

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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 Address of Reporting Person* CROATTI CYNTHIA _____ (Last) (First) (Middle) 68 JONSPIN ROAD _____ (Street) WILMINGTON MA 01887 _____ (City) (State) (Zip)			2. Issuer Name and Ticker or Trading Symbol UNIFIRST CORP [UNF]			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director <input checked="" type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) Executive VP and Treasurer		
			3. Date of Earliest Transaction (Month/Day/Year) 01/14/2014			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person		
			4. If Amendment, Date of Original Filed (Month/Day/Year)					

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)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	01/14/2014		M		2,000	A	\$27.08	2,000 ⁽¹⁾	D	
Common Stock	01/14/2014		S		500	D	\$106.9	1,500 ⁽¹⁾	D	
Common Stock	01/14/2014		S		1,000	D	\$107	500 ⁽¹⁾	D	
Common Stock	01/14/2014		S		53	D	\$107.11	447 ⁽¹⁾	D	
Common Stock	01/14/2014		S		447	D	\$107.1	0 ⁽¹⁾	D	
Class B Common Stock								1,933,885 ⁽²⁾⁽³⁾	I	By Partnership
Class B Common Stock								1,021,748 ⁽³⁾⁽⁴⁾	I	By Partnership
Class B Common Stock								4,374 ⁽⁵⁾	I	By Trust
Common Stock								68,534 ⁽⁶⁾	I	By LLC
Class B Common Stock								48,000 ⁽⁷⁾	I	By Trust
Class B Common Stock								4,674 ⁽⁸⁾	I	By Trust

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. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		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
Common stock option (right to buy)	\$27.08	01/14/2014		M		2,000		(9)	11/11/2018	Common Stock (\$0.10 par value)	2,000	\$0	0	D	

Explanation of Responses:

1. Represents shares owned directly by Cynthia Croatti.

2. Represents shares owned directly by The Queue Limited Partnership and indirectly by each of Queue Management Associates, Inc., Ronald D. Croatti, Cynthia Croatti and Cecelia Levenstein. Queue Management Associates, Inc. is the general partner of The Queue Limited Partnership. Ronald D. Croatti and Cynthia Croatti are officers, directors and shareholders of Queue Management Associates, Inc., and Cecelia Levenstein is a director and shareholder of Queue Management Associates, Inc. Ronald D. Croatti is a beneficiary, but not a trustee, of a trust holding a limited partnership interest in The Queue Limited Partnership. Cynthia Croatti and Cecelia Levenstein are trustees or beneficiaries of various trusts which hold limited partnership interests in The Queue Limited Partnership.
3. Each of the aforementioned reporting persons disclaims beneficial ownership of these reported securities, except to the extent of his, her or its pecuniary interest therein, and this report shall not be deemed an admission that such persons are the beneficial owners of these securities for purposes of Section 16 or any other purpose.
4. Represents shares owned directly by The Red Cat Limited Partnership and indirectly by each of Red Cat Management Associates, Inc., Ronald D. Croatti and Cynthia Croatti. Red Cat Management Associates, Inc. is the general partner of The Red Cat Limited Partnership. Ronald D. Croatti and Cynthia Croatti are officers, directors and shareholders of Red Cat Management Associates, Inc. Ronald D. Croatti is the beneficiary, but not a trustee, of a trust holding a limited partnership interest in The Red Cat Limited Partnership. Cynthia Croatti and Cecelia Levenstein are trustees or beneficiaries of certain trusts which hold limited partnership interests in The Red Cat Limited Partnership.
5. Represents shares owned directly by The Marie Croatti QTIP Trust. Ronald D. Croatti and Cynthia Croatti are trustees of The Marie Croatti QTIP Trust. Ronald D. Croatti and Cynthia Croatti disclaim beneficial ownership of these reported securities, except to the extent of each individual's pecuniary interest therein, and this report shall not be deemed an admission that either of such individuals is the beneficial owner of these securities for purposes of Section 16 or any other purpose.
6. Cynthia Croatti is the manager of Trilogy Investment Partners LLC, which as of the date of filing this report, directly owns the reported securities. Cynthia Croatti disclaims beneficial ownership of these reported securities, except to the extent of her pecuniary interest therein, and this report shall not be deemed an admission that she is the beneficial owner of the securities for purposes of Section 16 or any other purpose.
7. Cynthia Croatti is a trustee of The Samuel E. Brown Gallo Trust - 1989 and The Nicholas C. Brown Gallo Trust - 1989, which as of the date of filing this report, each directly owns a portion of these reported securities. Cynthia Croatti disclaims beneficial ownership of these reported securities, except to the extent of her pecuniary interest therein, and this report shall not be deemed an admission that she is the beneficial owner of the securities for purposes of Section 16 or any other purpose.
8. Cynthia Croatti is a trustee of The Ronald D. Croatti Non-GST Trust - 2006. Cynthia Croatti disclaims beneficial ownership of these reported securities, except to the extent of her pecuniary interest therein, and this report shall not be deemed an admission that she is the beneficial owner of these securities for purposes of Section 16 or any other purpose.
9. This stock option became vested and exercisable 100% on the fifth anniversary of the grant date (11/11/2013).

/s/ David Whitman, Attorney-
in-Fact 01/15/2014

** Signature of Reporting Person 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.

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.