

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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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 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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| Derivative Security                | Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) | Code | V | (A) | (D) | Date Exercisable | Expiration Date | Title                           | Amount or Number of Shares |
|------------------------------------|--|------|---|-----|-----|------------------|-----------------|---------------------------------|----------------------------|
| Common stock option (right to buy) | \$ 34.83   |      |   |     |     | 01/17/2013       |                 | Common Stock (\$0.10 par value) | 700                        |
|                                    |  | M    |   |     |     |                  | (1) 10/27/2015  |                                 |                            |
| Common stock option (right to buy) | \$ 36.05   |      |   |     |     | 01/17/2013       |                 | Common Stock (\$0.10 par value) | 700                        |
|                                    |  | M    |   |     |     |                  | (2) 10/31/2016  |                                 |                            |
| Common stock option (right to buy) | \$ 37.92   |      |   |     |     | 01/17/2013       |                 | Common Stock (\$0.10 par value) | 700                        |
|                                    |  | M    |   |     |     |                  | (3) 11/06/2017  |                                 |                            |

## Reporting Owners

| Reporting Owner Name / Address                              | Relationships |           |                       |       |
|---|---------------|-----------|-----------------------|-------|
|   | Director      | 10% Owner | Officer               | Other |
| Sintros Steven S<br>68 JONSPIN ROAD<br>WILMINGTON, MA 01887 |               |           | VP of Finance and CFO |       |

## Signatures

/s/ David Whitman,  
Attorney-in-Fact

01/18/2013

\*\*Signature of Reporting Person

Date

## 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 option became vested and exercisable 100% on the fifth anniversary of the grant date (10/27/2005).

(2) This stock option became vested and exercisable 100% on the fifth anniversary of the grant date (10/31/2006).

(3) This stock option became vested and exercisable 100% on the fifth anniversary of the grant date (11/6/2007).

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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