

OMB APPROVAL	
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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

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

1. Name and Address of Reporting Person* CROATTI CYNTHIA			2. Issuer Name and Ticker or Trading Symbol UNIFIRST CORP [UNF]			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director <input checked="" type="checkbox"/> 10% Owner Officer (give title below) Other (specify below)					
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 02/04/2022			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person					
C/O UNIFIRST CORP 68 JONSPIN ROAD			4. If Amendment, Date of Original Filed (Month/Day/Year)								
(Street)	WILMINGTON MA		01887								
(City)	(State)	(Zip)									

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	02/04/2022		M		2,000	A	\$104.67	5,152	D	
Common Stock	02/04/2022		M		1,574	A	\$156.05	6,726	D	
Common Stock	02/04/2022		M		1,634	A	\$152.38	8,360	D	
Common Stock	02/04/2022		M		1,919	A	\$166.94	10,279	D	
Common Stock	02/04/2022		D		6,244	D	\$183.03	4,035	D	
Common Stock								68,534 ⁽¹⁾	I	By LLC

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						Title
Stock Appreciation Right	\$104.67	02/04/2022		M		2,000		10/26/2020	10/26/2025	Common Stock (\$0.10 par value)	2,000	\$0.00	0	D	
Stock Appreciation Right	\$156.05	02/04/2022		M		1,574		(2)	10/23/2027	Common Stock (\$0.10 par value)	1,574	\$0.00	0	D	
Stock Appreciation Right	\$152.38	02/04/2022		M		1,634		(3)	10/22/2028	Common Stock (\$0.10 par value)	1,634	\$0.00	0	D	
Stock Appreciation Right	\$166.94	02/04/2022		M		1,919		(4)	10/26/2030	Common Stock (\$0.10 par value)	1,919	\$0.00	0	D	

Explanation of Responses:

- Cynthia Croatti is the manager of Trilogy Investment Partners LLC, which as of the date of filing this report, directly owns the reported securities. Cynthia Croatti disclaims beneficial ownership of these reported securities, except to the extent of her pecuniary interest therein, if any, and this report shall not be deemed an admission that she is the beneficial owner of the securities for purposes of Section 16 or any other purpose.
- 80% of this stock appreciation right, granted under the 2010 Plan, was vested and exercisable on January 31, 2022. The remaining 20% became vested and exercisable upon her retirement date of February 1, 2022.
- 60% of this stock appreciation right, granted under the 2010 Plan, was vested and exercisable on January 31, 2022. The remaining 40% became vested and exercisable upon her retirement date of February 1, 2022.
- 20% of this stock appreciation right, granted under the 2010 Plan, was vested and exercisable on January 31, 2022. The remaining 80% became vested and exercisable upon her retirement date of February 1, 2022.

Remarks:

/s/ Steven S. Sintros, Attorney- 02/08/2022
in-Fact

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.