FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Vashington,	D.C.	20549

OMB APPROVAL											
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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)

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and DIFILLI	2. Issuer Name and Ticker or Trading Symbol UNIFIRST CORP [ UNF ]								(Ch	eck all applic Directo	,		/ner						
(Last)	(Firs		1iddle)		3. Date of Earliest Transaction (Month/Day/Year) 10/31/2023											below)			
68 JONSPIN ROAD						4. If Amendment, Date of Original Filed (Month/Day/Year)								6. Individual or Joint/Group Filing (Check Applicable Line)					
(Street) WILMING	GTON MA	. 03	1887									X Form filed by One Reporting Person Form filed by More than One Reporting Person							
(City) (State) (Zip)					Rul	Rule 10b5-1(c) Transaction Indication													
						Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.													
		Table	e I - No	n-Deriv	ative	Secu	ırities	Acc	quired,	, Dis	posed o	f, or Be	neficial	y Owned					
Date				2. Transa Date (Month/D	ay/Year)   Exec		2A. Deemed Execution Date, if any (Month/Day/Year)				es Acquired (A) or Of (D) (Instr. 3, 4 and		5. Amour Securitie Beneficia Owned F Reported	s ally following	Form:	Direct Indirect Etr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
									Code	v	Amount	(A) or (D)	Price	Transact (Instr. 3 a	tion(s)			(iiisu. 4)	
Common Stock 10/33					2023			A		1,597(1)	A	\$0.00	16,	6,891		D			
Common Stock 10/31/2				2023		F		500(2)	D	\$164.4	16,391 <sup>(3)</sup>		D						
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)	Derivative Conversion Date Execution Date, Security or Exercise (Month/Day/Year) if any				4. Transa Code (I 8)		of		6. Date Exercisable and Expiration Date (Month/Day/Year)			7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s (Instr. 4)	e	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)	
	Code		v	(A)	(D)	Date Exercisa	able	Expiration Date	Title	Amount or Number of Shares									
Stock Appreciation Right <sup>(4)</sup>	\$164.43	10/31/2023			A		1,545		(4)		10/31/2033	Common Stock (\$0.10 par value)	1,545	\$0.00	1,545	5	D		

## **Explanation of Responses:**

- 1. Represents restricted stock units granted under the UniFirst Corporation Amended and Restated 2010 Stock Option and Incentive Plan (the "2010 Plan"). Such restricted stock units vest in five equal annual installments on October 31, 2024, October 31, 2025, October 31, 2026, October 31, 2027 and October 31, 2028.
- 2. 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.
- 3. Consists of 194 restricted stock units that vest in one remaining annual installment on October 31, 2024, 468 restricted stock units that vest in two remaining annual equal installment on October 31, 2024 and October 31, 2025, 672 restricted stock units that vest in three remaining equal annual installments on October 31, 2024, October 31, 2025 and October 31, 2026, 1,103 restricted stock units that vest in four remaining equal annual installments on October 31, 2024, October 31, 2025, October 31, 2026 and October 31, 2027, 1,597 restricted stock units that vest in five equal annual installments on October 31, 2024, October 31, 2024, October 31, 2025, October 31, 2026 and October 31, 2027, 1,597 restricted stock units that vest in five equal annual installments on October 31, 2024, October 31, 2025, October 31, 2026, October 31, 2027, 1,597 restricted stock units that vest in five equal annual installments on October 31, 2027, 1,597 restricted stock units that vest in five equal annual installments on October 31, 2027, 1,597 restricted stock units that vest in five equal annual installments on October 31, 2027, 1,597 restricted stock units that vest in five equal annual installments on October 31, 2027, 1,597 restricted stock units that vest in five equal annual installments on October 31, 2027, 1,597 restricted stock units that vest in five equal annual installments on October 31, 2027, 1,597 restricted stock units that vest in five equal annual installments on October 31, 2027, 1,597 restricted stock units that vest in five equal annual installments on October 31, 2027, 1,597 restricted stock units that vest in five equal annual installments on October 31, 2027, 1,597 restricted stock units that vest in five equal annual installments on October 31, 2027, 1,597 restricted stock units that vest in five equal annual installments on October 31, 2027, 1,597 restricted stock units that vest in five equal annual installments on October 31, 2027, 1,597 restricted stock units that vest in five equal annual installments on October 31, 2027, 1,597 restricted stock units that vest in five equal annual installments on October 31, 2027, 1,597 restricted stock units that vest in five equal annual installments on October 31, 2027 October 31, 2025, October 31, 2026, October 31, 2027 and October 31, 2028 and 12,357 shares of Common Stock owned by the reporting person.
- 4. This stock appreciation right, which was granted under the 2010 Plan, becomes vested and exercisable in five equal annual installments on October 31, 2024, October 31, 2025, October 31, 2026, October 31, 202 2027 and October 31, 2028. This stock appreciation right is required to be settled in stock at the time of exercise.

## Remarks:

/s/ Steven S. Sintros, Attorneyin-Fact \*\* Signature of Reporting Person

11/02/2023

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).

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

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