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

FORM 8-K

CURRENT REPORT Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported)

January 8, 2014

UNIFIRST CORPORATION

(Exact Name of Registrant as Specified in Charter)

Imington, Massachusetts 01887 I Executive Offices) (Zip Code) er, including area code: (978) 658-8888	(IRS Employer Identification No.)
Executive Offices) (Zip Code)	
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nultaneously satisfy the filing obligation	of the registrant under any of the
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Item 2.02. Results of Operations and Financial Condition.

On January 8, 2014, UniFirst Corporation (the "Company") issued a press release ("Press Release") announcing financial results for the first quarter of fiscal 2014, which ended on November 30, 2013. A copy of the Press Release is attached as Exhibit 99 to this Current Report on Form 8-K and is incorporated herein by reference.

The information in this Item 2.02, including the exhibit attached hereto, shall not be deemed "filed" for any purpose, including for purposes of Section 18 of the Securities Exchange Act of 1934 (the "Exchange Act") or otherwise subject to the liabilities of that Section, nor shall it be deemed incorporated by reference in any filing under the Securities Act of 1933 or the Exchange Act, regardless of any general incorporation language in such filing.

Item 9.01. Financial Statements and Exhibits.

(d) Exhibits

EXHIBIT NO. DESCRIPTION

9 Press release of the Company dated January 8, 2014

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, as amended, the Registrant has duly caused this report to be signed on its behalf by the undersigned thereunto duly authorized.

UNIFIRST CORPORATION

Date: January 8, 2014 By: /s/ Ronald D. Croatti

Name: Ronald D. Croatti

Title: Chairman of the Board, Chief Executive Officer and President

By: /s/ Steven S. Sintros

Name: Steven S. Sintros

Title: Vice President and Chief Financial Officer

EXHIBIT INDEX

EXHIBIT NO. DESCRIPTION

9 9 Press release of the Company dated January 8, 2014





For Immediate Release UniFirst Corporation 68 Jonspin Road Wilmington, MA 01887 Phone: 978- 658-8888 Fax: 978-988-0659

Email:

ssintros@UniFirst.com

January 8, 2014 CONTACT: Steven S. Sintros, Vice President & CFO

UNIFIRST ANNOUNCES FINANCIAL RESULTS FOR THE FIRST QUARTER OF FISCAL 2014

Wilmington, MA (January 8, 2014) -- UniFirst Corporation (NYSE: UNF) today announced results for its fiscal 2014 first quarter, which ended November 30, 2013. First quarter revenues were \$346.7 million, up 4.3% from \$332.6 million in the year ago period. Net income of \$34.5 million (\$1.71 per diluted share), was 12.0% ahead of the \$30.8 million (\$1.54 per diluted share) reported in the year ago period.

Ronald D. Croatti, UniFirst President and Chief Executive Officer said, "We are very pleased with the results for our first quarter. During the quarter, we experienced positive trends in sales representative productivity and customer retention as well as a slight uptick in the wearer levels at our customers."

Revenues in the Core Laundry Operations were \$312.0 million, up 5.9% from those reported in the prior year's first quarter. Excluding the effect of acquisitions and a weaker Canadian dollar, revenues grew 5.1%. This segment's income from operations increased 17.6% compared to the first quarter of fiscal 2013, while the operating margin expanded to 16.8% from 15.1%. Merchandise amortization, energy and bad debt expense for the Core Laundry Operations were all lower as a percentage of revenues compared to the prior year. Selling payroll and certain other payroll-related costs were also lower than in the prior year as a percentage of revenues.

Revenues for the Specialty Garments' segment, which consists of nuclear decontamination and cleanroom operations, were \$24.4 million, down 12.3% from \$27.9 million in the first quarter of fiscal 2013. This decrease was primarily the result of less power reactor business in the U.S. and Canada compared to a year ago. As a result of the revenue decline, this segment's income from operations for the quarter fell to \$2.8 million from \$4.7 million in the comparable period in fiscal 2013.

UniFirst continues to maintain a solid balance sheet and financial position. Cash provided by operating activities for the quarter was \$68.6 million, up 22.2% compared to \$56.2 million for the first quarter of fiscal 2013. The improved cash flows were primarily the result of higher earnings as well as the timing of income tax payments compared to the prior year. Cash and cash equivalents at the end of the quarter totaled \$141.8 million, down from \$197.5 million at the end of fiscal 2013. This decrease was due to the Company's repayment of \$100.0 million in private placement notes that came due in September 2013.

Outlook

Mr. Croatti continued, "In October, we told investors that we expected fiscal 2014 revenues to be between \$1.372 billion and \$1.385 billion and full year EPS to be between \$5.60 and \$5.85. As a reminder, fiscal 2014 will be a 52 week year for the Company compared to fiscal 2013 which was a 53 week year. Based on the first quarter performance, we now anticipate our full year results will be at the higher end of these ranges."

