

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 and Address of Reporting Person* BOYNTON BRUCE P (Last) (First) (Middle) 68 JONSPIN ROAD (Street) WILMINGTON MA 01887 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol UNIFIRST CORP [UNF]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) Senior VP, Operations
	3. Date of Earliest Transaction (Month/Day/Year) 07/22/2005	
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	07/22/2005		M		1,100	A	\$15.125	1,100	D	
Common stock	07/22/2005		M		1,100	A	\$10.0625	2,200	D	
Common stock	07/22/2005		M		825	A	\$17.55	3,025	D	
Common stock	07/22/2005		S		100	D	\$44.96	2,925	D	
Common stock	07/22/2005		S		100	D	\$44.83	2,825	D	
Common stock	07/22/2005		S		100	D	\$44.82	2,725	D	
Common stock	07/22/2005		S		200	D	\$44.8	2,525	D	
Common stock	07/22/2005		S		600	D	\$44.57	1,925	D	
Common stock	07/22/2005		S		300	D	\$44.5	1,625	D	
Common stock	07/22/2005		S		500	D	\$44.46	1,125	D	
Common stock	07/22/2005		S		100	D	\$44.97	1,025	D	
Common stock	07/22/2005		S		200	D	\$44.54	825	D	
Common stock	07/22/2005		S		600	D	\$44.99	225	D	
Common stock	07/22/2005		S		125	D	\$44.43	100	D	
Common stock	07/22/2005		S		100	D	\$44.51	0	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						Title
Common stock option (right to buy)	\$15.125	07/22/2005		M			1,100	(1)	08/31/2007	Common Stock	1,100	(1)	0	D	
Common stock option (right to buy)	\$10.0625	07/22/2005		M			1,100	(2)	11/03/2008	Common Stock	1,100	(2)	0	D	
Common stock option (right to buy)	\$17.55	07/22/2005		M			825	(3)	10/31/2009	Common Stock	1,100	(3)	275	D	

Explanation of Responses:

1. This stock option became vested and exercisable 25% on the first anniversary of the grant date (8/31/2000), an additional 25% became vested and exercisable on the second anniversary of the grant date (8/31/2001), and additional 25% became vested and exercisable on the third anniversary of the grant date (8/31/2002), and the remaining 25% became vested and exercisable on the fourth anniversary of the grant date (8/31/2003).
2. This stock option became vested and exercisable 25% on the first anniversary of the grant date (11/3/2001), an additional 25% became vested and exercisable on the second anniversary of the grant date (11/3/2002), and additional 25% became vested and exercisable on the third anniversary of the grant date (11/3/2003), and the remaining 25% became vested and exercisable on the fourth anniversary of the grant date (11/3/2004).
3. This stock option became vested and exercisable 25% on the first anniversary of the grant date (10/31/2002), an additional 25% became vested and exercisable on the second anniversary of the grant date (10/31/2003), and additional 25% became vested and exercisable on the third anniversary of the grant date (10/31/2004), and the remaining 25% shall become vested and exercisable on the fourth anniversary of the grant date (10/30/2005).

Bruce Boynton, by power of attorney 07/26/2005

** 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.

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