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

COMMIS	SION	OMB APPROVAL						
		OMB Number:	3235-0287					
OWNERSH	IIP	Expires:	December 31, 2014					
	934, Section 30(h) of the	Estimated average burden hours per 0.5 response						
ymbol	5. Relationship of Reporting Person(s) to Issuer							

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 O

Filed pursuant to Section 16(a) of the Securities Exchange 17(a) of the Public Utility Holding Company Act of 1935 o Investment Company Act of 1940

1. Name and Address of Reporting Person [*] BARTLETT JOHN B			2. Issuer Name and Ticker or Trading Symbol UNIFIRST CORP [UNF]	Issue	5. Relationship of Reporting Person(s) to Issuer				
(Last) 68 JONSPIN R	(First) OAD	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 11/04/2003	(Che	(Check all applicable) Director 10% Ov X Officer (give Other (s title below) below) Sr. Vice President & CFO				
(Street) WILMINGTON (City)	MA (State)	01887 (Zip)	4. If Amendment, Date of Original Filed (Month/Day/Year)	Appli X Fo Fo	dividual or Joint/Gro icable Line) orm filed by One Re orm filed by More th erson	porting Person			

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. Secur Acquired Dispose (Instr. 3) Amount	d (A) d of , 4 ar (A) or	or (D)	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)		

	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. Transac Code (Instr. 8		of Deriva Secur Acqui (A) or Dispo of (D) (Instr.	Number and Expiration Date		7. Title and Amount of Underlying Securities (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 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)	\$ 24.35	11/04/2003		A		1,400		11/04/2008	11/04/2013	Common stock / \$.10 par value	1,400	\$ 0	1,400	D	

Explanation of Responses:

June Gallo, attorney in fact 11/05/2003

** 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.