Conference Call Information

UniFirst will hold a conference call today at 10:00 a.m. (ET) to discuss its quarterly financial results, business hig hlights and outlook. A simultaneous live webcast of the call will be available over the Internet and can be accessed at www.unifirst.com.

About UniFirst Corporation

UniFirst Corporation is one of the largest providers of workplace uniforms, protective clothing, and fa cility services products in North America. The Company employs approximately 11,500 Team Partners who serve more than 250,000 customer locations in 45 U.S. states, Canada, and Europe from over 200 customer service, distribution, and manufacturing facilities. UniFirst is a publicly held company traded on the New York Stock Exchange under the symbol UNF and is a component of the Standard & Poor's 600 Small Cap Index.

Forward Looking Statements

This public announcement may contain forward looking statements that reflect the Company's current views with respect to future events and financial performance. Forward looking statements contained in this public announcement are subject to the safe harbor created by the Private Securities Litigation Reform Act of 1995 and are highly dependent upon a variety of important factors that could cause actual results to differ materially from those reflected in such forward looking statements. Such factors include, but are not limited to, uncertainties regarding the Company's ability to consummate and successfully integrate acquired businesses, uncertainties regarding any existing or newly-discovered expenses and liabilities related to environmental compliance and remediation, any adverse outcome of pending or future contingencies or claims, the Company's ability to compete successfully without any significant degradation in its margin rates, seasonal fluctuations in business levels, our ability to preserve positive labor relationships and avoid becoming the target of corporate labor unionization campaigns that could disrupt our business, the effect of currency fluctuations on our results of operations and financial condition, our dependence on third parties to supply us with raw materials, any loss of key management or other personnel, increased costs as a result of any future changes in federal or state laws, rules and regulations or governmental interpretation of such laws, rules and regulations, uncertainties regarding the price levels of natural gas, electricity, fuel and labor, the impact of turbulent economic conditions and the current tight credit markets on our customers and such customers' workforce, the level and duration of workforce reductions by our customers, the continuing increase in domestic healthcare costs, demand and prices for our products and services, rampant criminal activity and instability in Mexico where our principal garment manufacturing plants are located, our ability to properly and efficiently design, construct, implement and operate our new CRM computer system, interruptions or failures of our information technology systems, including as a result of cyber-attacks, additional professional and internal costs necessary for compliance with recent and proposed future changes in Securities and Exchange Commission, New York Stock Exchange and accounting rules, strikes and unemployment levels, the Company's efforts to evaluate and potentially reduce internal costs, economic and other developments associated with the war on terrorism and its impact on the economy, general economic conditions and other factors described under "Item 1A. Risk Factors" in the Company's Annual Report on Form 10-K for the year ended August 31, 2013 and in other filings with the Securities and Exchange Commission. When used in this public announcement, the words "anticipate," "optimistic," "believe," "estimate," "expect," "intend," and similar expressions as they relate to the Company are included to identify such forward looking statements. The Company undertakes no obligation to update any forward looking statements to reflect events or circumstances arising after the date on which such statements are made.

UniFirst Corporation and Subsidiaries Consolidated Statements of Income

	Thirteen weeks ended					
(In the county of a county of the county of	Nove	November 24,				
(In thousands, except per share data)		13 (2)		2012 (2)		
Revenues	\$	346,704	\$	332,569		
Operating expenses:						
Cost of revenues (1)		208,137		201,551		
Selling and administrative expenses (1)		65,629		64,288		
Depreciation and amortization		17,298		16,771		
Total operating expenses		291,064		282,610		
Income from operations		55,640		49,959		
Other (income) expense:						
Interest expense		208		460		
Interest income		(765)		(767)		
Exchange rate (gain) loss		(159)		(160)		
Total other (income) expense		(716)		(467)		
Income before income taxes		56,356		50,426		
Provision for income taxes		21,894		19,666		
Net income	\$	34,462	\$	30,760		
Income per share – Basic						
Common Stock	\$	1.81	\$	1.62		
Class B Common Stock	\$	1.45	\$	1.30		
Income per share – Diluted						
Common Stock	\$	1.71	\$	1.54		
Income allocated to - Basic						
Common Stock	\$	27,208	\$	24,191		
Class B Common Stock	\$	6,798	\$	6,025		
Income allocated to - Diluted						
Common Stock	\$	34,031	\$	30,244		
Weighted average number of shares outstanding – Basic						
Common Stock		15,029		14,925		
Class B Common Stock		4,693		4,647		
Weighted average number of shares outstanding – Diluted						
Common Stock		19,891		19,693		

⁽¹⁾ Exclusive of depreciation on the Company's property, plant and equipment and amortization on its intangible assets

