

Sintros Steven S
Form 4
January 18, 2013

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
Sintros Steven S

2. Issuer Name and Ticker or Trading Symbol
UNIFIRST CORP [UNF]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction (Month/Day/Year)

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)

68 JONSPIN ROAD

01/17/2013

VP of Finance and CFO

(Street)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

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	01/17/2013		M		700	A	\$ 34.83 700
Common Stock	01/17/2013		M		700	A	\$ 36.05 1,400
Common Stock	01/17/2013		M		700	A	\$ 37.92 2,100
Common Stock	01/17/2013		S		100	D	\$ 81 2,000
Common Stock	01/17/2013		S		163	D	\$ 81.01 1,837

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Common Stock	01/17/2013	S	200	D	\$ 81.02	1,637	D
Common Stock	01/17/2013	S	400	D	\$ 81.05	1,237	D
Common Stock	01/17/2013	S	200	D	\$ 81.055	1,037	D
Common Stock	01/17/2013	S	100	D	\$ 81.075	937	D
Common Stock	01/17/2013	S	100	D	\$ 81.08	837	D
Common Stock	01/17/2013	S	100	D	\$ 81.09	737	D
Common Stock	01/17/2013	S	100	D	\$ 81.126	637	D
Common Stock	01/17/2013	S	100	D	\$ 81.127	537	D
Common Stock	01/17/2013	S	27	D	\$ 81.14	510	D
Common Stock	01/17/2013	S	100	D	\$ 81.2	410	D
Common Stock	01/17/2013	S	100	D	\$ 81.215	310	D
Common Stock	01/17/2013	S	100	D	\$ 81.22	210	D
Common Stock	01/17/2013	S	10	D	\$ 81.23	200	D
Common Stock	01/17/2013	S	100	D	\$ 81.235	100	D
Common Stock	01/17/2013	S	100	D	\$ 81.255	0	D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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(9-02)

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	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	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Pr Deri Secu (Inst
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