## FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL

OMB Number:	3235-0287							
Estimated average burden								
hours per response:	0.5							

or Section 30(h) of   1. Name and Address of Reporting Person*   Sintros Steven S   (Last) (First)   (Middle) 3. Date of Earliest T		Filed pursuant to Section 16(a) of the Securities Exchange Act of 1	934	hours p	er response: 0.5			
	<b>、</b> ,		or Section 30(h) of the Investment Company Act of 1940		<u></u>			
1	1 4	g Person <sup>*</sup>	2. Issuer Name <b>and</b> Ticker or Trading Symbol UNIFIRST CORP [ UNF ]		ationship of Reporting ( all applicable)	g Person(s) to Issuer		
<u>Sintros S</u>	<u>steven s</u>			X	Director	10% Owner		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year)	x	Officer (give title below)	Other (specify below)		
	TIRST CORP		11/19/2021		President and CEO			
68 JONSP	IN ROAD							
			4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Indiv Line)	vidual or Joint/Group	Filing (Check Applicable		
(Street)		01005		X	Form filed by One	Reporting Person		
WILMING	GTON MA	01887				e than One Reporting		
(City)	(State)	(Zip)			Person			
	(State)	(جنه)						
		Table I - Non-De	erivative Securities Acquired, Disposed of, or Ber	neficially	v Owned			

## Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Code (	ction	4. Securities Disposed Of 5)				Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		
Common Stock	11/19/2021		F		286(1)	D	\$196.65	19,846 <sup>(2)</sup>	D	

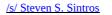
	Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)														
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transa Code ( 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)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				

## 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.

2. Consists of (i) 7,673 shares of Common Stock owned by the reporting person, (ii) 2,566 restricted stock units that will vest in three remaining equal annual installments on November 27, 2021, November 27, 2022, and November 27, 2023, (iii) 1,210 restricted stock units that will vest in two remaining equal annual installments on December 14, 2021 and December 14, 2022, (iv) 2,088 restricted stock units that will vest in three remaining equal annual installments on October 29, 2022, October 29, 2023 and October 29, 2024, (v) 2,578 restricted stock units that will vest in four remaining equal annual installments on November 19, 2022, November 19, 2023, November 19, 2024 and November 19, 2025 and (vi) 3,731 restricted stock units that vest in five equal annual installments on October 31, 2022, October 31, 2023, October 31, 2024, October 31, 2025 and October 31, 2026.

## Remarks:



\*\* Signature of Reporting Person Date

11/23/2021

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.

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.

Check this box if no longer subject to Section 16. Form 4 or Form 5 Г ٦