FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL
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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 a	<u>UNI</u>	2. Issuer Name and Ticker or Trading Symbol UNIFIRST CORP [UNF]										Relationship eck all appl X Directo	icable)	ng Pe	rson(s) to Is 10% Ov						
(Last)						3. Date of Earliest Transaction (Month/Day/Year) 10/25/2004										X Office below	, ,		Other (s below)	specify	
68 JONS	PIN ROAI												President and CEO								
(Street)						4. If Amendment, Date of Original Filed (Month/Day/Year)										6. Individual or Joint/Group Filing (Check Applicable Line)					
WILMINGTON MA 01887															X Form filed by One Reporting Person						
(City)	City) (State) (Zip)				-											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) Date (Month/Day					Execution Date,				, Transaction Dispo Code (Instr. and 5)			urities A sed Of (E			Securit Benefic Owned	ies ially	Forn (D) c	n: Direct or rect (I)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
									Cod	e	v	Amou	ount (A) or (D)		Price	Reporte Transa	Following Reported Fransaction(s) Instr. 3 and 4)		1.4)	(1150.4)	
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)	Execution if any			tion str.	5. Numb of Deriva Secur Acqui (A) or Dispo of (D) (Instr. 4 and	6. Date Exercisable and Expiration Date (Month/Day/Year)			7. Title and Amour of Securities Underlying Derivative Security (Instr. 3 and 4)		urity	8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficiall Owned Following Reported Transactio (Instr. 4)	ly	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)			
						v	(A)	(D)	Date Exercis	able	Exp Date	iration e	Title	or Ni of	umber						
Common stock option (right to buy)	\$27.98	10/25/2004			А		2,100		10/25/2	:009	10/2	25/2014	Comm stock/\$0 par val	.10 2	2,100	\$0	2,100		D		

Explanation of Responses:

Ronald D. Croatti, by power of 10/27/2004

attorney

** 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.