

LANNING JAMES W
 Form 4
 April 13, 2007

FORM 4

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

OMB APPROVAL

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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 *
 LANNING JAMES W

(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)

04/11/2007

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)
 President / Profit Sharing Plan Trustee

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 Beneficial Ownership (Instr. 4)			
			Code	V	Amount	(D)	Price			
Class A Common Stock	04/11/2007		J ⁽¹⁾		400	D	\$ 40.9149	17,900	I	Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock	04/11/2007		J ⁽¹⁾		400	D	\$ 40.8225	17,500	I	Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock	04/11/2007		J ⁽¹⁾		700	D	\$ 40.7414	16,800	I	Employee Benefit Plan Trustee ⁽¹⁾

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Class A Common Stock	04/11/2007	<u>J(1)</u>	700	D	\$ 40.0529	16,100	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/11/2007	<u>J(1)</u>	1,000	D	\$ 40.075	15,100	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/11/2007	<u>J(1)</u>	1,000	D	\$ 40.07	14,100	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/11/2007	<u>J(1)</u>	1,000	D	\$ 40.0273	13,100	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/11/2007	<u>J(1)</u>	900	D	\$ 40.2977	12,200	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/11/2007	<u>J(1)</u>	1,500	D	\$ 40.0213	10,700	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/11/2007	<u>J(1)</u>	700	D	\$ 40.1137	10,000	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/11/2007	<u>J(1)</u>	1,500	D	\$ 40.0409	8,500	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/11/2007	<u>J(1)</u>	263	D	\$ 40.03	8,237	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/11/2007	<u>J(1)</u>	737	D	\$ 40.0385	7,500	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/11/2007	<u>J(1)</u>	880	D	\$ 40.0609	6,620	I	Employee Benefit Plan Trustee <u>(1)</u>
	04/11/2007	<u>J(1)</u>	620	D		6,000	I	

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Class A Common Stock					\$	40.1216			Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock	04/11/2007	<u>J⁽¹⁾</u>	1,000	D	\$ 40.058	5,000		I	Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock	04/11/2007	<u>J⁽¹⁾</u>	620	D	\$ 40.0194	4,380		I	Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock	04/11/2007	<u>J⁽¹⁾</u>	1,000	D	\$ 40.11	3,380		I	Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock	04/11/2007	<u>J⁽¹⁾</u>	380	D	\$ 40.0753	3,000		I	Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock	04/11/2007	<u>J⁽¹⁾</u>	900	D	\$ 40.1333	2,100		I	Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock	04/11/2007	<u>J⁽¹⁾</u>	600	D	\$ 40.1573	1,500		I	Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock	04/11/2007	<u>J⁽¹⁾</u>	800	D	\$ 40.2549	700		I	Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock ⁽²⁾	04/11/2007	<u>J⁽¹⁾</u>	700	D	\$ 40.2086	0		I	Employee Benefit Plan Trustee ⁽¹⁾

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

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

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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. Number of Derivative Securities Owned Following Transaction (Instr. 6)
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Reporting Owners

Reporting Owner Name / Address	Relationships				Amount or Number of Shares
	Director	10% Owner	Officer	Other	
LANNING JAMES W 2913 US HIGHWAY 70 WEST BLACK MOUNTAIN, NC 28711	X		President	Profit Sharing Plan Trustee	

Signatures

/s/James W. Lanning, By: James W. Lanning
Date: 04/12/2007

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).
- The reported transactions constitute sales of Class A Common Stock to meet the liquidity needs of the Ingles Markets Investment/Profit Sharing Plan (the "Plan") for making distributions to Plan participants. The number of shares reported as sold and as beneficially owned reflect the total number of shares sold or owned by the Plan for the benefit of all Plan participants. The reporting person is a trustee of the Plan. The reporting person disclaims beneficial ownership of the reported securities except to the extent of his or her pecuniary interest therein, if any, and this report shall not be deemed an admission that the reporting person is the beneficial owner of such securities for purposes of Section 16 or for any other purpose except to the extent of his or her pecuniary interest therein.
- (2) Mr. Lanning directly held 6,250 shares of Class A Common Stock on April 11, 2007.

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.