

OMB APPROVAL	
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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 Address of Reporting Person* <u>Sintros Steven S</u> <hr/> (Last) (First) (Middle) <u>C/O UNIFIRST CORP</u> <u>68 JONSPIN ROAD</u> <hr/> (Street) <u>WILMINGTON MA 01887</u> <hr/> (City) (State) (Zip)			2. Issuer Name and Ticker or Trading Symbol <u>UNIFIRST CORP [UNF]</u>			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <p style="text-align: center;">President and CEO</p>		
			3. Date of Earliest Transaction (Month/Day/Year) <u>11/17/2021</u>			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	11/17/2021		A		3,731 ⁽¹⁾	A	\$0.00	20,132 ⁽²⁾	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. 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					
Stock Appreciation Right ⁽³⁾	\$201.07	11/17/2021		A		6,407		(3)	11/17/2031	Common Stock (\$0.10 par value)	\$0.00	6,407	D	

Explanation of Responses:

- 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, 2022, October 31, 2023, October 31, 2024, October 31, 2025 and October 31, 2026.
- Consists of (i) 7,315 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) 3,222 restricted stock units that will vest in five equal annual installments on November 19, 2021, 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.
- This stock appreciation right, which was granted under the 2010 Plan, becomes vested and exercisable in five equal annual installments on October 31, 2022, October 31, 2023, October 31, 2024, October 31, 2025 and October 31, 2026. This stock appreciation right is required to be settled in stock at the time of exercise.

Remarks:

/s/ Steven S. Sintros

11/19/2021

** 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.