## FORM 4

Check this box if no longer subject 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

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL

Estimated average burden

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2014

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Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

1. Name ar Sintros Ste		Reporting Person <sup>*</sup>	2. Issuer Name <b>and</b> Ticker or Trading Symbol UNIFIRST CORP [UNF]	5. Relationship of Reporting Person(s) to Issuer				
(Last) 68 JONSP (Street)	(First) IN ROAD	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 01/17/2013	(Check all applicable)         Director       10% Owner         X       Officer (give title below)       Other (specify below)         VP of Finance and CFO				
WILMINGT (City)	(State)	01887 (Zip)	4. If Amendment, Date of Original Filed (Month/Day/Year)	<ul> <li>6. Individual or Joint/Group Filing</li> <li>(Check Applicable Line)</li> <li>X Form filed by One Reporting Person</li> <li>Form filed by More than One</li> <li>Reporting Person</li> </ul>				

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned													
2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		(A) or Di	spos	ed of (D)	5. Amount of Securities Beneficially Owned	6. Ownership Form: Direct (D)	7. Nature of Indirect Beneficial Ownership				
		Code	v	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)	or indirect (I) (Instr. 4)	(Instr. 4)				
01/17/2013		М		700	Α	\$ 34.83	700	D					
01/17/2013		М		700	Α	\$ 36.05	1,400	D					
01/17/2013		М		700	Α	\$ 37.92	2,100	D					
01/17/2013		S		100	D	\$ 81	2,000	D					
01/17/2013		S		163	D	\$ 81.01	1,837	D					
01/17/2013		S		200	D	\$ 81.02	1,637	D					
01/17/2013		S		400	D	\$ 81.05	1,237	D					
01/17/2013		S		200	D	\$ 81.055	1,037	D					
01/17/2013		S		100	D	\$ 81.075	937	D					
01/17/2013		S		100	D	\$ 81.08	837	D					
01/17/2013		S		100	D	\$ 81.09	737	D					
01/17/2013		S		100	D	\$ 81.126	637	D					
Г	Date Month/Day/Year) 01/17/2013 01/17/2013 01/17/2013 01/17/2013 01/17/2013 01/17/2013 01/17/2013 01/17/2013 01/17/2013 01/17/2013	Date Month/Day/Year)         Execution Date, if any (Month/Day/Year)           01/17/2013	Date Month/Day/Year         Execution Date, if any (Month/Day/Year)         Transac Code (Instr. 8)           01/17/2013         M           01/17/2013         M           01/17/2013         M           01/17/2013         M           01/17/2013         M           01/17/2013         M           01/17/2013         S           01/17/2013         S	Date Month/Day/Year)Execution Date, if any (Month/Day/Year)Transaction Code (Instr. 8)01/00000000000000000000000000000000000	Date Month/Day/Year         Execution Date, if any (Month/Day/Year)         Transaction Code (Instr. 3)         (A) or Di (Instr. 3, Code           01/17/2013         Code         V         Amount           01/17/2013         M         I         700           01/17/2013         M         M         I         700           01/17/2013         M         M         I         700           01/17/2013         M         I         700           01/17/2013         M         I         700           01/17/2013         S         I         100           01/17/2013         S         I         163           01/17/2013         S         I         200           01/17/2013         S         I         200           01/17/2013         S         I         200           01/17/2013         S         I         200           01/17/2013         S         I         100           01/17/2013         S         I         100           01/17/2013         S         I         100           01/17/2013         S         I         100	Date Month/Day/Year         Execution Date, if any (Month/Day/Year)         Transaction Code (Instr. 3, 4 ar Instr. 3, 4 ar         (A) or Dispos (Instr. 3, 4 ar           01/17/2013         Code         V         Åmount         (A) or           01/17/2013         M         I         700         A           01/17/2013         M         I         I         D         A           01/17/2013         I         S         I         I         D         D           01/17/2013         I         S         I         I         D         D         <	Date Month/Day/Year)         Execution Date, frany (Month/Day/Year)         Transaction Code (Instr. 3, 4 and 5)         (A) or Disposed of (D) (Instr. 3, 4 and 5)           01/17/2013         Image: Code         V         Åmount         Å         Price           01/17/2013         Image: Month/Day/Year)         M         Image: Month/Day/Year)         A         \$ 34.83           01/17/2013         Image: Month/Day/Year)         M         Image: Month/Day/Year)         A         \$ 34.83           01/17/2013         Image: Month/Day/Year)         M         Image: Month/Day/Year)         A         \$ 34.83           01/17/2013         Image: Month/Day/Year)         M         Image: Month/Day/Year)         A         \$ 34.83           01/17/2013         Image: Month/Day/Year)         Image: Month/Day/Year)         Image: Month/Day/Year)         Image: Month/Day/Year)           01/17/2013         Image: Month/Day/Year)         Image: Month/Day/Year)         Image: Month/Day/Year)         Image: Month/Day/Year)           01/17/2013         Image: Month/Day/Year)         Image: Month/Day/Year)         Image: Month/Day/Year)         Image: Month/Day/Year)           01/17/2013         Image: Month/Day/Year)         Image: Month/Day/Year)         Image: Month/Day/Year)         Image: Month/Day/Year)           01/17/2013         Image: Month/Day/Ye	Date Month/Day/Year         Execution Date, if any (Month/Day/Year)         Transaction Code (Instr. 3)         (A) or Disposed of (D) (Instr. 3, 4 $\rightarrow 5$ )         Securities Beneficially Owned owned (A)           01/17/2013         M         V         Amount         (A) (D)         Price         Securities Beneficially Owned (Instr. 3, 4)           01/17/2013         M         M         V         Amount         (D)         Price         1,400           01/17/2013         M         M         I         700         A         \$36.05         1,400           01/17/2013         M         M         I         700         A         \$37.92         2,100           01/17/2013         M         M         I         100         D         \$81.01         1,837           01/17/2013         M         S         I         163         D         \$81.02         1,637           01/17/2013         I         S         I         200         D         \$81.02         1,637           01/17/2013         I         S         I         200         D         \$81.05         1,037           01/17/2013         I         S         I         I         I         I         I         I	Date Month/Day/Yean Month/D				

