FORM 4

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

OMB APPROVAL
OMB Number: 3235-0287
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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 or Section 30(h) of the Investment Company Act of 1940

(Print or Ty	pe Response	s)													
1. Name and Address of Reporting Person* REINTJES ROBERT J				2. Issuer Name and Ticker or Trading Symbol MGP INGREDIENTS INC [MGPI]							5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner				
(Last) (First) (Middle) 6440 WENONGA				3. Date of Earliest Transaction (Month/Day/Year) 05/24/2004						Officer (give title below) Other (specify below)					
(Street) SHAWNEE MISSION, KS 66208				4. If Amendment, Date Original Filed(Month/Day/Year)						6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting PersonForm filed by More than One Reporting Person					
(City		(State)	(Zip)	7	Table I - Non-Derivative Securities Acqu					ired, Disposed of, or Beneficially Owned					
(Instr. 3) Date		2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	if Cod (Ins	(Instr. 8)		(A) or Disposed of (D (Instr. 3, 4 and 5)		of (D)	Beneficially Owned Following Reported Transaction(s)			Ownership Form:	Beneficial	
					ode	V	Amour	(A) or (D)	Price	(Instr. 3 a	nd 4)		\ /	Ownership (Instr. 4)	
Common Stock										6,590			I	by spouse	
Common Stock 05/24/2		05/24/2004			S		6,590	D	(1)	0			I	by spouse	
Reminder:	Report on a s	separate line fo		Derivative Secur	ities Ac	quire	Perse conta the fe	ons whained in	no responding this for splays a	rm are curre reficial	e not requ ntly valid	OMB con	formation spond unle trol numbe	ss	1474 (9-02)
1 Title of	2	2 Tuomanation	,	e.g., puts, calls, v	5.	ts, op	r				itle and	Q Duina of	O. Namahan	of 10.	11. Natur
Security	2. Conversion or Exercise Price of Derivative Security		Execution Day any	4. Transaction Code (Instr. 8)	Transaction Number Of		and Expiration Date (Month/Day/Year)		Ame Und Seco	nount of derlying curities str. 3 and Deriv:			Ownershi Form of Derivativ Security: Direct (D or Indirect	of Indirect Beneficia Ownershi (Instr. 4)	
				Code V	(A)	(D)	Date Exer		Expiration Date	n Title	Amount or Number of Shares				

Reporting Owners

	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
REINTJES ROBERT J							
6440 WENONGA	X						
SHAWNEE MISSION, KS 66208							

Signatures

Robert J. Reintjes	05/26/2004
**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).
- 293 shares sold @\$34.34; 100 shares @ \$34.38; 100 shares @ \$34.31; 100 shares @ \$34.17; 100 shares @ \$34.14; 100 shares @ \$34.11; 300 shares (1) @ \$34.10; 100 shares @ \$34.06; 300 shares @ \$34.01; 500 shares @ \$34.03; 300 shares @ \$34.02; 600 shares @ \$34.00; 100 shares @ \$33.86; 100 shares @ \$33.77; 3,397 @ \$33.75.

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.