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

5. Relationship of Reporting Person(s) to

(Check all applicable)

Issuer

3235-0287 Number: January 31, Expires:

OMB APPROVAL

2005

Estimated average burden hours per response... 0.5

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

obligations

may continue.

See Instruction

Check this box

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)

INGLES MARKETS INC

1. Name and Address of Reporting Person *

INVESTMENT/PROFIT SHARING

PLAN I	RUSI						(-			
(Mo			ate of Earliest T nth/Day/Year) 06/2006	ransaction	1		DirectorX10% Owner Officer (give title below) Other (specify below)			
			Amendment, D d(Month/Day/Yea	nendment, Date Original onth/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person		
BLACK	MOUNTAIN, NC	28711					Form filed by More than One Reporting Person			
(City)	(State)	(Zip)	Table I - Non-l	Derivative	e Secu	rities Acc	quired, Disposed	of, or Beneficia	ally Owned	
1.Title of Security (Instr. 3)	2. Transaction Da (Month/Day/Year		Code ear) (Instr. 8)	4. Secur on(A) or D (Instr. 3.	oispose , 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	n 03/06/2006		S	1,700	D	\$ 16	20,145	I	By Employee Benefit Plan Trust	
Class A Common Stock	n 03/06/2006		S	2,400	D	\$ 16.01	17,745	I	By Employee Benefit Plan Trust	
Class A Common Stock	n 03/06/2006		S	463	D	\$ 16.02	17,282	I	By Employee Benefit Plan Trust	

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Class A Common Stock	03/06/2006	S	537	D	\$ 16.03	16,745	I	By Employee Benefit Plan Trust
Class A Common Stock	03/06/2006	S	600	D	\$ 16.04	16,145	I	By Employee Benefit Plan Trust
Class A Common Stock	03/06/2006	S	311	D	\$ 16.05	15,834	I	By Employee Benefit Plan Trust
Class A Common Stock	03/06/2006	S	400	D	\$ 16.06	15,434	I	By Employee Benefit Plan Trust
Class A Common Stock	03/06/2006	S	390	D	\$ 16.07	15,044	I	By Employee Benefit Plan Trust
Class A Common Stock	03/06/2006	S	2,400	D	\$ 16.11	12,644	I	By Employee Benefit Plan Trust
Class A Common Stock	03/06/2006	S	2,500	D	\$ 16.19	10,144	I	By Employee Benefit Plan Trust
Class A Common Stock	03/06/2006	S	600	D	\$ 16.2	9,544	I	By Employee Benefit Plan Trust
Class A Common Stock	03/06/2006	S	2,400	D	\$ 16.21	7,144	I	By Employee Benefit Plan Trust
Class A Common Stock	03/06/2006	S	200	D	\$ 16.22	6,944	I	By Employee Benefit Plan Trust
Class A Common Stock	03/06/2006	S	200	D	\$ 16.23	6,744	I	By Employee Benefit Plan Trust
	03/06/2006	S	500	D		6,244	I	

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Class A Common Stock					\$ 16.24			By Employee Benefit Plan Trust
Class A Common Stock	03/06/2006	S	1,200	D	\$ 16.26	5,044	I	By Employee Benefit Plan Trust
Class A Common Stock	03/06/2006	S	100	D	\$ 16.27	4,944	I	By Employee Benefit Plan Trust
Class A Common Stock	03/06/2006	S	270	D	\$ 16.28	4,674	I	By Employee Benefit Plan Trust
Class A Common Stock	03/06/2006	S	400	D	\$ 16.41	4,274	I	By Employee Benefit Plan Trust
Class A Common Stock	03/06/2006	S	1,196	D	\$ 16.42	3,078	I	By Employee Benefit Plan Trust
Class A Common Stock	03/06/2006	S	370	D	\$ 16.43	2,708	I	By Employee Benefit Plan Trust
Class A Common Stock	03/06/2006	S	130	D	\$ 16.44	2,578	I	By Employee Benefit Plan Trust
Class A Common Stock	03/06/2006	S	100	D	\$ 16.55	2,478	I	By Employee Benefit Plan Trust
Class A Common Stock	03/06/2006	S	100	D	\$ 16.71	2,378	I	By Employee Benefit Plan Trust
Class A Common Stock	03/06/2006	S	100	D	\$ 16.72	2,278	I	By Employee Benefit Plan Trust

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(e.g., puts, calls, warrants, options, convertible securities)

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

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 control number.

SEC 1474

(9-02)

9. Nu Deriv Secur Bene Own Follo Repo Trans

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

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. Transact Code (Instr. 8)	Securities Acquired (A) or Disposed of (D) (Instr. 3,	.	ate	7. Titl Amou Under Secur (Instr.	ınt of rlying	8. Price of Derivative Security (Instr. 5)	
				Code V	4, and 5) 7 (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

X

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

Signatures

James W.

Lanning 03/07/2006

**Signature of Date

Reporting Person

Explanation of Responses:

* If the form is filed by more than one reporting person, see Instruction 4(b)(v).

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.

Reporting Owners 4

^{**} Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).