Instruction 1(b).

FORM 4

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

<i>N</i> ashington,	D.C.	20549
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Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL									
OMB Number: 3235-028									
Es	Estimated average burden								
ho	urs per response:	0.5							

					or S	ection	30(n)	of the	investmer	it Cor	npany Act	of 1940							
Name and Address of Reporting Person* CROATTI CYNTHIA				2. Issuer Name and Ticker or Trading Symbol UNIFIRST CORP [UNF]								(Ch	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)						
GITTOITI					2.0			T	ti (14	4l- /F	Day (Maari)		-	X Directo		X			
(Last)	(Firs	st) (N	/liddle)		3. Date of Earliest Transaction (Month/Day/Year) 10/31/2023									Officer below)	(give title		Other (s below)	specify	
C/O UNIFIRST CORP					4. If /	4. If Amendment, Date of Original Filed (Month/Day/Year) 6. Individual or Joint/Grou									loint/Group	Filing	(Check Ap	olicable	
68 JONSPIN ROAD				(Line	Line)						
														X Form f	led by One	e Repo	orting Persor	ո	
(Street)														Form f Persor		re thar	One Repor	ting	
WILMING	GTON MA	0:	1887		_									1 01301					
					Ru	le 10)b5-	1(c)	Trans	act	ion Ind	ication							
(City)	(Sta	te) (Z	ip)		l_,	Chock	hic hov	to indic	sate that a	tranca	oction was m	ado purcus	nt to a cont	ract instructio	n or writton	nlan th	at is intended	Lto	
						Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.													
		Table	e I - Non	-Deriv	ative	Seci	ıritie	s Ac	quired,	Dis	posed o	f, or Be	neficial	ly Owned					
1. Title of Se	curity (Instr.	3)		2. Transa	action	2A	. Deem	ed	3.		4. Securit	ies Acquir	ed (A) or	5. Amou	nt of	6. Ov	vnership	7. Nature of	
Date (Month/D					r) if a	execution Date, fany Month/Day/Year)		Transaction Disposed Of (D) (Instr. Code (Instr. 5)			Beneficia Owned F	es Formally (D) (Following (I) (I	Form (D) o	n: Direct I or Indirect I nstr. 4) (Indirect Beneficial Ownership				
									Code V Amount (A) or (D)		Price	Reported Transact (Instr. 3 a	action(s)			(Instr. 4)			
	Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned																		
			(e.g., p	uts, c	alls,	warr	ants	, option	ıs, c	onvertil	ole secu	ırities) ์						
1. Title of Derivative Security (Instr. 3)	erivative Conversion Date Execution Date, ecurity or Exercise (Month/Day/Year) if any			Transaction of Code (Instr. Derivative		rative rities pired r osed)	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 Exercisal		Expiration Date	Title	Amount or Number of Shares						
Stock Appreciation Right ⁽¹⁾	\$164.43	10/31/2023			A		957		10/31/202	23	10/31/2031	Common Stock (\$0.10 par	957	\$0.00	957		D		

Explanation of Responses:

Remarks:

Sintros, Attorney-

11/02/2023

** Signature of Reporting Person

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.

^{1.} This stock appreciation right is exercisable in full on the grant date (10/31/2023) and is required to be settled in stock at the time of exercise. The grant has an expiration date of the earlier of October 31, 2031 or the second anniversary of the date that the grantee ceases to be a member of the Board of Directors.