WEIS MARKETS INC

Form 4 July 12, 2007

FORM 4

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

OMB Number: 3235-0287

OMB APPROVAL

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Expires: January 31, 2005
Estimated average

burden hours per

Form 4 or Form 5 obligations may continue. See Instruction

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

response... 0.5

1(b).

Common

Stock

07/12/2007

(Print or Type Responses)

1. Name and Address of Reporting Person * KESSLER DANIEL A			2. Issuer Name and Ticker or Trading Symbol WEIS MADKETS INC. (NVAK)			5. Relationship of Reporting Person(s) to Issuer			
			WEIST	IS MARKETS INC [WMK]		(Check all applicable)			
(Last)	(First)	Middle)	3. Date of	f Earliest Tr	ransaction				
			(Month/D	Day/Year)		Director		Owner	
1000 SOUTH SECOND			07/12/2007			_X_ Officer (give title Other (specify			
STREET, F	P.O. BOX 471					below) Vice Pre	below) esident Procuren	ient	
(Street)			4. If Amendment, Date Original			6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person			
			Filed(Month/Day/Year)						
SUNBURY	, PA 17837					Form filed by l Person	More than One Re	porting	
(City)	(State)	(Zip)	Tabl	le I - Non-L	Derivative Securities Acq	uired, Disposed o	of, or Beneficiall	y Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		Date, if	3. Transaction Code (Instr. 8)	4. Securities Acquired on (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	

Code V Amount

200

M

(D)

A

Price

32.875

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

07/12/2007

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SEC 1474

(9-02)

Transaction(s) (Instr. 3 and 4)

D

650

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. Transacti Code (Instr. 8)	5. Number on of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	Expiration Da e (Month/Day/Y	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock Option	\$ 32.875	07/12/2007	07/12/2007	M	200	08/01/1997	07/31/1997	Common Stock	200	\$ 3
Stock Option	\$ 34.3125					08/01/1998	07/31/2008	Common Stock	200	
Stock Option	\$ 37.9375					08/01/1999	07/31/2009	Common Stock	300	
Stock Option	\$ 31.125					08/01/2000	07/31/2010	Common Stock	300	

Reporting Owners

Reporting Owner Name / Address				
	Director	10% Owner	Officer	Other

KESSLER DANIEL A 1000 SOUTH SECOND STREET P.O. BOX 471 SUNBURY, PA 17837

Vice President Procurement

Relationships

Signatures

/S/ Daniel A.

Kessler

**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.

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