Knecht Edward F Form 4 March 22, 2006

FORM 4

OMB APPROVAL

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

OMB 3235-0287 Number:

Check this box if no longer subject to Section 16. Form 4 or

January 31, Expires: 2005

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

Estimated average burden hours per response... 0.5

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

1(b).

(City)

(Print or Type Responses)

2. Issuer Name and Ticker or Trading Knecht Edward F Issuer Symbol NATIONAL BEVERAGE CORP (Check all applicable) [FIZ] (Last) (First) (Middle) 3. Date of Earliest Transaction Director 10% Owner X_ Officer (give title Other (specify (Month/Day/Year) below) ONE NORTH UNIVERSITY 03/20/2006 **Executive VP Procurement** DR, SUITE 400A (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Filing(Check Filed(Month/Day/Year) Applicable Line)

PLANTATION, FL 33324

(State)

(Zip)

1. Name and Address of Reporting Person *

X Form filed by One Reporting Person

5. Relationship of Reporting Person(s) to

Form filed by More than One Reporting

(City)	(State) (Zi	p) Table I	- Non-Der	rivative Sec	curities A	equired, Disposed o	f, or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution Date, if any	Code	4. Securition(A) or Dis	sposed of	Securities Beneficially	6. Ownership Form: Direct	
		(Month/Day/Year)	(Instr. 8) Code V	(Instr. 3, 4) Amount	(A) or (D) Pri	Owned Following Reported Transaction(s) (Instr. 3 and 4)	(D) or Indirect (I) (Instr. 4)	Ownership (Instr. 4)
COMMON STOCK	03/20/2006		X	14,000	A \$ 2.5	54,800	D	

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)required to respond unless the form displays a currently valid OMB control number.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

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Derivative Security (Instr. 3)	Conversion or Exercise Price of Derivative Security	(Month/Day/Year)	Execution Date, if any (Month/Day/Year)	TransactionDerivative Code Securities (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		Expiration Date (Month/Day/Year)		Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amoun or Numbe of Shar
STOCK OPTION	\$ 2.5	03/20/2006		X	14,000	05/17/2001	05/17/2006	COMMON STOCK	14,00

5. Number of 6. Date Exercisable and

7. Title and Amount of

Reporting Owners

Relationships Reporting Owner Name / Address

3. Transaction Date 3A. Deemed

Director 10% Owner Officer Other

Executive VP Procurement

Knecht Edward F

1. Title of

ONE NORTH UNIVERSITY DR SUITE 400A

PLANTATION, FL 33324

Signatures

/s/ Edward F. 03/21/2006 Knecht

**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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