	FORM 4	UNITED S	UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549					
	Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).	IIP 934, Section 30(h) of the	OMB Number: Expires: Estimated aver hours per response	3235-0287 December 31, 2014 rage burden 0.5				
	Name and Address of Report	rting Person <sup>*</sup>	2. Issuer Name and Ticker or Trading Symbol UNIFIRST CORP [UNF]	5. Relationship Issuer		Person(s) to		
l `	ast) (First) 3 JONSPIN ROAD	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 01/16/2015	(Check all applie X Director Officer ( title belo	give	10% Owner Other (specify pelow)		
	tro at)		4. If Amendment, Date of Original Filed	6. Individual or	-iling (Check			

(Street) WILMINGTON			(Month/Day/Year)	<ul><li>6. Individual or Joint/Group Filing (Check Applicable Line)</li><li>X Form filed by One Reporting Person</li></ul>
(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)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Transaction Code		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned	Form: Direct (D)	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	01/16/2015		Α		548 <sup>(1)</sup>	Α	\$ 0	2,394	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. Transac Code (Instr. 8		Number		6. Date Exercisable and Expiration Date (Month/Day/Year)		and 7. Title and Amount of Underlying Securities (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 of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Stock Appreciation Right <sup>(2)</sup>	\$ 118.76	01/16/2015		A		975		01/16/2015 <sup>(2)</sup>	01/16/2023 <sup>(2)</sup>	Common Stock (\$0.10 par value)	975	<b>\$</b> 0	975	D	

## **Explanation of Responses:**

1. Represents an award of unrestricted Common Stock.

2. This stock appreciation right is exercisable in full on the grant date (1/16/2015) and must be settled in stock at the time of exercise. This grant has an expiration date of the earlier of January 16, 2023 or the second anniversary of the date that the grantee ceases to be a member of the Board of Directors.

<u>/s/ David Whitman.</u> <u>Attorney-in-Fact</u> \*\* Signature of Reporting Person

<u>01/21/2015</u>

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.