FORM 4

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

CROATTI RONALD D

1. Name and Address of Reporting Person

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UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 17(a) of the Public Utilit h

ENT OF CHANGES IN BENEFICIAL OWNER	SHIP	Expires:	December 31, 2014		
Section 16(a) of the Securities Exchange Act of 1 ic Utility Holding Company Act of 1935 or Section Investment Company Act of 1940		Estimated average burden hours per response			
2. Issuer Name and Ticker or Trading Symbol UNIFIRST CORP [UNF]	Issuer		ng Person(s) to		
3. Date of Earliest Transaction (Month/Day/Year) 07/30/2012	Check all appl X Director X Officer (title belo	X give	10% Owner Other (specify below)		

OMB APPROVAL

3235-0287

December 31,

OMB

Number:

(Last) 68 JONSF	(First) PIN ROAD	(Middle)	(Month/Day/Year) 07/30/2012	X Officer (give title below) title below) title below)
(Street)				President and CEO
WILMING	TON MA	01887	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable Line)
(City)	(State)	(Zip)		X Form filed by One Reporting Person Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned												
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution Date,	3. Transaction Code (Instr. 8)			spos	Acquired ed of (D) id 5)	5. Amount of Securities Beneficially Owned	6. Ownership Form: Direct (D)	7. Nature of Indirect Beneficial Ownership		
			Code	v	Amount	(A) or (D)	Price	Following Reported Transaction(s) (Instr. 3 and 4)	or Indirect (I) (Instr. 4)	(Instr. 4)		
Common Stock	07/30/2012		М		2,100	Α	\$ 19.93	149,895 ⁽¹⁾	D			
Common Stock	07/30/2012		S		100	D	\$ 62.39	149,795 ⁽¹⁾	D			
Common Stock	07/30/2012		S		100	D	\$ 62.42	149,695 ⁽¹⁾	D			
Common Stock	07/30/2012		S		100	D	\$ 62.44	149,595 ⁽¹⁾	D			
Common Stock	07/30/2012		S		100	D	\$ 62.45	149,495 ⁽¹⁾	D			
Common Stock	07/30/2012		S		100	D	\$ 62.46	149,395 ⁽¹⁾	D			
Common Stock	07/30/2012		S		100	D	\$ 62.48	149,295 ⁽¹⁾	D			
Common Stock	07/30/2012		S		100	D	\$ 62.49	149,195 ⁽¹⁾	D			
Common Stock	07/30/2012		S		398	D	\$ 62.58	148,797 ⁽¹⁾	D			
Common Stock	07/30/2012		S		200	D	\$ 62.59	148,597 (1)	D			
Common Stock	07/30/2012		S		200	D	\$ 62.61	148,397 (1)	D			
Common Stock	07/30/2012		S		202	D	\$ 62.63	148,195 ⁽¹⁾	D			

Stock	07/30/2012	S	100	D	\$ 62.64	148,095 (1)	D	
Common Stock	07/30/2012	S	100	D	\$ 62.72	147,995 ⁽¹⁾	D	
Common Stock	07/30/2012	S	100	D	\$ 62.735	147,895 ⁽¹⁾	D	
Common Stock	07/30/2012	S	100	D	\$ 62.76	147,795 ⁽¹⁾	D	
Class B Common Stock						1,093,528 ⁽¹⁾	D	
Class B Common Stock						4,374 ⁽²⁾	I	By Trust
Class B Common Stock						108,792 ⁽³⁾	I	By Trust
Class B Common Stock						1,021,748 ⁽⁴⁾	I	By Partnership
Class B Common Stock						1,933,885 ⁽⁵⁾	I	By Partnership
Common Stock						950 ⁽⁷⁾	I	By LLC

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

	(c.g., puis, cuis, warants, options, conventible 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)		Deri Secu Acqu (A) c Disp of (D (Inst	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		and Expiration Amount of Date Underlying (Month/Day/Year) Securities		Amount of Derivative Underlying Security		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)	Beneficial
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Common stock option (right to buy)	\$ 19.93	07/30/2012		м			2,100	(8)	01/14/2013	Common Stock (\$0.10 par value)	2,100	\$0	0	D	

Explanation of Responses:

1. Represents shares owned directly by Ronald D. Croatti.

2. Represents shares owned directly by The Marie Croatti QTIP Trust. Ronald D. Croatti is a trustee of The Marie Croatti QTIP Trust. Mr. Croatti disclaims beneficial ownership of these reported securities, except to the extent of his pecuniary interest therein, and this report shall not be deemed an admission that Mr. Croatti is the beneficial owner of these securities for purposes of Section 16 or any other purpose.

3. Ronald D. Croatti is a trustee of certain trusts, which as of the date of filing this report, each directly owns a portion of these reported securities. Mr. Croatti disclaims beneficial ownership of these reported securities, except to the extent of his pecuniary interest therein, and this report shall not be deemed an admission that he is the beneficial owner of the securities for purposes of Section 16 or any other purpose.

4. Represents shares owned directly by The Red Cat Limited Partnership, a 10% beneficial owner of the issuer, 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 is a trustee or beneficiary of certain trusts which hold limited partnership interests in The Red Cat Limited Partnership.

5. 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 reporting person is the beneficial owner of these securities for purposes of Section 16 or any other purpose.

6. 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.

7. Represents shares owned indirectly by Ronald D. Croatti as the manager of a limited liability company, MMC Trust LLC. Ronald D. Croatti disclaims beneficial ownership of these reported securities, except to the extent of his pecuniary interest therein, and this report shall not be deemed an admission that he is the beneficial owner of these securities for purposes of Section 16 or any other purpose.

8. This stock option became vested and exercisable 100% on the fifth anniversary of the grant date (1/14/2008).

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

07/30/2012

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.