

INGLES MARKETS INC INVESTMENT/PROFIT SHARING PLAN TRUST  
 Form 4  
 December 23, 2005

**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)  
 12/21/2005

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 Ownership (Instr. 4) |
|---------------------------------|--------------------------------------|--|--------------------------------|---|---------------------------|---|--|-----------------------------------|
|                                 |                                      |  |                                | Code  | V Amount (A) or (D) Price |   |  |                                   |
| Class A Common Stock            | 12/21/2005                           |  | S                              | 502   | D                         | \$ 15.98 30,176   | D  |                                   |
| Class A Common Stock            | 12/21/2005                           |  | S                              | 300   | D                         | \$ 15.99 29,876   | D  |                                   |
| Class A Common Stock            | 12/21/2005                           |  | S                              | 2,100   | D                         | \$ 16 27,776  | D  |                                   |
| Class A Common                  | 12/21/2005                           |  | S                              | 700   | D                         | \$ 27,076 16.01   | D  |                                   |

Edgar Filing: INGLES MARKETS INC INVESTMENT/PROFIT SHARING PLAN TRUST - Form 4

|                            |            |   |       |   |             |        |   |  |
|----------------------------|------------|---|-------|---|-------------|--------|---|--|
| Stock                      |            |   |       |   |             |        |   |  |
| Class A<br>Common<br>Stock | 12/21/2005 | S | 800   | D | \$<br>16.02 | 26,276 | D |  |
| Class A<br>Common<br>Stock | 12/21/2005 | S | 1,900 | D | \$<br>16.03 | 24,376 | D |  |
| Class A<br>Common<br>Stock | 12/21/2005 | S | 1,100 | D | \$<br>16.04 | 23,276 | D |  |
| Class A<br>Common<br>Stock | 12/21/2005 | S | 998   | D | \$<br>16.05 | 22,278 | D |  |
| Class A<br>Common<br>Stock | 12/22/2005 | S | 524   | D | \$<br>15.93 | 21,754 | D |  |
| Class A<br>Common<br>Stock | 12/22/2005 | S | 4,200 | D | \$<br>15.94 | 17,554 | D |  |
| Class A<br>Common<br>Stock | 12/22/2005 | S | 1,500 | D | \$<br>15.95 | 16,054 | D |  |
| Class A<br>Common<br>Stock | 12/22/2005 | S | 200   | D | \$<br>15.96 | 15,854 | D |  |
| Class A<br>Common<br>Stock | 12/22/2005 | S | 300   | D | \$<br>15.97 | 15,554 | D |  |
| Class A<br>Common<br>Stock | 12/22/2005 | S | 100   | D | \$<br>15.98 | 15,454 | D |  |
| Class A<br>Common<br>Stock | 12/22/2005 | S | 900   | D | \$<br>15.99 | 14,554 | D |  |
| Class A<br>Common<br>Stock | 12/22/2005 | S | 1,500 | D | \$ 16       | 13,054 | D |  |
| Class A<br>Common<br>Stock | 12/22/2005 | S | 200   | D | \$<br>16.01 | 12,854 | D |  |
| Class A<br>Common<br>Stock | 12/22/2005 | S | 500   | D | \$<br>16.02 | 12,354 | D |  |

Edgar Filing: INGLES MARKETS INC INVESTMENT/PROFIT SHARING PLAN TRUST - Form 4

|                            |            |   |       |   |             |        |   |
|----------------------------|------------|---|-------|---|-------------|--------|---|
| Class A<br>Common<br>Stock | 12/22/2005 | S | 400   | D | \$<br>16.03 | 11,954 | D |
| Class A<br>Common<br>Stock | 12/22/2005 | S | 200   | D | \$<br>16.04 | 11,754 | D |
| Class A<br>Common<br>Stock | 12/22/2005 | S | 100   | D | \$<br>16.06 | 11,654 | D |
| Class A<br>Common<br>Stock | 12/22/2005 | S | 400   | D | \$ 16.1     | 11,254 | D |
| Class A<br>Common<br>Stock | 12/22/2005 | S | 1,776 | D | \$<br>16.11 | 9,478  | D |
| Class A<br>Common<br>Stock | 12/22/2005 | S | 6,700 | D | \$<br>16.15 | 2,778  | D |
| Class A<br>Common<br>Stock | 12/22/2005 | S | 500   | D | \$<br>16.16 | 2,278  | D |

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)

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

| 1. Title of<br>Derivative<br>Security<br>(Instr. 3) | 2. Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security | 3. Transaction Date<br>(Month/Day/Year) | 3A. Deemed<br>Execution Date, if<br>any<br>(Month/Day/Year) | 4. Transaction<br>Code<br>(Instr. 8) | 5. Number<br>of<br>Derivative<br>Securities<br>Acquired<br>(A) or<br>Disposed<br>of (D)<br>(Instr. 3,<br>4, and 5) | 6. Date Exercisable and<br>Expiration Date<br>(Month/Day/Year) | 7. Title and<br>Amount of<br>Underlying<br>Securities<br>(Instr. 3 and 4) | 8. Price of<br>Derivative<br>Security<br>(Instr. 5) | 9. Nu<br>Deriv<br>Secur<br>Bene<br>Own<br>Follo<br>Repo<br>Trans<br>(Instr |
|---|--|---|---|--------------------------------------|--|--|---|---|--|
|   |  |   |   |                                      |  | Date<br>Exercisable  | Expiration<br>Date  | Title   | Amount<br>or<br>Number<br>of<br>Shares                                     |
|   |  |   |   |                                      |  | Code   | V   | (A)   | (D)  |

## Reporting Owners

| Reporting Owner Name / Address   | Relationships |           |         |       |
|--|---------------|-----------|---------|-------|
|  | Director      | 10% Owner | Officer | Other |
| INGLES MARKETS INC INVESTMENT/PROFIT SHARING PLAN TRUST<br>2913 US HIGHWAY 70 WEST<br>BLACK MOUNTAIN, NC 28711 |               | X         |         |       |

## Signatures

James W.  
Lanning 12/23/2005

    Signature of                      Date  
Reporting 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.