FORM 4

to Section 16. Form 4 or Form 5 obligations may continue. See

Instruction 1(b)

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington,	D.C. 20549
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP Check this box if no longer subject

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Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940 2. Issuer Name and Ticker or Trading Symbol 5. Relationship of Reporting Person(s) to Issuer 1. Name and Address of Reporting Person (Check all applicable) UNIFIRST CORP [UNF] Croatti Michael A Director 10% Owner Officer (give title Other (specify below) below) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) (Last) (First) **Executive Vice President** 10/31/2022 C/O UNIFIRST CORP 68 JONSPIN ROAD 4. If Amendment, Date of Original Filed (Month/Day/Year) 6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person 01887 WILMINGTON MA Form filed by More than One Reporting (City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 1. Title of Security (Instr. 3) 2. Transaction 2A. Deemed 5. Amount of 6. Ownership 7. Nature Securities Beneficially Execution Date, Transaction Form: Direct of Indirect (Month/Day/Year) if any Code (Instr. 5) (D) or Indirect Beneficial Ownership (Month/Day/Year) 8) Owned Following (I) (Instr. 4) Reported (Instr. 4) (A) or (D) Transaction(s) (Instr. 3 and 4) Code Amount Price Common Stock 10/31/2022 F 383(1) D \$184.01 4,897(2) D BvCommon Stock 810 401(K) T Plan Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) 6. Date Exercisable and 7. Title and 9. Number of 1. Title of 3. Transaction 3A. Deemed 5. Number 8. Price of 10. 11. Nature Conversion Execution Date, Transaction Expiration Date (Month/Day/Year) Amount of Securities Derivative Security derivative Securities Ownership Date (Month/Day/Year) Derivative Form: Security if any Code (Instr. Beneficial or Exercise (Month/Day/Year) (Instr. 3) Price of Derivative Securities Underlying Derivative (Instr. 5) Beneficially Direct (D) Ownership or Indirect (I) (Instr. 4) Acquired Owned (Instr. 4) (A) or Disposed Security (Instr. 3 and 4) Security Following Reported

Explanation of Responses:

1. Represents shares of Common Stock withheld by UniFirst Corporation to satisfy certain tax withholding obligations in connection with the vesting of certain restricted stock units.

(A) (D)

of (D)

and 5)

(Instr. 3. 4

2. Consists of 209 restricted stock units that vest in one remaining annual installment on December 20, 2022, 247 restricted stock units that vest in one remaining annual installment on October 31, 2023, 388 restricted stock units that vest in two remaining equal annual installments on October 31, 2023 and October 31, 2024, 702 restricted stock units that vest in three remaining equal annual installments on October 31, 2023, October 31, 2024 and October 31, 2025, 896 restricted stock units that vest in four remaining equal annual installments on October 31, 2023, October 31, 2024, October 31, 2025, and October 31, 2026 and 2,455 shares of Common Stock owned by the reporting person.

Exercisable

Remarks:

/s/ Steven S. Sintros, Attorney-in-Fact

11/02/2022

Transaction(s)

(Instr. 4)

** Signature of Reporting Person

Amount Number

Expiration Date

Title

Date

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

- * 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).

Code

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.