

Sintros Steven S
Form 4
January 18, 2013

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2015
Estimated average burden hours per response... 0.5

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

Edgar Filing: Sintros Steven S - Form 4

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.

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 control number.

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 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
--	------------------------------------	--------------------------------------	--	--------------------------------	------------------------------------	--	---	-----------------------

Edgar Filing: Sintros Steven S - Form 4

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

Reporting Owners

Reporting Owner Name / Address	Relationships			
	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

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.

Edgar Filing: Sintros Steven S - Form 4

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.