of principal executive offices) (Zip Code)

(828) 669-2941

(Telephone number of registrant, including area code)

None

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

Item 7. Financial Statements and Exhibits.

(c) Exhibits.

Exhibit Number Exhibit

99.1 Press Release dated July 29, 2004

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Item 12. Results of Operations and Financial Condition.

On July 29, 2004, Ingles Markets, Incorporated ("IMKTA") issued a press release announcing financial information for its third fiscal quarter ended June 26, 2004. The press release is attached as Exhibit 99.1 to this Form 8-K.

SIGNATURE

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.

INGLES MARKETS, INCORPORATED

/s/ Brenda S. Tudor

Brenda S. Tudor

Vice President-Finance and Chief Financial Officer

Dated July 29, 2004

INDEX TO EXHIBITS

Exhibit Number Exhibit

99.1 Press Release dated July 29, 2004