Stock	01/17/2013	S	100	D	\$ 81.127	537	D	
Common Stock	01/17/2013	S	27	D	\$ 81.14	510	D	
Common Stock	01/17/2013	S	100	D	\$ 81.2	410	D	
Common Stock	01/17/2013	S	100	D	\$ 81.215	310	D	
Common Stock	01/17/2013	S	100	D	\$ 81.22	210	D	
Common Stock	01/17/2013	S	10	D	\$ 81.23	200	D	
Common Stock	01/17/2013	S	100	D	\$ 81.235	100	D	
Common Stock	01/17/2013	S	100	D	\$ 81.255	0	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)	Transaction Code (Instr. 8)		Number of		6. Date Exercisable and Expiration Date (Month/Day/Year)		Amount of Underlying		8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: 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				
Common stock option (right to buy)	\$ 34.83	01/17/2013		м			700	(1)	10/27/2015	Common Stock (\$0.10 par value)	700	\$ 0	0	D	
Common stock option (right to buy)	\$ 36.05	01/17/2013		м			700	(2)	10/31/2016	Common Stock (\$0.10 par value)	700	\$0	0	D	
Common stock option (right to buy)	\$ 37.92	01/17/2013		м			700	(3)	11/06/2017	Common Stock (\$0.10 par value)	700	\$0	0	D	

## **Explanation of Responses:**

1. This stock option became vested and exercisable 100% on the fifth anniversary of the grant date (10/27/2005).

2. This stock option became vested and exercisable 100% on the fifth anniversary of the grant date (10/31/2006).

3. This stock option became vested and exercisable 100% on the fifth anniversary of the grant date (11/6/2007).

/s/ David Whitman, Attorney-in-Fact \*\* Signature of Reporting

01/18/2013

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.