

MGP INGREDIENTS INC
 Form 4
 November 16, 2006

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 *
 TRAUTSCHOLD MICHAEL J

(Last) (First) (Middle)
 1300 MAIN STREET, P.O. BOX 130
 (Street)

ATCHISON, KS 66002

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
 MGP INGREDIENTS INC [MGPI]

3. Date of Earliest Transaction (Month/Day/Year)
 11/14/2006

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)
 Former Officer

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	(A) or (D)	Price			
Common Stock	11/14/2006		S		17,500	D	Ⓛ	49,465	D	
Common Stock	11/15/2006		S		1,003	D	\$ 23.09	0.946	I	By ESPP Plan
Common Stock	11/15/2006		S		15,210	D	Ⓛ	34,255	D	

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

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number.

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. Number of Derivative Securities Beneficially Owned Following Reported Transaction (Instr. 6)
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
TRAUTSCHOLD MICHAEL J 1300 MAIN STREET P.O. BOX 130 ATCHISON, KS 66002				Former Officer

Signatures

Michael J.
Trautschold
11/16/2006
Date
**Signature of 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).
 Shares were sold at the following prices: 1300 @ \$21.25; 200 @ 21.26; 500 @ 21.31; 1,000 @ 21.32; 1000 @ 21.35; 1000 @ 21.37; 500 @ 21.38; 1500 @ 21.39; 500 @ 21.40; 1500 @ 21.44; 1500 @ 21.45; 1000 @ 21.46; 500 @ 21.50; 500 @ 21.63; 1000 @ 21.64; 1300 @ 21.74; 500 @ 21.77; 700 @ 21.80; 1000 @ 21.81; 500 @ 21.83.
- (2) Shares were sold at the following prices: 1000 @ \$22.13; 1000 @ 22.15; 1000 @ 22.30; 1000 @ 22.44; 1000 @ 22.45; 3000 @ 22.46; 1210 @ 22.49; 2000 @ 22.52; 1000 @ 22.58; 1000 @ 22.60; 1000 @ 22.62; 1000 @ 22.64.

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.