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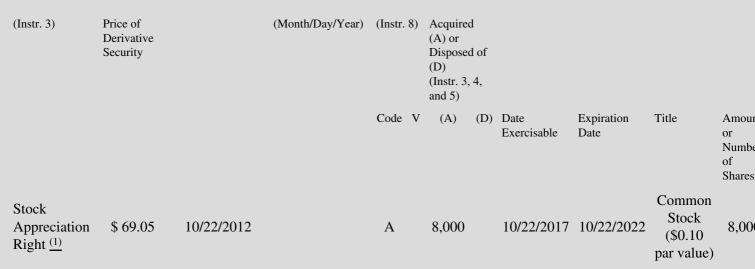
Form 4									
October 26, 2012									
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549							-	3235-0287	
Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue.	STATEN Filed pur	F CHAN Section 1 Public U	NGES IN SECUI 16(a) of th Itility Hol	BENEF RITIES ne Securit ding Cor	ICIAL O ties Excha npany Act	WNERSHIP OI nge Act of 1934, of 1935 or Secti	Expires: January 31, 2005 Estimated average burden hours per response 0.5		
See Instruction 1(b).	X	50(II)		nvesunen	Compar	iy Act of 1	940		
(Print or Type Respon	nses)								
1. Name and Address of Reporting Person <u>*</u> Sintros Steven S			2. Issuer Name and Ticker or Trading Symbol UNIFIRST CORP [UNF]				5. Relationship of Reporting Person(s) to Issuer		
(Last) (First) (Middle) 68 JONSPIN ROAD			3. Date of Earliest Transaction (Month/Day/Year) 10/22/2012				(Check all applicable) <u>Director</u> 10% Owner <u>X</u> Officer (give title Other (specify below) VP of Finance and CFO		
() WILMINGTON,	4. If Amendment, Date Original Filed(Month/Day/Year)				 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person 				
(City) (State)	(Zip)	Tab	la I Non l	Dorivotivo	Socurities A	cquired, Disposed	of or Bonoficio	lly Ownod
	nsaction Date th/Day/Year)	2A. Deemo Execution any (Month/Da	ed Date, if	3.	4. Securit mAcquired Disposed (Instr. 3, 4	ies (A) or of (D)	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
Reminder: Report on	a separate line	e for each cla	ass of sec				or indirectly.		
	in separate line				Perso inforn requir	ns who res nation cont ed to resp lys a curre	spond to the colle tained in this form ond unless the fo ntly valid OMB co	n are not orm	SEC 1474 (9-02)

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number	6. Date Exercisable and	7. Title and Amount
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	nof Derivative	Expiration Date	Underlying Securitie
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

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Reporting Owners

Reporting Owner Name / Address	Relationships						
1	Director	10% Owner	Officer	Other			
Sintros Steven S 68 JONSPIN ROAD WILMINGTON, MA 01887			VP of Finance and CFO				
Signatures							
/s/ David Whitman, Attorney-in-Fact		10/26/2012					
<u>**</u> Signature of Reporting Person		Date					
Explanation of Poenoneoe:							

Explanation of Responses:

- * 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).
- (1) This stock appreciation right becomes fully vested and exercisable on the fifth anniversary of the grant date (10/22/2017) and must be settled in stock at the time of exercise.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.