

LANNING JAMES W
Form 4/A
April 17, 2007

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 *
LANNING JAMES W

(Last) (First) (Middle)

2913 US HIGHWAY 70 WEST

(Street)

BLACK MOUNTAIN, NC 27811

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol

INGLES MARKETS INC [IMKTA]

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

03/03/2007

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

04/04/2007

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 ⁽²⁾	04/02/2007		J ⁽¹⁾	700	D	\$ 40.77	118,430	I	Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock	04/02/2007		J ⁽¹⁾	800	D	\$ 40.73	117,630	I	Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock	04/02/2007		J ⁽¹⁾	1,000	D	\$ 40.45	116,630	I	Employee Benefit Plan Trustee ⁽¹⁾

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Class A Common Stock	04/02/2007	<u>J(1)</u>	400	D	\$ 41.15	116,230	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/02/2007	<u>J(1)</u>	3,800	D	\$ 41.34	112,430	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/02/2007	<u>J(1)</u>	400	D	\$ 41.26	112,030	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/02/2007	<u>J(1)</u>	1,146	D	\$ 41.2588	110,884	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/02/2007	<u>J(1)</u>	2,500	D	\$ 41.236	108,384	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/02/2007	<u>J(1)</u>	1,500	D	\$ 41.2207	106,884	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/02/2007	<u>J(1)</u>	1,100	D	\$ 41.22	105,784	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/02/2007	<u>J(1)</u>	1,000	D	\$ 41.214	104,784	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/02/2007	<u>J(1)</u>	2,500	D	\$ 41.2025	102,284	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/02/2007	<u>J(1)</u>	1,278	D	\$ 41.2	101,006	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/02/2007	<u>J(1)</u>	400	D	\$ 41.1925	100,606	I	Employee Benefit Plan Trustee <u>(1)</u>
	04/02/2007	<u>J(1)</u>	700	D	\$ 41.19	99,906	I	

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Class A Common Stock								Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/02/2007	<u>J(1)</u>	900	D	\$ 41.1789	99,006	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/02/2007	<u>J(1)</u>	1,200	D	\$ 41.1707	97,806	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/02/2007	<u>J(1)</u>	1,000	D	\$ 41.159	96,806	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/02/2007	<u>J(1)</u>	854	D	\$ 41.1476	95,952	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/02/2007	<u>J(1)</u>	1,200	D	\$ 41.1475	94,752	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/02/2007	<u>J(1)</u>	1,400	D	\$ 41.14	93,352	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/02/2007	<u>J(1)</u>	515	D	\$ 41.1389	92,837	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/02/2007	<u>J(1)</u>	1,261	D	\$ 41.1242	91,576	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/02/2007	<u>J(1)</u>	1,500	D	\$ 41.1213	90,076	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/02/2007	<u>J(1)</u>	873	D	\$ 41.1148	89,203	I	Employee Benefit Plan Trustee <u>(1)</u>
	04/02/2007	<u>J(1)</u>	627	D		88,576	I	

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Class A Common Stock					\$				Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/02/2007		<u>J(1)</u>	1,000	D	\$ 41.0434	87,576	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/02/2007		<u>J(1)</u>	846	D	\$ 41.013	86,730	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/02/2007		<u>J(1)</u>	600	D	\$ 41.745	86,130	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	04/02/2007		<u>J(1)</u>	740	D	\$ 40.6954	85,390	I	Employee Benefit Plan Trustee <u>(1)</u>

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 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
						Date Exercisable	Expiration Date	Title	Amount or Number of Shares
						Code	V (A) (D)		

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
LANNING JAMES W 2913 US HIGHWAY 70 WEST BLACK MOUNTAIN, NC 27811	X		President	Profit Sharing Plan Trustee

Signatures

/s/James W. Lanning, By: James W.
Lanning

04/16/2007

__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).

- 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
- (1) 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) The prices of certain trades made on April 2, 2007 were incorrect on the original Form 4 and all trades made on that date were as set forth in this amendment. Information regarding trades made on March 30, 2007 that were reported on the same form are not being amended.

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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