

ADORNATO THEODORE
Form 4
February 08, 2006

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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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 *
ADORNATO THEODORE

(Last) (First) (Middle)

C/O 850 - 76TH STREET SW

(Street)

GRAND RAPIDS, MI 49518

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
SPARTAN STORES INC [SPTN]

3. Date of Earliest Transaction
(Month/Day/Year)
02/06/2006

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)

Executive V.P. Retail Operat.

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)
				(A) or (D)	Price		
Common Stock	02/06/2006		M	3,750 A	\$ 5.65	45,506	D
Common Stock	02/06/2006		M	1,093 A	\$ 3.25	46,599	D
Common Stock	02/06/2006		F	2,528 D	\$ 11.605	44,071	D
Common Stock	02/06/2006		F	594 D	\$ 11.505	43,477	D

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

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(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 (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. Amount or Number of Shares
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	
Stock Option (Right to Buy)	\$ 5.65	02/06/2006		M	3,750	12/08/2004	12/07/2013	Common Stock	3,750
Stock Option (Right to Buy)	\$ 5.65					12/08/2005	12/07/2013	Common Stock	3,750
Stock Option (Right to Buy)	\$ 5.65					12/08/2006	12/07/2013	Common Stock	3,750
Stock Option (Right to Buy)	\$ 5.65					12/08/2007	12/07/2013	Common Stock	3,750
Stock Option (Right to Buy)	\$ 3.25	02/06/2006		M	1,093	05/12/2005	05/11/2014	Common Stock	1,093
Stock Option (Right to Buy)	\$ 3.25					05/12/2006	05/11/2014	Common Stock	1,094
Stock Option (Right to Buy)	\$ 3.25					05/12/2007	05/11/2014	Common Stock	1,094

Buy)

Stock

Option \$ 3.25
(Right to Buy)

05/12/2008 05/11/2014 Common Stock 1,094

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
ADORNATO THEODORE C/O 850 - 76TH STREET SW GRAND RAPIDS, MI 49518			Executive V.P. Retail Operat.	

Signatures

/s/ Alex J. DeYonker, by power of attorney 02/08/2006

__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).

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.