

INGLES MARKETS INC  
Form 4  
March 07, 2006

**FORM 4**

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

OMB APPROVAL

OMB Number: 3235-0287  
Expires: January 31, 2005  
Estimated average burden hours per response... 0.5

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 OF SECURITIES**

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

(Print or Type Responses)

1. Name and Address of Reporting Person \*  
INGLES MARKETS INC  
INVESTMENT/PROFIT SHARING  
PLAN TRUST

(Last) (First) (Middle)

2913 US HIGHWAY 70 WEST

(Street)

BLACK MOUNTAIN, NC 28711

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol  
INGLES MARKETS INC [IMKTA]

3. Date of Earliest Transaction  
(Month/Day/Year)  
03/06/2006

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

\_\_\_\_ Director  10% Owner  
\_\_\_\_ Officer (give title below) \_\_\_\_ Other (specify below)

6. Individual or Joint/Group Filing(Check Applicable Line)  
 Form filed by One Reporting Person  
\_\_\_\_ Form filed by More than One Reporting Person

**Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned**

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	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 Ownership (Instr. 4)			
			Code	V	Amount	(A) or (D)	Price			
Class A Common Stock	03/06/2006		S		1,700	D	\$ 16	20,145	I	By Employee Benefit Plan Trust
Class A Common Stock	03/06/2006		S		2,400	D	\$ 16.01	17,745	I	By Employee Benefit Plan Trust
Class A Common Stock	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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Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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SEC 1474  
(9-02)

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

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. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Own Follo Repo Trans (Instr
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**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  
Reporting Person

Date

**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.

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