(2) Unaudited

UniFirst Corporation and Subsidiaries Condensed Consolidated Balance Sheets

(In thousands)	Novembe 2013 (August 31, 2013	
Assets				
Current assets:				
Cash and cash equivalents		141,825		
Receivables, net	1	55,283	142,217	
Inventories		66,038	74,351	
Rental merchandise in service	1	38,967	132,630	
Prepaid and deferred income taxes			7,099	
Prepaid expenses		9,734	7,618	
Total current assets	5	511,847	561,394	
Property, plant and equipment:				
Land, buildings and leasehold improvements		385,031	376,222	
Machinery and equipment		485,034	474,402	
Motor vehicles		153,610	153,219	
	1,0	23,675	1,003,843	
Less - accumulated depreciation	5:	57,668	546,157	
		466,007	457,686	
Goodwill	3	302,668	302,363	
Customer contracts and other intangible assets, net		47,013	49,344	
Deferred income taxes		1,417	1,417	
Other assets		2,325	2,658	
	\$ 1,3	331,277	\$ 1,374,862	
Liabilities and shareholders' equity				
Current liabilities:				
Loans payable and current maturities of long-term debt	\$	10,481	\$ 111,253	
Accounts payable		60,771	54,221	
Accrued liabilities		87,520	86,994	
Accrued and deferred income taxes		25,023	12,506	
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Total current liabilities	1	83,795	264,974	
Long-term liabilities:				
Long-term debt, net of current maturities		155	155	
Accrued liabilities		45,758	45,037	
Accrued and deferred income taxes		52,293	51,298	
Total long-term liabilities	<u> </u>	98,206	96,490	
Shareholders' equity:				
Common Stock		1,516	1,513	
Class B Common Stock		487	487	
Capital surplus		53,780	51,445	
Retained earnings	9	92,256	958,508	
Accumulated other comprehensive income		1,237	1,445	
Total shareholders' equity	1,0)49,276	1,013,398	
	\$ 1,3	331,277	\$ 1,374,862	

UniFirst Corporation and Subsidiaries Detail of Operating Results

Revenues

	Thirteen weeks ended							
(In thousands, except percentages)	November 30, 2013 (1)		November 24, 2012 (1)		Dollar Change		Percent Change	
Core Laundry Operations	\$	312,006	\$	294,560	\$	17,446	5.9%	
Specialty Garments		24,443		27,884		(3,441)	-12.3	
First Aid		10,255		10,125		130	1.3	
Consolidated total	\$	346,704	\$	332,569	\$	14,135	4.3%	

Income from Operations

	Thirteen weeks ended							
(In thousands, except percentages)	November 30, 2013 (1)		November 24, 2012 (1)		Dollar Change		Percent Change	
Core Laundry Operations	\$	52,372	\$	44,528	\$	7,844	17.6%	
Specialty Garments		2,759		4,704		(1,945)	-41.3	
First Aid		509		727		(218)	-30.0	
Consolidated total	\$	55,640	\$	49,959	\$	5,681	11.4%	

(1) Unaudited

UniFirst Corporation and Subsidiaries Consolidated Statements of Cash Flows

Thirteen weeks ended (In thousands)	vember 30, 2013 (1)	November 24, 2012 (1)
Cash flows from operating activities:		
Net income	\$ 34,462	30,760
Adjustments to reconcile net income to cash provided by operating activities:		
Depreciation	14,850	14,305
Amortization of intangible assets	2,448	2,466
Amortization of deferred financing costs	52	59
Share-based compensation	1,483	1,705
Accretion on environmental contingencies	179	136
Accretion on asset retirement obligations	181	166
Deferred income taxes	(195)	(18)
Changes in assets and liabilities, net of acquisitions:		
Receivables	(12,978)	(18,457)
Inventories	8,490	221
Rental merchandise in service	(6,409)	2,102
Prepaid expenses	(2,114)	(2,867)
Accounts payable	6,532	11,183
Accrued liabilities	875	2,373
Prepaid and accrued income taxes	20,786	12,033
Net cash provided by operating activities	68,642	56,167
Cash flows from investing activities:		
Acquisition of businesses	(495)	_
Capital expenditures	(22,796)	(25,103)
Other	297	(318)
Net cash used in investing activities	(22,994)	(25,421)
Cash flows from financing activities:		
Proceeds from loans payable and long-term debt	2,935	2,662
Payments on loans payable and long-term debt	(103,953)	(708)
Proceeds from exercise of Common Stock options	854	757
Payment of cash dividends	(714)	(713)
Net cash (used in) provided by financing activities	(100,878)	1,998
Effect of exchange rate changes	 (424)	(203)
Net (decrease) increase in cash and cash equivalents	(55,654)	32,541
Cash and cash equivalents at beginning of period	 197,479	120,123
Cash and cash equivalents at end of period	\$ 141,825	152,664

(1) Unaudited